

# MOTOmed<sup>®</sup> Movement Therapy

1. passive, 2. motor-assisted, 3. active resistive



MOTOmed viva2 leg trainer



Arm/upper body trainer  
for viva2, gracile12



MOTOmed gracile12  
for children



MOTOmed letto2  
in supine position

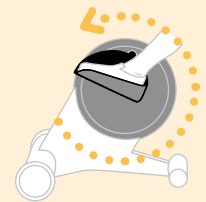
## Indications / Therapy Goals

Of particular value for multiple sclerosis, stroke, paraplegia, tetraplegia, spasticity, Parkinson's disease and other neurological and geriatric diseases as well as any kind of mobility impairments.

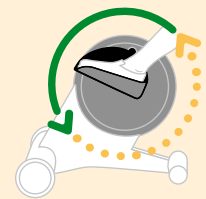
- + Promote walking ability** Sustain and improve your individual fitness (coordination, muscular strength and endurance) in order to maintain motion control that is necessary for walking.
- + Reduce spasticity** Loosen up your muscles, especially with spasticity, high muscle tone or general immobility.
- + Start to use even minimal strength** Rediscover your residual muscle strength that may be blocked by spasticity or may not be sufficient for fully active movement, use and rebuild your physical strength.
- + Improve mental and physical well-being** Movement stimulates body and soul. Sense a better well-being and release energies that you have not even been aware of.
- + Counteract consequences of lack of movement** *such as:* circulatory disorders (especially in the legs), joint stiffness (contractures), loss of muscle mass, digestive and bladder problems, brittle bones (osteoporosis), fluid retention in the legs (edema), high blood pressure and metabolic disorders (e.g. diabetes).

## MOTomed® Movement Therapy

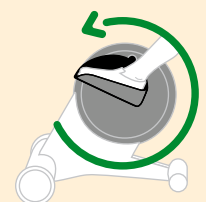
- 1 passive: The MOTomed moves you.** Passive motion without muscle strength is essential to prevent your joints from stiffening. It helps to loosen up the muscles and to reduce spasticity. Passive training improves the blood circulation and therefore the oxygen and nutrition supply of the muscles. >> **Movement for your daily well-being.**
- 2 motor-assisted: The MOTomed supports you.** The user trains with only little muscle strength and the MOTomed motor supports this active impulse by the ServoCycling feature. This promotes strength and endurance even with minimal muscle strength. Residual strength that is either blocked by spasticity or insufficient for fully active movement can be rediscovered and strengthened. >> **Movement for more energy and motivation.**
- 3 active resistive: Cycle by yourself.** The user trains actively against finely adjustable resistance levels, from very easy to quite difficult. Whenever the muscles fatigue, he can relax and the motor will take over again and continue to move the legs or arms in passive motion. This helps to improve the blood circulation as well as the oxygen and nutrition supply, so that active training can be continued after a short break. Active training with short breaks of passive training has a positive influence on the total training time and the general therapy progress. >> **Movement for your physical strength.**



passive training



motor-assisted training



active training



»There is no medication that offers as many positive effects while having little or no negative side effects, as moderate physical activity«

## MOTomed® viva2

The particular feature of the MOTomed viva2 is the user friendly operating panel with **large, palpable buttons** and logical **color guidance**. Two beneficial items that help to guarantee a simple operation. For example, buttons that are highlighted in green on the display indicate which button should be pressed next. There are different settings that can be adjusted during the training, such as the resistance level or the passive speed. >> **The MOTomed viva2 is very simple to operate.**



MOTomed viva2 leg trainer  
loosening and strengthening of leg muscles

the arm trainer  
can be swiveled  
about 180°



MOTomed viva2 leg and arm/upper body trainer  
leg or upper body can be trained



operating panel of MOTomed viva2

## Arm/upper body trainer

available for MOTomed viva2 and MOTomed gracile12 (pediatric system). There are various hand and arm supporting accessories available to meet individual requirements. **For active and passive training of arm, shoulder and back muscles.** Special feature: The arm/upper body trainer can be swiveled in and out of the training area. >> **Simple alternation from leg to arm/upper body training, without assistance and no tools are required.**



>> Please contact us for further special literature about movement therapy and neurological diseases.

