



The Technology of Human Performance

PRIMUS^{RS} PRO Package

Give Your Patients More!

Expand your testing, treatment, and performance enhancement options. Help your clients achieve optimal outcomes through greater specificity of data-supported evaluation, rehab, and training. Take your clients through the natural functional progression from isolation to integration.

PrimusRS with the PRO Package gives you expanded tools and advanced training modes, so you can get your clients back to top form – at home, at work, and on the field.



Inversion / Eversion Ankle Attachment

- » Post-Op / Injury CPM
- » Strengthening
- » Stability
- » Endurance



Thigh Cinch Strap

- » Hip Flexors Strengthening
- » Hamstring & Quad Strengthening
- » Resisted Gait Training
- » Gluteal Strengthening



Plantarflexion / Dorsiflexion Ankle Attachment

- » Range of Motion
- » Neuromuscular Control
- » Endurance
- » Strengthening



Swing Tools – Golf, Tennis, Baseball (or Cricket*)

- » Trunk Rotation
- » Lumbar Stabilization
- » Swing Patterns
- » Integrated Upper Extremity Motions



Padded Harness

- » Resisted Squat to Stand
- » Single Leg Dead Lift



Baseball with Cable (or Cricket Ball*)

- » Throwing Motions
- » Scapular Adduction
- » 90/90 Rhythmic Stabilization
- » Serratus Anterior Press



AIREX® Pad (20" x 16.4" x 2.5")

- » Stability
- » Core Strengthening
- » Proprioceptive & Balance Training
- » Gait Training





Chop / Lift Bar

- » Improving Muscle Balance
- » Chop / Lift Motions



- » Dynamic Trunk Control
- » Pulling / Pushing



Waist Belt Cinch Strap

- » Assisted Sit to Stand Training
- » Resisted Gait Training



- » Resisted Side Stepping
- » Hip Turn



Baseball Handles (or Cricket Ball*)

- » Elbow Flexion / Extension
- » Closed Chain Activities



- » Wrist Flexion / Extension
- » Shoulder Internal / External Rotation



Baseball Attachment (or Cricket Ball*)

- » Torquing / Twisting
- » Pronation / Supination



- » Radial / Ulnar Deviation
- » Functional Grip Strength



Padded Velcro Wrist Straps

- » Shoulder Stability
- » PNF Patterns



- » Throwing Motions
- » Scapular Stabilization



Baseball with Cable (or Cricket Ball*)

- » 90/90 Rhythmic Stabilization
- » Functional Grip Strength
- » Serratus Anterior Press



- » Scapular Adduction
- » PNF Diagonals



Ankle Cinch Strap

- » Hip Abductor / Adductor Work
- » Long Lever Hip Strengthening
- » Knee Flexion / Extension



- » Balance / Gait Training
- » Lower Extremity PNF Patterns
- » Open Chain Activities



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* Cricket attachments are included in International PRO Package™ only.