

# UPPERTONE

## Frequently Asked Questions

- **Who can use the UPPERTONE?**

C4-C5 and below quads who have some movement in their arms can use UPPERTONE.

- **Who has bought the UPPERTONE?**

Because they can use it without assistance, many quads have bought it for home use. In addition, many rehabs and hospitals, fitness centers, university and community college gyms, and group homes, have bought UPPERTONE for their facilities.

- **As a quad, I do not have any grip strength, can I use the UPPERTONE?**

Yes. Because the UPPERTONE was exclusively designed by a quad for quads, no grip strength is required.

- **One side of my body is much weaker than the other side, can I still use the UPPERTONE?**

Yes. Because the resistance for the left and right upper-body sides are set independently, it is possible to set the resistance that is most appropriate for each side, or to just exercise on side at a time.

- **I am very tall, or sit in a high chair, could I still use the UPPERTONE?**

Yes. It is possible to adjust the heights of all three of the UPPERTONE's stations to meet individual needs.

- **I use a manual wheelchair. Can I still use the UPPERTONE without tipping over?**

Yes. Although for one exercise, the upright chest press, you may want to use the optional back-rest for support.

- **I use a power wheel-chair. Can I use the UPPERTONE?**

Yes. Quads who use power wheel-chairs can use the UPPERTONE.

- **I have very weak or no triceps, can I still use the UPPERTONE?**

Yes. Because UPPERTONE has adjustments for height and width for each side of the body, it becomes possible to compensate for weak triceps (or other muscles) on each side of the body.

- **How many upper-body exercises can people do with the UPPERTONE?**

Depending on the level and type of injury, it is possible to do up to sixteen upper-body exercises with the UPPERTONE.

- **Will the UPPERTONE strengthen all upper-body muscles?**

Yes. Depending on the level and type of injury, and your present condition, UPPERTONE's sixteen upper-body exercises will strengthen all major upper-body muscles.

- **Will UPPERTONE strengthen my back and stomach muscles?**

Yes. If you have some innervation in your trunk muscles, using UPPERTONE will help strengthen the back and stomach muscles as you do the rowing and chest press exercises.

- **Will insurance cover the UPPERTONE?**

Workman compensation always covers UPPERTONE. In other cases, insurance companies often cover UPPERTONE when attending medical personnel believe that UPPERTONE is medically necessary. Some state MEDICAID programs too have covered UPPERTONE. Finally, some state vocational rehabilitation programs have bought UPPERTONE for their clients.

You may also like to look at the page "Our Experience" in the insurance section of the downloads page on this web-site.

- **Will you deal with my insurance company for me?**

Yes. If you call us at 1-800-468-8679 we can give you more details on how we can help.

zip code we can give you an exact quote. If you live in another country, please call us for the cost of shipping.

- **Are there any taxes?**

Within the US there is 7.75% sales tax if you live in California. There is no sales tax if you live in another state, or in another country. If you live in another country, there may be an import duty. If you call us, we could give you the import duties for you country.