## MOTomed® gracile 12

Especially designed for the individual **needs of children** with physical limitations (cerebral palsy, spina bifida, muscular diseases...). Unique features are the **extra small pedal distance** (12 cm / 4.7 in.) adapted to the narrow hip structure of children and the **infinitely variable height adjustment of the pedal axle**. That way the MOTomed gracile 12 can be adapted to the body height and therefore enables use even for very small children. >> **The MOTomed gracile 12 puts a smile on your child's face.**



>> Please contact us for further special literature about movement therapy for children.



MOTomed gracile 12 leg trainer for children

## MOTomed® letto2

The **mobile movement therapy system for patients confined to bed**. It can simply be rolled to the bed, safely locked into position and optimally adjusted so that the patient does not have to be transferred. It provides an ideal adjunction to regular physical therapy, for movement initiation and for contracture, decubitus and thrombosis prevention as well as for various other therapy goals. The leg guides »TrainCare comfort« allow for adjusting the range of motion of the knee (*accessory, see figure below*) and assure a safe and secure training, even for coma patients or patients with paralyzed legs.

There are special accessories available that allow **MOTomed letto2** therapy during dialysis treatment, directly from the therapy chair. The **MOTomed letto2 leg/arm** provides the option to alternate between leg and arm/upper body training. >> **MOTomed letto2 – more mobility for patients confined to bed.**



MOTomed letto2 leg/arm for whole body training in supine position

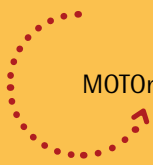


MOTomed letto2 leg trainer with leg guides »TrainCare comfort«



>> Please contact us for further special literature about movement therapy in supine position.

>> Upon request, the three basic models can be upgraded with **various accessories** and by **individual product adaption** – Contact us for further information: [www.motomed.com](http://www.motomed.com)



## Special Features / Therapy Options of MOTOMed® Movement Therapy



viva2



gracile12



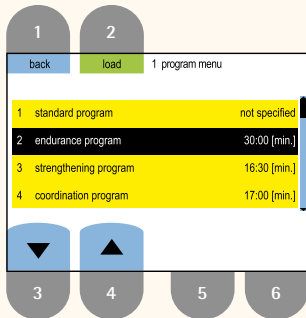
letto2

passive movement of legs and arms, by integrated motor	✓	✓	✓
ServoCycling = motor-assisted active training	✓	✓	✓
active training with own muscle strength against finely adjustable resistance levels (0-20)	✓	✓	✓
separate button for ServoCycling - visual transfer from passive to active training, the MOTOMed catches up any active impulse and the bicycle symbol (🚲) appears on the screen	✓	✓	✓
active - passive Biofeedback, screen adjusts automatically	✓	✓	✓
passive speed from 1 to 60 rpm	✓	✓	✓
MotivationPrograms MOTOMax and TRAMPOLINEmax	✓	✓	✓
13 Therapy Programs (with edit function)	✓	✓	✓
training analysis via chip card (accessory »MOTOMed sam2«)	•	•	•
pulse control MOTOMed Cardio16	•	•	•
combination with functional electrical stimulation (FES)	•	–	•
SmoothDriveSystem for a smooth rotation	✓	✓	✓
MovementProtector for sensible spasm detection	✓	✓	✓
SpasmControl with automatic change of rotation direction	✓	✓	✓
electronic foot insertion aid with safety stop	✓	✓	✓
large, high-contrast color screen (11.5 x 8.5 cm / 4.5 in. x 3.4 in.)	✓	✓	✓
stationary operating panel with 8 large, palpable buttons and automatic user guidance	✓	✓	✓
SymmetryTraining - simultaneous display of the active input of the right and left body side	✓	✓	✓
SymmetryTraining in a clear 2-bar-diagram and analysis in percent	✓	✓	✓
SymmetryTraining for leg and arm/upper body trainer	✓	✓	✓
muscle tone measurement (tone at the beginning, at the end, on average)	✓	✓	✓
passive and active training results are displayed separately (distance, duration)	✓	✓	✓
color »silversand« (available at no extra charge)	✓	–	–
mobile by large transport castors	✓	✓	✓

