

inexo[®]

Benchmark in aerobic resistance and rehabilitation



User Manual

V1.0



Patent pending
Designed and manufactured in the UK



SteriTouch[®] is a registered trademark
of Radical Materials Ltd

inexo®

Benchmark in aerobic resistance and rehabilitation

CONTENTS:

Page 1	Safety Instructions
Page 2	Know Your Product
Page 3	Cleaning
Page 4-7	How to Use
Page 8-9	Background
Page 10	The Inexo Website
Page 11	Product Description & Warranty
Page 12	Regulations and Compliance
Page 13	Disclaimer



Safety Instructions

Inexo must never be considered as a replacement for medication, guidance and advice from a GP. Although inexo offers gentle therapeutic exercise for your lungs always consult with a GP or healthcare professional before beginning any new exercise activity.

If any dizziness occurs or you feel faint when using the device stop immediately. Do not attempt to walk around until any such feeling subsides. Discuss any such event with your GP or healthcare professional.

All materials used in the construction of inexo are identified as being safe for skin contact. In the unlikely event of a rash or irritation occurring stop using the product immediately and rinse the effected area with lukewarm water.

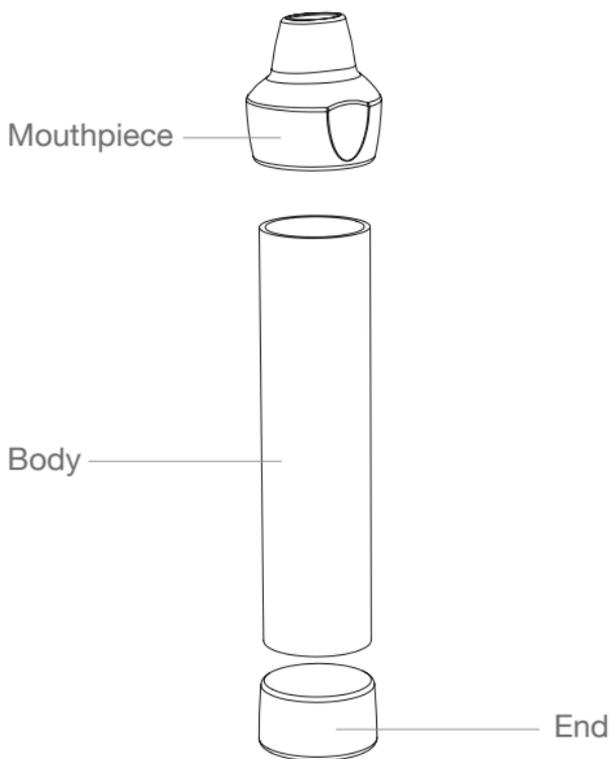
Do not use attempt to modify or tamper with the product in any way.

Always use the product fully assembled. Make sure that after cleaning all parts are refitted correctly.

Inexo is designed to be used by adults without the need for supervision, but if the user is considered to have special needs or an advanced level of physical disability some assistance may be required. Any such assistance is to be overseen by the carer in charge.

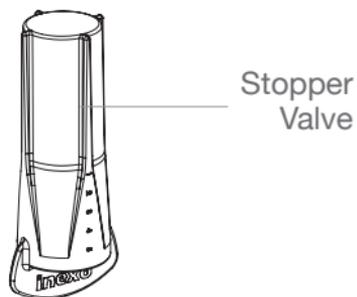
Inexo is not a toy. It contains small parts and is not suitable for children under the age of 7.

Know Your Product



Disassembly for cleaning:

The product is designed to fully separate into its component parts for cleaning.



Cleaning

Regular cleaning:

Regularly cleaning the device is important to prevent the growth of bacteria. It is recommended that the device is washed with warm soapy water a few times per week. Rinse with lukewarm water.

Top shelf of dishwasher may be used but make sure to secure the parts so they can not be lost into the dishwasher.

Leave the parts to air dry after being washed.

It is not necessary or advised to use harsh cleaning chemicals on the device as there may be a risk of cosmetic discolouration.

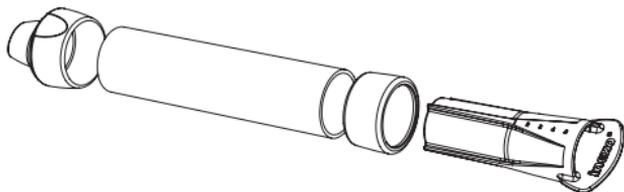
Weekly:

It is advised to perform an enhanced clean once a week using a mild cleansing solution that is intended for use on equipment that comes into contact with skin and mouth (such as baby bottle teats).

Commonly these are available in the form of sterilising tablets. Observe manufacturers instructions.

Good to know:

The moulded parts including the mouthpiece contain an antimicrobial additive (SteriTouch®). Antimicrobial additives are proven to kill or slow the spread of microorganisms. Microorganisms include bacteria, viruses, protozoans, and fungi such as mold and mildew.



How to Use

1. Adjust the stopper valve by pulling/pushing it into the unit.
Notice the engraved numbers which indicate a level of difficulty.



2. Find a comfortable place to sit or lay in bed. Take a moment to relax before beginning use.



3. Bring the mouthpiece of the device to your lips and breathe in and out. Concentrate on just using your mouth for breathing (not your nose). Follow your training program.



Background

Inexo is a resistance training device which helps to exercise and increase the performance of your lungs. By gradually making it more difficult for your lungs to pull in and expel air, the muscles in the chest have to work harder. In most cases this results in an improved lung efficiency throughout the day.

The Inexo device was born out of the 2020 Covid-19 crisis which saw a great many people suffering with the effects of the virus. Commonly this included a reduced lung efficiency and particular vulnerability with residents of care homes.

