

GRIPO

Support pole

- stay longer at home

HEPRO



Empowerment · Safety · Quality of life

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One system - countless possibilities

GRIPO a safe support in everyday life

GRIPO is a solid and flexible support tool that provides security when standing up and moving around in the home. Gripo fits in any home, and is very easy to install. The support pole works well alone but can also be supplemented with useful accessories.

- Support when you need it
- Utilises the user's own resources.
- Easy to install, move and disassemble.
- Installed without screws, nails and tools.
- Large selection of useful and flexible accessories.
- Countless areas of application.



Gripo
ART. NO. 35100





Triangle grip

With moss rubber and universal connector 40/22 mm
ART. NO. 35145



- Mounted at the correct height this can also be used as a headrest.



Double hand grip, complete

With moss rubber and universal connector 40/22 mm
ART. NO. 35159



- Simplifies rising from chair/bed
- Simplifies moving to/from wheelchair
- When using 2-3 pcs. mounted at different heights, the user can train the ability to stand through the climbing effect



Vertical mini grip

Tube diameter 22 mm. With 2 universal connectors 40/22 mm
ART. NO. 35158





Sister assistance

With 2 universal connectors 40/22 mm
Hanging grip with moss rubber and strap.
ART. NO. 35148



Sister assistance tube for lateral support

Without strap and hanging grip
With 2 universal connectors 40/22 mm
ART. NO. 35196



- No loose parts
- Support when standing up and moving, e.g. when using the toilet.



Benefits of Sister Assistance/Gripo

- Provides support where you need it.
- Provides a sense of empowerment.
- Relieves nurse/helper, which can reduce strain injuries.
- Activates user, which is important among other things for blood circulation and stomach/intestinal function.
- Support when moving and changing position in bed.
- Cost saving, given that users and relatives can do more without the assistance of nursing staff.

Handrail tube

Diameter 40 mm. 75 cm length.

Universal connectors ordered separately.

ART. NO. 35150

Diameter 22 mm. 75 cm length

Universal connectors ordered separately.

ART. NO. 35149



Mounted between two poles at low height

- Supports the user when dressing and undressing.
- Provides users with reduced mobility the possibility of dressing and undressing themselves.



Handrail tube diameter 22 mm

75 cm length. With moss rubber

Universal connectors ordered separately.

ART. NO. 35151



- Can be installed obliquely, e.g. as handrails in a small stairway or where there is level difference.
- Mounted in the bathroom, by the sink or toilet between two poles.



Handrail tube diameter 40 mm

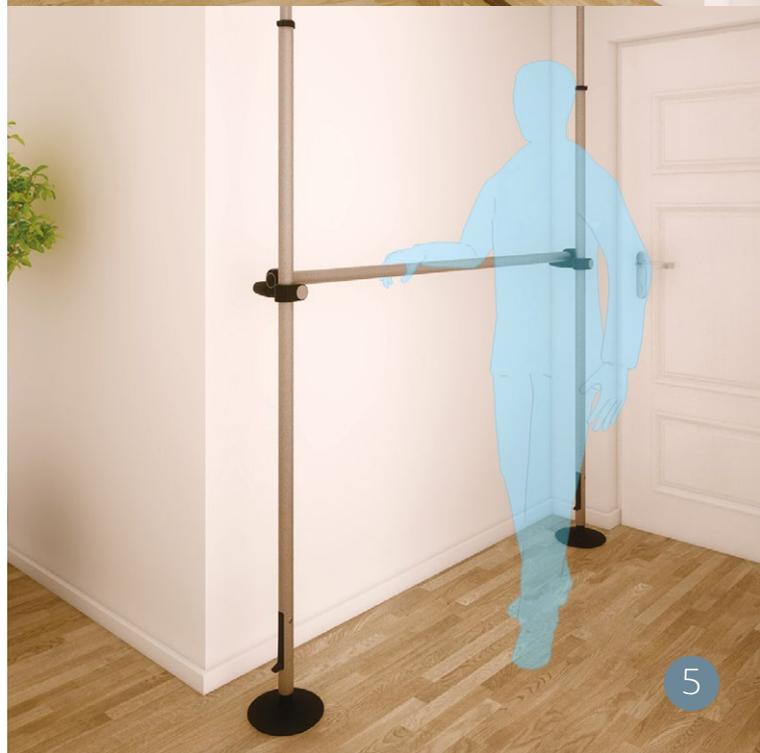
160 cm length. Universal connectors ordered separately

ART. NO. 35152



Mounted as walking path between two poles.

- For rooms with high thresholds where the user cannot enter e.g. with a wheelchair.
- Walking path e.g. between bed and toilet, in the corridor and the like. Helps users manage on their own.
- Can be installed in a row as a long walking path between several poles.





