

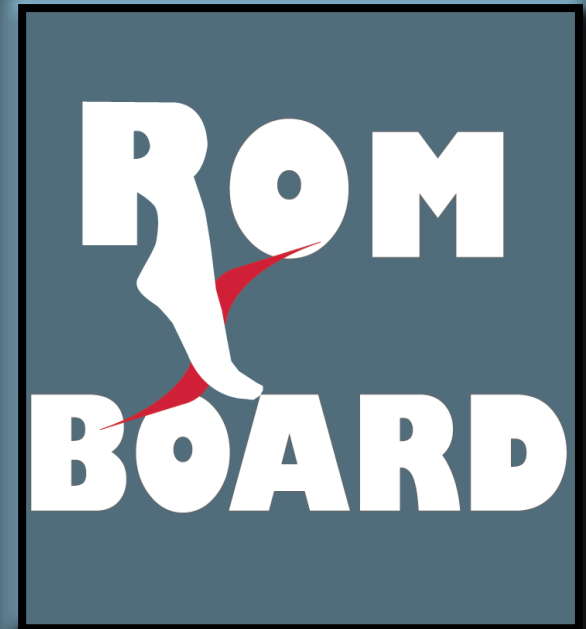
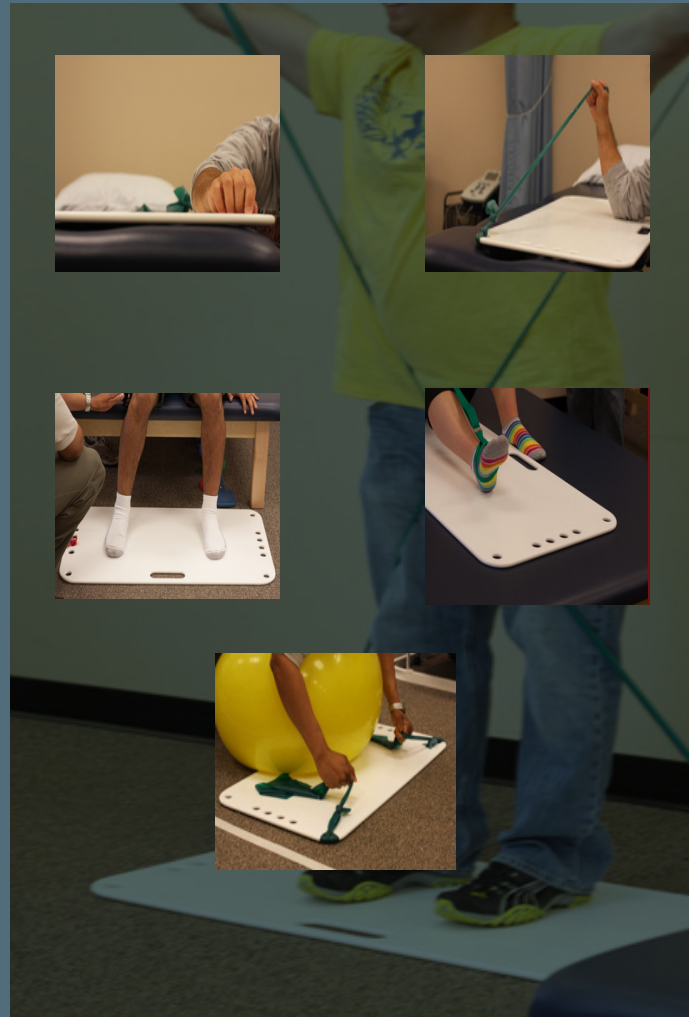
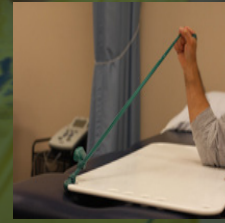
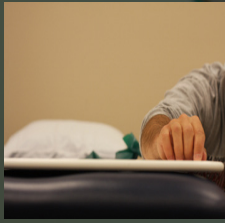
# ROM™ Board Exercises

