MOTOMed® Movement Therapy

Daily Benefits of Movement
passive, motor-assisted, active resistive

at home | at a hospital | at a care facility
1. Therapy goals / Indications

How do I benefit from the MOTOmed® Movement Therapy?

**Promote walking ability** In order to enhance or build up mobility a certain amount of basic fitness is necessary (muscle strength, endurance and coordination). The MOTOmed Movement Therapy Devices help you to achieve these therapy goals.

The alternating and repetitive movements can have a positive effect on muscle tone, mobility, and balance.

**Activate residual muscle strength** Are your muscles deconditioned or atrophied? Are you inhibited by spasticity? Discover and rebuild gently your residual muscle strength with the MOTOmed.

**Reduce your spasticity** Loosen your muscles if you are inhibited by spasticity, if you have high muscle tone, or if you wish to overcome movement limitations.

**Indications** Application in the field of **neurology**: e.g. Multiple sclerosis, stroke, spinal cord injury, spastic paralysis, Parkinson’s disease and other neurological and neuromuscular conditions. Uses in the field of **orthopedics**, e.g. post hip, knee and other joint surgeries and other conditions that limit mobility. Uses in the field of **geriatrics**, with patients with different problems such as Diabetes mellitus type2, high blood pressure, aging related muscle loss. In the field of **pediatrics/children**, e.g. cerebral palsy, spastic paralysis, muscular dystrophy, etc. With **bed-ridden patients**, e.g. persistent vegetative state, coma, intensive care, hemodialysis. We offer different MOTOmed models for different medical conditions.
1. Therapy goals / Indications

Counteract the consequences of lack of movement, such as:
- Circulation disorders (cold and painful legs), thrombosis
- Joint stiffness (contractures), arthrosis
- Muscle atrophy
- Digestion, bowel and bladder functional control
- Osteoporosis
- Edema in the legs and the arms
- Heart and circulatory problems
- High blood pressure
- Metabolic disorders (e.g. Diabetes mellitus)

Improve your psyche and well-being Movement is essential for your physical and mental well being. It helps to achieve a positive state of mind and stimulates the brain.

Counteracting fatigue Are you constantly tired, and do you have low energy levels? Regular use of MOTomed can reduce the occurrence of chronic fatigue syndrome and can help you feel revitalized.

The sophisticated active/passive-detection feature enables the motor-assisted therapy to adapt automatically to your daily conditioning with the optimal dose of assistance that is required to achieve your individual therapy benefits.

MOTOmed® is a great therapy in case of paralysis, spasticity, overall weakness and lack of movement.
Movement starts with the MOTOmed® – Achieving great training success with combination of active/passive movement

The MOTOmed motor takes over the training automatically in case of fatigue or insufficient muscle strength. The muscles relax during passive movement while still improving the blood circulation and optimizing the flow of oxygen and nutrients in those muscles. After a few minutes of cycle training your renewed muscle strength will greatly motivate you to continue cycling actively. This allows you to participate longer in the therapy session which results in more success.

### 2. MOTOmed Therapy Options

1. **motor-assisted/passive** This allows for a smooth movement which helps loosen your muscles in the legs and the arms/upper body.

2. **motor-assisted/assistive**
   Even with minimal muscle strength you can achieve an easy transition from passive to active training, with little effort and no strain on the muscles.

3. **Using your own muscle strength/active-resistive**
   You are cycling against finely adjusted resistance levels. Ideal home-based circulation training for your cardiovascular system and your muscles.
3. MOTOmed Special Functions

Your MOTOmed interacts with you
There are 27 language options at your disposal.

* There is a limited availability of functions and prompts with the MOTOmed viva2 light model

*post training analysis*  
« MOTOmax MotivationProgramms »
« SymmetryTrainings »
« stiffness/muscle tone »
« active movement »
« removing spasticity »
« program selection »
« spasm detection »
« program menu »
« post training analysis »

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Fig. 1 Big operating panel with easy-feel buttons and foot insertion aide function at the push of one button
Fig. 2 Strong all-metal construction
Safety foot shells with fixation straps
Fig. 3 Big wheels Ø 13 cm / 5.1 in. making moving easy
The spasticity often inhibited my slightest movements and restricted my mobility significantly. Initially, I had reservations about training with the MOTOmed. However, the many positive testimonials from other patients reassured me. Today, regular training with the MOTOmed helps me loosen up my muscles on a regular basis which reduces muscle tension, and the intensity and severity of my spasms. Muscle tension and spasms are pleasantly released with the assistance of the soft and continuous movement and the MOTOmed functions ServoCycling, MovementProtector and SpasmControl.

