

TRAINING & WELLNESS

Aquatrainer by iDots



Training and Rehabilitation – the Aquatrainer makes it possible!

In the last couple of years the company 'Leen Soldaat - Horse Training Systems' has specialized in aquatrainers and equipment for aquatrainers. Dr. Wim Back of the veterinary faculty in Utrecht (the Netherlands) has scientifically studied the efficacy of this training tool for training and rehabilitation. The results of this study were very positive but for the ideal efficacy of an aquatrainer the right background knowledge is necessary. This is why 'Leen Soldaat - Horse Training Systems' has developed an overall concept in cooperation with equine physiotherapists who will offer guidance, advise and support so that you can train your horses effectively.



Benefits of an aquatrainer



An aquatrainer is an ideal tool to support the everyday training of your horses. Both stamina and muscular strengths as well as coordination and range of motion will be improved. One of the most important advantages, if not the most important advantage of an aquatrainer is the fact that you can use this training tool for rehabilitation purposes even in early stages of injury recovery.

An aquatrainer enables you to still exercise your horse even when it has joint, tendon and bone problems. The buoyancy of water causes the horse to be lighter just like during a swim. Although the movement against the water pressure is very demanding due to the use of the horse's entire physical strength, the strain on joints and tendons is minimal. As a result horses with injuries can be trained again after shorter periods of time thus losing less musculature and stamina while recovering. If cold water is used for filling the aquatrainer joints and tendons will be cooled as a positive side effect.



Furthermore, this training tool is also an effective aid for back problems. The counter pressure of the water promotes the use of the hindquarters. Due to that the horse will contract its abdominal muscles, arch its back and thus improve the range of motion of the hindquarters and the shoulders. By applying the training in this way the horse will be able again to carry a rider free of pain in a shorter period of time.

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Opportunities

The training of a horse with an aquatrainer can be adjusted exactly to the horse's individual needs. Treadmill speed and the height of the water can be adjusted separately and progressively. This gives you the opportunity to develop an exact training schedule on the aquatrainer for each horse. By raising the water level just under the rubber tread the aquatrainer can be used as a conventional treadmill as well and the water will cool the belt.



Cooperation with equine physiotherapists

Effective and responsible training with an aquatrainer is not hard but one needs a bit of background knowledge about the apparatus as well as the horse's body and its physiology in order to succeed. For us it is very important that optimal results are achieved and thus we supply you in the first weeks after the purchase of our aquatrainer with a qualified equine physiotherapist who will guide, advise and support you. Even after this intense support in the beginning our team will be available for questions and help with the preparation of training schedules for your horses if you are not quite sure.

Implementations

Our aquatrainer can be either placed on the ground and the horses enter it via ramps or it can be built into the floor thus allowing easy and level access. The build-in implementation is beneficial if there is not enough space for the ramps or if you have very sensitive horses. The super-grip tread is made of rubber and ensures that the horses won't slip. The tread has a width of approximately 1m and a length of 3m. Safety is very important to us therefore we have applied 4 emergency stop buttons one at each corner. The control box is easy to operate. A water tank and a pump are always within the delivery contents. The aquatrainer is completely assembled when delivered apart from the platform and the ramps, which have to be attached on side by the customer.



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Feedback concerning the COLUMBUS Aquatrainer by iDots

Equine veterinarians and rehabilitation specialist are very satisfied with the results and experiences they have made while using our aquatrainers: "unquestionably, for joints, tendons and ligaments movement in water and equine spa trainers is anti-inflammatory. During therapy for tendon injuries it is possible to increase the healing processes. Water temperature can be adjusted to the different healing phases. Exactly this application of different water temperatures in turns gives you another important benefit, which is the promotion of blood circulation. Furthermore, with equine spa trainers you can treat different problems of the hoof dermis from bruises to rehabilitation treatment."

Product Details Aquatrainer

Technical Data

Connection voltage	3PH + N + PE 400 V 50 Hz
Circuit breaker	3 x 10 A
Total power consumption	7500 W
Water consumption per session	ca. 800 - 1200 liters

Materials and measurements

Material	Stainless steel
Standard colour	RAL9005 - black
Dimensions of aquatrainers LxW	360 x 130cm
Dimensions of side platforms LxW	360x60cm
Dimensions of ramps LxW	210x130cm

Equipment and extras

Cable and plug	✓		
Water tank 3000l (blue)	✓		
Control box (standard)	✓		
Emergency stop (4pcs)	✓		
Pump (400l/min)	✓		
Powder coating in a colour of choice		○	
Control with programmable Computer		○	
Water-Recycling-System		○	
Extra tank o. underground tank		○	
Tank in colour of choice		○	
Extra side platform		○	
<i>Inklusive</i>	✓	<i>Optional</i>	○

