

## MODEL?

*Basic rule:*

*Choose model based on how you most often work.  
Ask yourself which model will help you best in the long run?*



### **We recommend LITE...**

\* if you travel a lot as therapist. LITE weighs only 8.5 - 9.5 kg depending on width, it is our shortest couch - 160 cm - and is available in 45 or 50 cm.

\* if you are a naprapath, chiropractor or for any other reason need extra low couch (50-60 cm).

\* if raising the couch to a maximum of 60 cm is ok for you.

\* if 50 cm max width is ok for you.

### **We do NOT recommend LITE...**

\* if 60 cm's height is not high enough.

\* if you plan to combine a portable couch with our height adjustable Chassis (only possible with MA, TE and ZON).

\* if 160 cm + a possible extension of + 20 cm is too short a couch for you (MA/TE/ZON is 190 cm).

### **We recommend TE...**

\* if you work neck and shoulders a lot. The headrest is height and angle adjustable, which makes accessibility better with TE than for example MA.

As a patient, model TE with its headrest is also much more comfortable than model MA.

\* if you plan to combine a portable couch with our height adjustable Chassis. Both MA, TE and ZON may be complemented with the Chassis.

### **We do NOT recommend TE...**

\* if you need to have your patients sitting sometimes - then ZON is your choice.

### **We recommend MA...**

\* if you primarily work with a therapy with no need for adjustable headrest.

\* if you prefer cheapest possible Tarsus model

\* if you need extra LONG couch. Model MA may be complemented with our headrest, making the couch 220 cm all in all.

\* if you plan to combine a portable couch with our height adjustable Chassis. Both MA, TE and ZON may be complemented with the Chassis.

### **We do NOT recommend MA...**

\* if you need to have your patients sitting sometimes - then ZON is your choice.

\* if you work a lot with neck and shoulders. TE, with the adjustable headrest is then a better choice.

### **We recommend ZON...**

\* for any kind of therapy where the patient is sitting some time during treatment. The backrest is adjustable i seven steps between 0-48°.

\* if you prefer the absolutely most flexible Tarsus model. ZON could be used with the patient both sitting or lying. ZON could also be complemented with our headrest.

\* if you plan to combine a portable couch with our height adjustable Chassis. Both MA, TE and ZON may be complemented with the Chassis.

### **We do NOT recommend ZON...**

\* if you work a lot with neck and shoulders. TE, with the adjustable headrest is then a better choice.

\* if you never have the patient seated.

\* if you need a couch less than 60 cm wide , ZON is only available in 60 or 70 cm.

## WIDTH?

*Basic rule:*

*Choose best possible model FOR YOU, not best for your patient*

### **For massage therapy**

The narrower couch, the closer you get to the patient - which equals a better and more correct body posture while doing the therapy.

### **45, 50 or 55 cm**

...are often the correct choices for classic massage therapy - which one of them is more up to your way of working.

Obviously, each therapist work personally. Our recommendations can only guide, not be a complete manual for all body and therapy types.

### **60 cm and wider**

...is recommended for sitting treatment and/or any treatment when it is important for the patient to rest relaxed and comfortably (healing, zone therapy, tactile stimulation et cetera).

### **70 cm**

...is rarer but could be recommended as a resting couch in a workplace. As reference, at least in Scandinavia, the standard width for a standard examination couch in hospitals is 70 cm.

With a 70 cm couch we recommend the accessory transport trolley, if you transport the couch a lot.

## HEIGHT?

*Basic rule:*

*Choose best possible height FOR YOU, not your colleagues.*

Models MA, TE and ZON is adjustable from 60-80 cm in height, with 5 cm steps. For massage therapy - unless you're extremely long or short - this is normally correct height.

Model LITE is the lowest, being 50-60 cm only.

### **Options**

Models MA, TE and ZON is also available 50-70 or 70-90 cm.

### **Exceptions**

Naprapaths, chiropractors and similar is usually interested in low couches, for which we recommend model LITE or an extra low TE, which makes them both from 50 as lowest.