Combi grip

With 2 universal connectors 40/22 mm

ART. NO. 35208



- Good two-hand grip for users with large hands
- Very stable (does not twist)
- Can be used for grip at two levels (climbing)
- User can lean on grip while dressing and undressing



Collapsible seat

With universal connector 40/40 mm

Size: D 40 cm x W 36 cm

ART. NO. 35154



(Max user weight 110 kg)



Armrests, side support

Width between armrests 56 cm

ART. NO. 35255



Rectangular table

41 x 31 cm. With universal connector 40/22 mm

Also very suitable as a computer table

ART. NO. 35165



Technical requirements and details

Grip	
Headroom requirements	Min. 210 cm - Max. 300 cm
Roof construction requirements	Must withstand point load of 100 kg
Max load	100 kg horizontal in the middle of the pole
User weight	Max. 150 kg
Material	Aluminium and plastic
Product weight	4,7 kg, without accessories

Article number overview

Table rectangular

Art. number	Description	Specification
35165	With universal connector 20/20 mm	Table top, 41 x 31 cm
35155	Without universal connector	Table top, 41 x 31 cm



Soft grip

Art. number	Description	Specification
35298	For better grip, attached with zipper	Length 20 cm, for tube diameter 40 mm



Article number overview

Gripo

Art. number	Description	Specification
35100	Gripo	For ceiling height 210-300 cm
35202	Gripo Special	For ceiling height lower than 210 cm
35105	Gripo Long	For ceiling height 260-320 cm
35106	Gripo Plus	For ceiling height 225-300 cm



Universal connector with stepwise rotation

Art. number	Description	Specification
35130	Standard., with tooth lock washer	Diameter 40/22 mm
35169	With tooth lock washer	Diameter 40/40 mm
35199	With tooth lock washer	Diameter 22/22 mm



Universal connector with free rotation

Art. number	Description	Specification
35160	Without tooth lock washer	Diameter 40/22 mm
35166	Without tooth lock washer	Diameter 40/40 mm



Universal connector with receiver For simple raising and lowering of the handrail tube.

Art. number	Description	Specification
35161	End straps for handrail tubes	Diameter 40/22 mm
35167	End straps for handrail tubes	Diameter 40/40 mm



Sister assistance

Art. number	Description	Specification
35148	Complete with 2 universal connectors 40/22 mm, hanging grip with moss rubber and strap	Max. user weight 110 kg
35133	With hanging grip, moss rubber and strap, without universal connector	Max. user weight 110 kg



Sister assistance tube for lateral support

Art. number	Description	Specification
35446	With clamp sliders, without universal connector	Max. user weight 110 kg
35196	With clamp sliders and 2 universal connectors 40/22 mm	Max. user weight 110 kg



Triangle grip

Art. number	Description	Specification
35145	With moss rubber, with universal connector 40/22 mm	Tube diameter 22 mm
35170	With moss rubber, without universal connector	Tube diameter 22 mm



Combi grip

Art. number	Description	Specification
35208	Complete with 2 universal connectors 40/22 mm	Height 24 cm, length 30 cm Tube diameter 22 mm



Article number overview

Double hand grip, complete

Art. number	Description	Specification
35159	With moss rubber, complete with universal connector 40/22 mm	Width, gripping surface 48 cm Tube diameter 22 mm
35172	With moss rubber, without universal connector	Width, gripping surface 48 cm Tube diameter 22 mm



Vertical mini grip

Art. number	Description	Specification
35158	With 2 universal connectors 40/22 mm	Pipe diameter 22 mm



Handrail tube

Art. number	Description	Specification
35149	Without universal connector	75 cm length, pipe diameter 22 mm
35151	With moss rubber, without universal connector	75 cm length, pipe diameter 22 mm
35150	Without universal connector	5 cm length, pipe diameter 40 mm
35152	Without universal connector	160 cm length, pipe diameter 40 mm



Wall bracket

Art. number	Description	Specification
35156	End caps for railings against wall	For pipe diameter 22 mm
35157	End caps for railings against wall	For pipe diameter 40 mm



Seat folding complete

Art. number	Description	Specification
35154	With universal connector 40/40 mm	Width 35 cm, Depth 40 cm Max. user weight 110 kg
35173	Without universal connector	Max. user weight 110 kg



Armrest side support

Art. number	Description	Specification
35255	With universal connector 40/40 mm	Width between armrests 56 cm



Top plate for slanting roofs

Art. number	Description	Specification
35174	For mounting in sloping ceilings	Adjustable



Top plate for weak ceilings

Art. number	Description	Specification
35153	Top plate large	70 x 31 cm



Toilet roll holder

Art. number	Description	Specification
35198	With universal connector 22/22 mm	
35201	With universal connector 40/22 mm	



Elastic rope exercises with Gripo

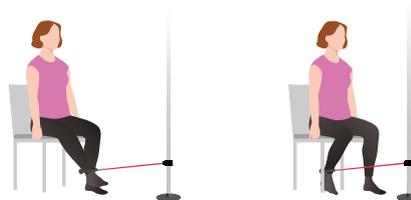
Seated rowing with elastic rope

Attach the rope at chest level and sit facing the fastening point. Grab the rope with both hands and pull the rope towards the chest, while squeezing the shoulder blades together. Slowly return to starting position and repeat.



