

MiniFly requires a good physical condition but does not require a particular physical training for an occasional practice.

The parts of the body most solicited before and during the flight are: arms, forearms, wrists and shoulders.

Our recommendations on the use of MiniFly are based on 2 foundations:

- 1) The success of physical exercises
- 2) The opinion of no contraindication of a sports doctor following an examination for a moderate or frequent practice of MiniFly (more than 2 hours per week)

1) Simple exercises to know your physical ability to use the MiniFly:

- Sit on the ground with legs stretched out, place your arms along your body with the palms of your hands against the ground and your hands facing outwards. Stretch the arms to raise the buttocks, the legs should not touch the ground, only the heels should be supported. The back must remain vertical. Hold for at least 90 seconds.

- Raise arms horizontally outward with a 1.5 kg (3.3 lbs) weight in each hand. Hold for at least 60 seconds.

- Balance on one leg for at least 30 seconds without putting the raised foot on the ground, repeat with the other leg for at least 30 seconds.

Note: the exercises performed above should not cause any discomfort or significant physical pain, in which case the use of MiniFly is not recommended.

2) It is strongly recommended to consult a sports physician before using MiniFly.

Recommendations to the examining doctor:

The signing of a certificate of non-contraindication to physical activities and sports engages the responsibility of the doctor.

This consultation takes time and should not be done lightly in the locker room before a competition.

The questioning is an essential step of the consultation: knowledge of the history, growth assessment, search for previous or existing pathologies contraindicating the sport practiced, repeated sports accidents, current treatment, evaluation of the planned sports activity and objectives, tolerance to training.

The clinical examination will be particularly thorough and complete, with emphasis on the search for cardiovascular, pulmonary and musculoskeletal pathologies.

The doctor is the sole judge of the need for any additional examinations: functional cardiological or pulmonary exploration, cardiological stress test, X-rays (spine or hand joints), biological examinations or specialized consultation. The practitioner is solely responsible for an obligation of means.

A medical-sports file must be established.

At the end of this consultation, the doctor will share his observations with the person concerned, and may advise a change of sporting activity, or define limits that the subject must respect.

The doctor then issues a certificate of non-contraindication, possibly with reservations. This certificate must mention the sport, or possibly the disciplines, concerned. The doctor may have to establish a temporary inaptitude.

Medical examination guide for MiniFly practice:

The practice of flying with the MiniFly device presents some particularities that the physician must know:

Physical, osteo-articular constraints for an activity of taking off the human body from a hard platform, including a phase of suspension of the body on the handles and under the shoulders (if applicable) as well as a landing of the human body on a hard platform.

Intermittent effort constraints, of variable power and intensity, leading to high heart rates.

The physician will pay attention to the following:

1. Osteoarticular examination: check the anatomical and functional integrity of the 4 limbs, detect osteoarticular pathologies and respect the consolidation time after these pathologies or traumas. Respect the growth and detect possible osteoarticular dystrophy. Prevent tendon disorders. Contraindication to flight: Any spinal pathology with potential neurological repercussions (herniated disc, spondylolisthesis stage. After-effects of a spinal fracture or vertebral compression. Bone demineralization. Joint pathologies with risk of dislocation (shoulder). Osteo-cartilaginous growth dystrophies.

2. Cardiovascular and pulmonary examination: The cardiovascular condition must be compatible with physical effort, require an exercise ECG over 40 years or at the slightest sign of call or risk factor. Contraindication to flight: all heart diseases, unbalanced coronary, untreated hypertension, paroxysmal rhythm disorders, cyanogenic or arrhythmogenic heart diseases, strokes. History of spontaneous pneumothorax.

3. Neurological and psychiatric examination: The use of MiniFly requires attention, good balance, control of gestures and responsible behavior. Contraindication to flight: The use of substances or drugs that may impair judgment or reduce reflexes. Unbalanced epilepsy. Unstabilized psychiatric syndromes.

5. ENT examination: detect balance disorders which are a contraindication

6. Visual acuity: to be corrected, wearing unbreakable lenses, lenses or adapted frames.

The examination recommendations proposed to the physician in this document are intended to enlighten his expertise on the practice of MiniFly. The practitioner is free to assess the application of these recommendations according to the state of health of the person he is examining.

At the end of his consultation, the doctor is solely responsible for establishing a medical certificate of no contraindication. He/she shares his/her observations with the person concerned, and may advise a change of sporting activity, or define limits that the subject must respect.

The signing of a certificate of no contraindication to physical activities and sports engages the responsibility of the doctor.

Upon request, we will provide the medical certificate template for your doctor.