All MOTOmed models are available in combination with arm/upper body trainer. When training the legs, the arm/upper body trainer is pivoted out of the way (fig. 1). It can be pivoted back into position (fig. 2) for arm/upper body training (fig. 3). The MOTOmed viva2 stativ is available for a therapy with only the arm/upper body trainer.

MOTOmed, viva2
This Movement Therapy Device incorporates the well-established MOTOmed features such as ServoCycling, MovementProtector and SpasmControl. Further features include SymmetryTraining, 13 TherapyPrograms (which target specific medical conditions such as stroke, MS and contains therapy goals including loosening and endurance training ...) and specialty fields such as neuro, ortho, MOTOmax and TRAMPOLINEmax MotivationPrograms. It also includes various biofeedback prompts, and a training analysis with up to 20 training values which contributes to a professional application with higher standards.

4. MOTOmed Models

There is a clearly structured color system that guides you through the menu. The next logical step is always marked in «green». All operating prompts and training feedback can be viewed in 27 different languages. Some of the special features are shown on page 5.
For me personally the MOTOmed is a complimentary therapy to physical therapy since it loosens up the muscles before the actual manual therapy. You can set up one patient on the MOTOmed and then attend to another. This makes the therapy session, much more effective. I feel that it is equally important knowing that the MOTOmed complies with all the safety requirements for medical therapy devices.

With the motorized and software-controlled MOTOmed devices a problem-free daily repetitive passive movement of the legs, arms and upper body is possible. Therefore, manual therapy can be applied in a more effective and efficient manner.

**MOTOmed, viva2 light**

This Movement Therapy Device comes with all the standard MOTOmed features and safety functions such as Movement-Protector and SpasmControl and the well-established SymmetryTraining.

With its one screen training overview (see below), reduced level of software options, the MOTOmed viva2 light ensures a particularly easy and user-friendly operation.

The TherapyPrograms, MOTOmax and TRAMPOLINEmax MotivationPrograms, or the possibility of a software-upgrade are only available with the MOTOmed viva2 model.
4. MOTOmed Models

MOTOmed® viva2 Parkinson

Current research results confirm that fast leg cycling movement of 80 to 90 r.p.m. can significantly reduce Parkinson-typical symptoms such as rigor, tremor, and lack of movement.

The MOTOmed viva2 Parkinson promotes motor-assisted cycling movement of up to 90 r.p.m.

In a very short time, the fast cycling movement with the MOTOmed viva2 Parkinson helps to improve the fine motor skills such as gait.

After taking a one year break from work, I am able to write on the blackboard again, at an almost normal pace. My letters are big and legible again. I can apply mascara and hold a cup of coffee relatively well with my right hand.

In a nutshell: I am overjoyed with this progress!

This Parkinson-diagnosed teacher engages in the MOTOmed Movement Therapy on a regular basis for many years.
4. MOTOmed Models

Because of his Cerebral Palsy, my son Pascal was not able to move without pain. The MOTOmed gracile12 allows him to move regularly and pain-free, despite of his spasticity. The muscle tone is reduced while the muscles are relaxed and strengthened. And most importantly for me: My son loves to engage in this therapy, particularly when he is able to make the game character Max jump on the screen.

The MOTOmax and TRAMPOLINEmax MotivationProgram motivates you to engage in daily therapy training (page 5).

The Pediatric Unit MOTOmed gracile12
MovementTherapy for children and persons with short stature (approx. height of 90 cm / 2 ft. 11 in. to 130 cm / 4 ft. 3 in.).

Specifications

Pedal distance between foot shells 1: The inner foot shell distance of only 12 cm / 4.7 in. is approx. 30% narrower when compared to other conventionally available movement training devices. The narrow width eliminates the strain on the hip and joints.

Height adjustment 2: The MOTOmed gracile12 foot shells and operating panel are height-adjustable and adaptable to the child. The adjustment is stageless and individually adaptable with no tool requirements.