In April 2020 the UK government (through InnovateUK) launched a national competition to develop products and technologies which help combat Covid-19. Applications from R&D organisations, education and design consultancies were appraised and grant funding awarded to projects with the potential to tackle or reduce the ill effects of the virus. Inexo scored very highly and was commissioned through this scheme.

One of the most vulnerable demographics are residents of care homes. Naturally with increased age comes a reduction in lung capacity and efficiency. Inexo offers the opportunity for care home residents to 'boost' their respiratory performance ahead of possibly contracting a viral infection. Being prepared to fight off a possible infection gives care home residents the best possible chance of a good recovery and return to a good quality of life.

Inexo sets itself as the 'benchmark in aerobic resistance and rehabilitation'. Having one recognised standard device for resistance training means that clinicians can discuss rehabilitation of a patient amongst their peers with one common reference point (the inexo device).

From the outset it was important to make inexo the best possible platform for widespread use.

Easy to use, adjust, clean and report progress.



The Inexo Website

Please visit the inexo website to download training plans and access more information about the device.



inexo®
Benchmark in aerobic resistance and rehabilitation

Launching in September 2020, with B2B pre-orders available throughout July, the inexo breathing resistance device will bring about tangible health benefits for those recovering from Covid-19 and those seeking to better prepare themselves for possible contraction of the virus.

InnovateUK is a government organisation which awards financial support to small to medium sized enterprises involved in the development of disruptive and innovative technologies. Their national competition, focussing on the coronavirus pandemic launched in April and attracted over 8,500 entries. A panel reviewed entries based on their potential to deliver significant healthcare and economic benefits.

The funded project, which is called 'Inexo', aids the recovery of patients affected by the virus and helps those at risk (in care homes or with underlying respiratory issues) to be better prepared for possible infection.

For more information please email:
contact@inexo.co.uk or call 01971 301 178

Funded by
Innovate UK

 UK Research and Innovation

Business-led innovation in response to global disruption

James Barr Design has been awarded grant funding to design and manufacture an innovative new medical device to help fight Covid-19. Launching September 2020.

- Economic design for manufacture.
- Remote patient monitoring.
- Immediate and long term healthcare benefits.

 Proudly designed and manufactured in the UK.





Copyright © 2020 inexo | James Barr Design Limited trading as inexo

Funded by
Innovate UK

 UK Research and Innovation

Business-led innovation in response to global disruption

James Barr Design has been awarded grant funding to design and manufacture an innovative new medical device to help fight Covid-19. Launching September 2020.

- Economic design for manufacture.
- Remote patient monitoring.
- Immediate and long term healthcare benefits.

 Proudly designed and manufactured in the UK.





MacBook Air

www.inexo.co.uk

Product Description

Inexo aims to be the 'benchmark in aerobic resistance and rehabilitation'. Gentle, easy to use exercise for improving lung function – an important assistance to fighting the effects of Covid-19.

Inexo is a drug free resistance training device and offers benefits across a broad range of ailments including COPD

Visit: **www.inexo.co.uk** for downloadable training plans.

Warranty

Inexo is guaranteed against defects which effect its performance for a period of one year from the date of purchase (proof of purchase is required). It is sold fit for purpose and free from defects of workmanship and material.

Outside of cleaning, inexo has no user serviceable parts. In the event of loss, replacement parts can be arranged by emailing: contact@inexo.co.uk explaining what is required. There may be a cost for replacement items.

Inexo is supplied in sealed, tamper evident packaging. Due to hygiene and contamination, returns cannot be accepted if the plastic bag has been opened.

Regulations and Compliance

Inexo has been designed and manufactured to the highest standards and complies with the necessary requirements as laid out for CE certification. Medical device directive 93/42/EEC recognises the product as a Class1 Medical Device; this has been agreed by a notified body.

The device has been designed and manufactured in such a way that, when used under the conditions and for the purposes intended, they will not compromise the clinical condition or the safety of patients, or the safety and health of users or, where applicable, other persons, provided that any risks which may be associated with their intended use constitute acceptable risks when weighed against the benefits to the patient and are compatible with a high level of protection of health and safety.

Inexo is not delivered in a sterilised state and does not require sterilisation. Please refer to page 3 of this instruction manual for the recommended cleaning procedure.

Inexo is classified as both non-invasive and transient whereby it is used continuously for less than 60 minutes per session. The product has no measuring function and is not an 'active' or powered device.

Materials

Body = PVC (Widely recyclable)

Mouthpiece, End and Stopper Valve = TPE with SteriTouch® antimicrobial additive (Widely recyclable)

Materials and construction are in accordance with medical device directive 93/42/EEC.

Disclaimer

Always seek the advice of your doctor or a healthcare professional if you have any concerns about a medical condition. Inexo is not a diagnostic device, and is intended to be used for respiratory resistance training only. The manufacturer (James Barr Design Ltd T/A inexo) does not accept responsibility for any loss or injury relating from the misuse of the product.

SteriTouch additives are effective against a broad range of bacteria, including those responsible for illness, infection, odours, staining and material degradation. The purpose of SteriTouch additives is not to create a sterile environment or negate the need for routine cleaning, but to provide a useful complementary measure to normal hygiene practices.

Inexo is patent pending.

Inexo has been granted a UK registered design right.

Inexo is a registered trademark.

SteriTouch® is a registered trademark of Radical Materials Ltd.

Copyright (17-08-20) - James Barr Design Limited. All rights reserved.

Inexo is a trading name of James Barr Design Limited (Company Number: 9142836).

Registered address:

James Barr Design Ltd, C/O GBJ, Sterling House,
27 Hatchlands Road, Redhill, Surrey, RH1 6RW.