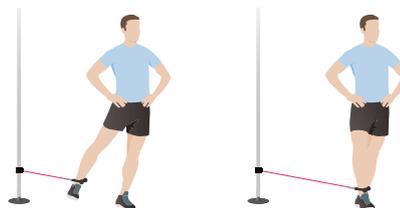
Seated thigh curls with elastic rope

Attach the rope above ankle level and sit facing the fastening point. Ensure good support for the lower back and grab the chair seat for support. With the rope attached around the ankle, move the leg back and in under the chair. Slowly move back to the starting position and repeat.



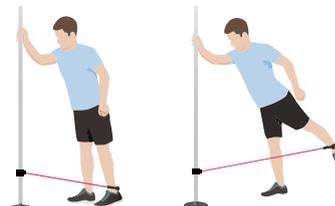
Single leg balance with elastic rope

Stand on one leg with hands on hips and attach a rope around the ankle of the other leg. Move the leg in a straight line, alternately in front of and behind the standing leg.



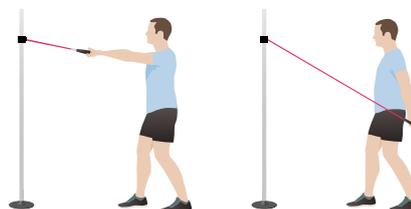
Standing leg raises behind with elastic rope

Attach the rope at the bottom of the pole and around the ankle. Stand facing the pole. Slightly bend the hip joint of the active leg. Move the leg back and stretch as far as possible at the hip. Switch legs.



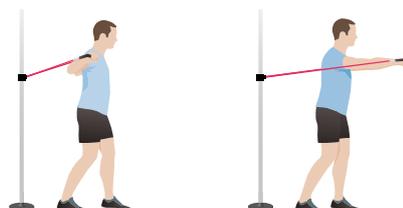
"Ski pole stroke" with elastic rope

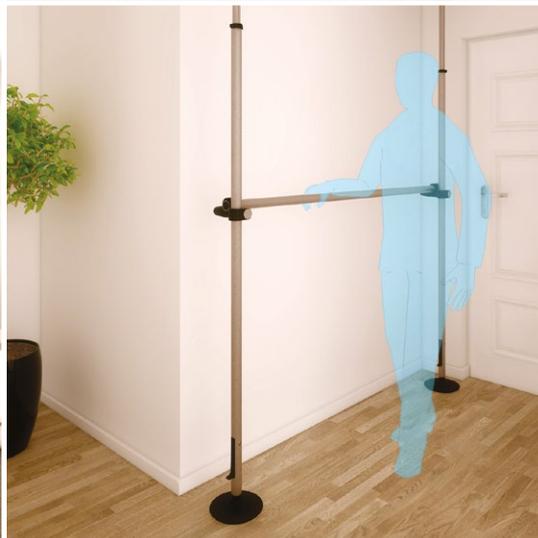
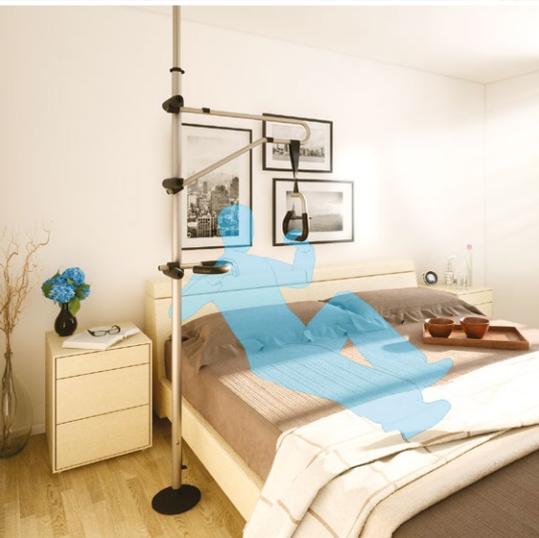
Attach the rope high on the pole. Stand with one grip in each hand, facing the pole. Keep arms straight out from the body and pull arms back. Release slowly.



Standing chest press with elastic rope

Attach the rope at around chest height. Stand with your back to the pole and keep your arms out to the side, around chest level. With bent elbows, press arms forwards and extend arms at the same time.





Empowerment • Safety • Quality of life

HEPRO AS is a modern, forward-thinking specialist company which develops, manufactures and sells high-quality aids and welfare technology, all of which is thoughtfully designed. Our head office is in Rognan, Norway, at the innermost part of the Saltenfjord, surrounded by mountains and dramatic natural scenery.

The company was established in 1987 and has many years of experience in developing products and solutions designed to make life easier for our customers. Our vision is to give our customers the opportunity to be independent, active participants in their own lives, and to live at home for longer. Because of our high quality, fast response times and short lines of communication, Hepro is the obvious first choice for our customers.

We work closely with ergotherapists to develop products and solutions tailored to our customers' needs to help them with mobility, balance, comfort and hygiene. Our aim is to provide safety, independence and an increased level of activity through functional products designed around the needs of our customers. We get to know our users and make the effort to deliver products that suit the needs of the individual



CALL US
+47 46 74 55 55

Revision
no. 1 - 2020



order@hepro.no

HEPRO AS
Øvermoan 9
N-8250 Rognan