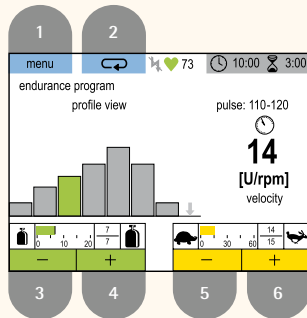
✓ = included in base price    • = optional accessory    – = not available

## Individual training for a better therapy outcome

There are 13 different therapy programs available that can be selected depending on the focus of rehabilitation or the individual indication. These programs are developed by RECK sports scientists based on aspects of scientific rehabilitation research: standard program, endurance, strengthening, loosening and coordination program, Motivation Programs, Parkinson's program, stroke, MS, neuro, ortho and cardio as well as »individual programs«.



screen  
»program selection«



screen  
»endurance program«



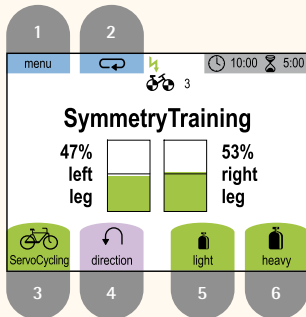
user friendly operating panel

## MOTOMax

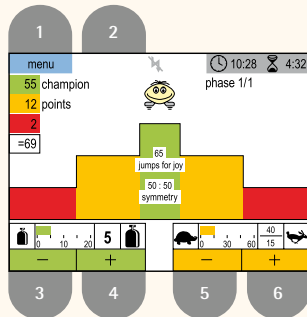
The goal is to train the left and right side equally in order to keep MOTOMax centered on the green podium. Max will award your success with a smile, jumps for joy and champion points.

## TRAMPOLINEmax

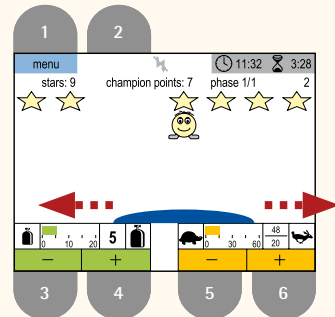
The goal is to improve your coordination and reaction, while having fun. By jumping on a trampoline, Max flies higher to collect stars. Your task is to move the trampoline in the direction that best helps Max to collect the stars. You can advance from level one to three. Max will jump faster, while there will be more stars and they will be smaller.



screen  
»SymmetryTraining«



screen  
»MotivationProgram MOTOMax«



screen  
»MotivationProgram TRAMPOLINEmax«

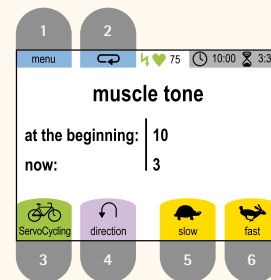
All screen displays: Original size (11.5 x 8.5 cm / 4.5 in. x 3.4 in.)  
The RECK Company reserves the right to technical changes according to the progress.



>> There are 6 MOTOMed Movement Therapy films available on DVD.  
Further information at: [www.motomed.com](http://www.motomed.com)

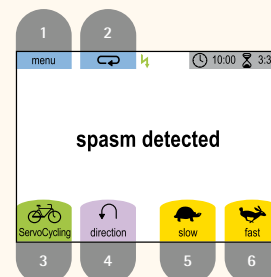
## Loosening muscles

by means of the MOTomed SmoothDriveSystem. The smooth and sensitive motor driven rotation allows muscles to loosen up and helps to relieve muscular tension and pain. The MOTomed has been designed with a particularly sensitive motor drive that allows for a smooth and fluent movement transmission. That way every training can be started in a very sensitive way.