MOTOmed gracile12 grows along with your child!

12 cm / 4.7 in.

The pedal axle distance of 12 cm / 4.7 in. is perfectly suitable for children.

MOTOmed gracile12 with arm/upper body trainer

Stageless height adjustment of the pedal axle

Pediatric Unit
12 cm / 4.7 in.
The bed unit MOTOmed, letto2
Movement therapy for patients confined to bed: application at the long term care facilities or hospitals, or in early rehabilitation, at intensive care units, with comatose patients or ventilated patients, and during hemodialysis.

Specifications
- **Floor fixation (Four-Brake-Stop)** 1 – Stability without mechanical attachment to the bed or therapy chair
- **Spreadable Chassis** 2 – Adaptation to various bed types by lever-handle (accessory)
- **Knee bending adjustment** 3 – Adjustment of the degree of knee flexion (accessory)
- **»TrainCare Comfort« leg guides** 4 – Secure support of calves (accessory)
- **MOTOmed letto2 leg/arm** – leg and arm/upper body training for bedridden patients

Particularly for patients who are in a supine position in or an inclined position for an extended period of time, it is important to counteract the consequences of lack of movement. Therefore it is essential that we introduce early passive and assistive movement therapy to their rehabilitation.

The MOTOmed Movement Therapy provides a safe motorized passive movement, as well as motor-assisted and active resistive muscle training.
## 4. MOTOmed Models

### Characteristics and Therapy Options of the MOTOmed Movement Therapy

<table>
<thead>
<tr>
<th>Feature</th>
<th>viva2</th>
<th>viva2 light</th>
<th>viva2 Parkinson</th>
<th>gracile12</th>
<th>letto2</th>
<th>letto2 leg/arm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motorized movement of the legs (passive training)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Motorized movement of the arms (passive training)</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>ServoCycling = motor-assisted active training</td>
<td>✓</td>
<td>✓</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Active movement with own muscle strength against finely adjusted</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>resistance levels (gear 0 to 20)</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Separate button for ServoCycling - visual and noticeable transfer from</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>passive to active training. Activity is detected immediately and is</td>
<td></td>
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<tr>
<td>indicated by a bicycle symbol ( ragazzo ) on the display</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Active/passive biofeedback (automatic)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Regulation of passive speed from 1 to 60 r.p.m.</td>
<td>✓</td>
<td>✓</td>
<td>up to 90 r.p.m.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MOTOmax and TRAMPOLINEmax Motivation Programs</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>13 Therapy Programs (can be individually edited)</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pause-function</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Training analysis via chip card (accessory »MOTOmed sam2«)</td>
<td>●</td>
<td>–</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>MOTOmed Cardio16 Pulse Control regulations the resistance level up or down</td>
<td>●</td>
<td>–</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Combination with functional electrical stimulation (FES)</td>
<td>●</td>
<td>–</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>SmoothDriveSystem for a smooth rotation</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MovementProtector for sensible spasm detection</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>SpasmControl with automatic change of rotation direction</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Electronic foot insertion aid with safety stop</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Large, high-contrast color screen (11.5 x 8.5 cm / 4.5 in. x 3.4 in.)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Stationary operating panel with 8 big, easy-feel buttons</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>and automatic user prompts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SymmetryTraining – Activity performance display is divided into the</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>right and the left hemisphere</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SymmetryTraining in a clear 2-bar-diagram and analysis display in</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>percent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SymmetryTraining for leg and arm/upper body trainer</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Muscle tone measurement (tone at the beginning, at the end, and average)</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Passive and active training results are displayed separately (distance,</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>duration)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standard color (no extra charge)</td>
<td>silversand</td>
<td>blue</td>
<td>silversand</td>
<td>blue</td>
<td>blue</td>
<td>blue</td>
</tr>
<tr>
<td>Mobile by large transport castors</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

✓ = included in base price  ● = optional accessory  – = not available
With the many accessory options, your personal MOTOmed model can be perfectly adapted to your individual needs. Find more accessories at www.motomed.com or consult with your MOTOmed partner.

