



MY SITUATION AND NEED

I was born in 2001 without a left hand; my left arm extends to the wrist. This was never a major challenge, as I always found solutions for the activities I wanted to do. I didn't consider a prosthesis until I met an orthopaedic specialist who offered me the chance to try a myoprosthesis. Since 2016, it has helped me with everyday gripping and holding. Recently, I became more interested in fitness—especially training both sides of my body at the gym—but found no solution, as my myoprosthesis is costly and not suited for sports.

HOW I NOW EXPERIENCE THE ACTIVITY DIFFERENTLY

I came into contact with macu4 by chance through my orthopaedic. Together with macu4, we developed the requirements for a training module that is also suitable for fitness training. This module offers exactly the support I need to be able to train on both sides and strengthen my left side in a targeted manner. The module helps me to use the equipment in the gym safely and allows me to train evenly and in a balanced way for the first time. Thanks to this module, I finally found a solution that allowed me to train with my friends at the gym.

MY EXPERIENCE AFTER 1 YEARS OF USE

Thanks to the Explorer System, I have been able to rebuild and strengthen the muscles on both sides of my back, which helps me to prevent incorrect posture. The System is lightweight and can be easily attached to different fitness equipment, giving me flexibility when training. The breathable socket ensures that my forearm doesn't sweat as quickly, which makes training pleasant and comfortable and allows me to train for longer.

CASE STUDY | PROSTHESIS

Product

Explorer System

Background

Dysmelia

Activities

Fitness

Benefits

Helps prevent incorrect posture



«The Explorer System gives me the opportunity to strengthen my back muscles and prevent poor posture. It's lightweight, easy to put on and breathable – ideal for my training in the gym.»

23 year old Jan