Hip Active Assisted ROM in Supine  
Heel Slides (Knee/Hip Flexion & Extension)  
with Therapy Bands  
Hip Abduction / Adduction  
Shoulder Activities Seated for ROM  
Table Slides for Shoulder Flexion /  
Scaption / Abduction  
Horizontal Abduction / Adduction  
Internal / External Shoulder Rotation  
Hip Strengthening Activities Supine  
Therapy Band Hip & Knee Flexion & Extension  
Therapy Band Hip Abduction / Adduction  
Therapy Band Mini Squats (Standing on ROM  
Board holding bands with both hands for  
resistance)  
Shoulder Strengthening Exercises Standing &  
Seated Position  
Seated Internal / External Rotation with  
Therapy Band in 90/90 Position  
Seated Horizontal Abduction / Adduction  
Biceps Curl in Standing or Seated Position  
with Therapy Band  
Standing on ROM Board, Shoulder Flexion,  
Scaption  
Abduction & Triceps Extension with Therapy Band  
Standing D1/D2 Shoulder Flexion / Extension

*ROM™ Board is made of a Polyolefin resin with a sure-grip bottom designed specifically for heavy duty applications where durability and low friction is required.*

*This unique product features a special high-friction surface on the bottom to insure patient safety. It passes ASTM D2047 slip resistant testing, scoring well above the industry requirements for ADA and OSHA.*

*P.T. Rom Associates LLC stands behind the ROM Board & offers a 20 Year Replacement Warranty against breakage and deterioration.*



THE RANGE OF MOTION BOARD  
FOR PATIENTS AND THERAPISTS

P.T. Rom™ Associates, LLC

[www.ptrom.com](http://www.ptrom.com)

(443) 967 - 3000

[sales@ptrom.com](mailto:sales@ptrom.com)

505 Blue Ball Rd Bldg #120

Triumph Industrial Park

Elkton, MD 21921

[www.ptrom.com](http://www.ptrom.com)

**A MUST FOR EVERY  
CLINICIAN IN ANY PHYSICAL  
THERAPY SETTING**

## Timely Results

The matrix of unlimited accelerated strengthening exercises that can be achieved on the ROM™ Board are exciting to discover. As you watch patients rapidly progress during initial post surgical range of motion exercises, you



quickly realize the benefits of this unique low surface friction board. Once you try ROM Board, it becomes one of the most utilized tools for assisting most any patients rehab needs.

As one Physical Therapist stated "The ROM™ Board is very versatile and can assist patients in any stage of their rehab process!"



ROM™ Board comes in two different sizes, regular and youth size. The youth size is being used as a transfer board as well.

## Lasting Value

ROM™ Board is a new innovative product that allows physical therapists to expedite healing and rehab after injury or surgery.



Options for the ROM™ Board are virtually limitless. From active assisted, to late stage strengthening and functional exercises; this piece of equipment can do it all. It is a must for every clinician in any physical therapy setting.



The ROM™ Board is made from Polyolefin resin which provides a low friction surface. Without friction getting in the way; the patient is able to restore movement, increase range of motion, and return to work faster, all while decreasing patient frustration levels and pain.

## Advantages

Therapist:

*Low Friction Surface*  
*Expedites Therapy After Surgery*  
*Low Cost and Multiple Uses*  
*Easy Carry and Go*  
*Stores Easy and Effortlessly*  
*Sterilizes easily with all Anti-Bacterial Disinfectants*  
*Decreases Laundry: No More Towels/Chucks*

*Therapy bands allow for varying levels of resistance and assistance due to strategic placement and locations of attachment points!*  
*Faster progression from PROM to AAROM and AROM exercises due to low friction surface.*  
*Expedite the overall rehab process with quicker transition from PROM --> AAROM --> AROM*  
*Post Surgical Stats Prove It!*  
*The faster a patient gets moving, the more successful their rehabilitation is!*

Patient:

*Expedites Healing Process*  
*Prevents Post Surgical Complications*  
*Builds and Restores Strength and Function*  
*Prevents Blood Clots*  
*Increases Activity Level, Range of Motion and Joint Mobility*  
*Decreases Patient Frustration and Unwanted Resistance*