**Accessories for MOTOmed models viva2, viva2 light, viva2 Parkinson and gracile12**

<table>
<thead>
<tr>
<th>Accessory</th>
<th>Item No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg guides with calf shells, retractable</td>
<td>302</td>
</tr>
<tr>
<td>Self-operating foot holders</td>
<td>506</td>
</tr>
<tr>
<td>Pedal radius quick adjustment</td>
<td>507</td>
</tr>
<tr>
<td>Plastic-coated safety foot shells, disinfectable</td>
<td>152</td>
</tr>
<tr>
<td>Hand fixation with wrist cuffs</td>
<td>562</td>
</tr>
<tr>
<td>Forearm shells with arm cuffs</td>
<td>556</td>
</tr>
</tbody>
</table>

**Accessories for the MOTOmed letto2 bed unit**

<table>
<thead>
<tr>
<th>Accessory</th>
<th>Item No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;TrainCare Comfort&quot; leg guides</td>
<td>168</td>
</tr>
<tr>
<td>Spreadable chassis</td>
<td>160</td>
</tr>
<tr>
<td>Pivot arm for operating panel</td>
<td>166</td>
</tr>
</tbody>
</table>
The most effects in therapy can be reached by contributing to the treatment independently. In some cases the insurance may cover the cost of the MOTOmed Movement Therapy. Simply inquire about it.

Get informed! Ask us about special brochures, prices, studies, publications and literature or request MOTOmed videos (DVD), in different languages.* On the Internet at www.motomed.com and by filling out a contact form, by email at info@motomed.com or by contacting your MOTOmed partner directly.

Information

6. Information
A variety of quality models available
10 basic MOTOmed models* with a wide range of accessories. Ask us about it!

1. MOTOmed viva2 leg trainer with the highest standards
2. Arm/upper body trainer in combination with leg trainer for viva2, viva2 light, viva2 Parkinson, gracile12
3. MOTOmed viva2 light pleasant movement with simple operation
4. MOTOmed viva2 Parkinson up to 90 r.p.m. for a fast passive cyclic movement (forced exercise)
5. MOTOmed viva2 static exclusively for arm/upper body training
6. MOTOmed viva2 duplex simultaneous arm and leg training for high blood pressure and diabetes mellitus
7. MOTOmed viva2 with FES (functional electrical stimulation) for an effective cardio and circulation training e.g. in treatment of paraplegia
8. MOTOmed gracile12 height adjustable movement trainer for children and persons with a small stature
9. MOTOmed letto2 leg/arm movement therapy in supine position
10. MOTOmed letto2 leg/arm leg and arm/upper body trainer applicable from 3 bed sides

*Not all models are available in all countries

We operate on a 14,000 m² production area and office space, which makes us a strong family business: Special values, durability and a flat hierarchical structure.
From pioneer to an internationally successful specialist – all in one for more than 40 years
Since 1971, the RECK Company has contributed to innovations in the field of movement therapy, with a world wide distribution network. We work in close collaboration with physicians, therapists, universities and patients. Since 1981, the motor-driven and software-controlled MOTOmed has successfully been used in over 70 countries. The 50 year old RECK family business, with its 230 employees, specializes in the field of motor-assisted and active movement therapy.

Competent consultation
The team of consultants consists of certified sport scientists, physical therapists, and occupational therapists. These consultants will be happy to provide you with the appropriate MOTOmed model. They will be happy to advise you with the most suitable therapy program that is designed for you.

Versatile special accessories for your individual needs
With the many accessory options, your personal MOTOmed model can be perfectly adapted to your individual needs.

Demonstration or test trial
Ask us about obtaining a trial at your private residence, at your clinic, or a medical facility. Some of our local MOTOmed partners offer consumer financing and rental options.

For your safety – certified quality »Made in Germany«
Your safety and satisfaction is important to us. That is why we work in accordance to and in compliance with a certified quality management system. We meet all the safety requirements and ergonomic provisions, which provides you with the best quality MOTOmed Movement Therapy Device according to the highest safety standards.
My MOTOmed® – for a daily well-being

MOTOmed demonstration
If you want to learn more about MOTOmed Movement Therapy, try it out - at home, at a hospital, rehabilitation center, or wherever you reside. Simply contact your MOTOmed partner for additional information.

MOTOmed worldwide! Customers in over 70 countries experience the daily benefits of MOTOmed Movement Therapy from RECK, the world market leader. Get informed about its effectiveness. Contact us or visit our homepage!