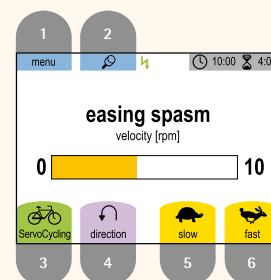
## Detecting spasms

by means of the MOTomed MovementProtector. During the complete training the muscle condition is monitored and the MOTomed stops with the slightest sign of a cramp. The special feature about this motor power limitation: The MovementProtector constantly adjusts itself to the changing muscular tension and is therefore always optimally sensitive. >> If a spasm kicks in, the motor stops the pedal rotation smoothly.



## Easing spasms

by means of the MOTomed SpasmControl. Muscular tension and spasms are loosened and relieved. After the MOTomed MovementProtector has detected a spasm and smoothly stopped the pedal rotation, the SpasmControl automatically changes the rotation direction of the pedals. This continues back and forth, until the cramp has eased, according to the therapeutic principle of the antagonistic inhibition: A bending spasm is relieved by stretching, a stretching spasm by bending.



## Various Accessories to Suit Individual Requirements



**Leg guides**  
for a secure hold  
Flexibly mounted and height adjustable. The spring mounted calf shells fit comfortably around the calves.



**Self-operating foot holders**  
Helps to remove feet quickly if required. Holds the feet securely—even with strong spasticity.



**Pedal radius quick adjustment**  
To change the pedal radius and therefore the range of motion.



**Wrist cuffs**  
Made out of soft material, supports hands with limited grasp function during arm/upper body training.



**Forearm shells with arm cuffs**  
Fix and guide the arms safely during arm/upper body training. Especially for paralysis.



>> Further **Accessories** are listed in the **MOTomed Product Overview**.  
Contact the MOTomed service team if you are interested in **special product adjustments**.

# MOTomed® Models for Individual Needs

## Sensational Research Results – the new MOTomed® viva2 Parkinson

A new flicker of hope for many Parkinson's patients!

By coincidence, US scientists discovered that tandem biking at high pedal rates (up to 90 rounds per minute) has a positive influence on Parkinson's symptoms. Scientists related the positive effects to the unusual high pedal rotation and so the new therapy method »Forced Exercise« was born. In order to realize regular training at any time at home, even without a personal trainer, the RECK Company has developed a new version of the well established MOTomed viva2.

This new **MOTomed viva2 Parkinson** with special **Parkinson's therapy programs** allows for a passive speed of up to 90 rpm, driven by the integrated motor. >> **Start with your MOTomed Movement Therapy today and feel the benefits for your health and well-being.**



>> Please contact us for further information about MOTomed Therapy and Parkinson's.

## Quality and Variety



1 MOTomed viva2 leg trainer with color screen for physical and mental fitness



2 MOTomed viva2 Parkinson 90 rpm for a fast passive movement



3 Arm/upper body trainer for viva2, gracile12



4 MOTomed viva2 stativ for arm and upper body training



5 MOTomed viva2 duplex simultaneous leg and arm training especially with high blood pressure or diabetes



6 MOTomed viva2 with functional electrical stimulation (FES) especially for paraplegia and stroke



7 MOTomed gracile12 height adjustable for children



8 MOTomed letto2 movement therapy in supine position with leg guides »TrainCare comfort«



9 MOTomed letto2 from the therapy chair during dialysis



10 MOTomed letto2 leg/arm leg and arm/upper body trainer can be used from 3 bed sides

## Product demonstration

If you want to learn more about **MOTomed Movement Therapy**, try it out – at home, at a hospital or rehabilitation center, please contact your **MOTomed partner** for further information.



Your MOTomed Partner:

**RECK MOTomed®**  
Movement Therapy for a Better Quality of Life

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