MOTOmed® Movement Therapy
passive, motor-assisted, active resistive
at home, at clinics and in medical facilities
The greatest benefits from therapy are those that are achieved from your own efforts. In some cases the insurance may cover the cost of the MOTOmed Movement Therapy. Ask your MOTOmed provider for more information.
Movement starts with the MOTOmed.

- **Motorized / passive**
  This allows for a smooth movement which helps with relaxing your muscles in the legs and the arms / upper extremities.

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

- **With own muscle strength / active - resistive**
  You are cycling against finely adjusted resistance levels. Ideal home cycling training for your cardiovascular system and your muscles.

**Achieve the greatest training success with the combination of active and passive movement**

The MOTOmed motor takes over the training for you automatically in the case of fatigue or insufficient muscle strength. The muscles are relaxed 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 revived muscles will be a motivating force to continue cycling actively. This allows you to participate longer in the therapy session which results in more success and better training results.

For me personally the MOTOmed is a complimentary therapy to physical therapy since it relaxes 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 carefree 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.
How do I benefit from the MOTOmed, Movement Therapy?

- **Improving 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 Device helps you to achieve these therapy goals.

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

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

- **Reducing spasticity**
  This therapy can help you relax your muscles if you are inhibited by spasticity or if you have high muscle tone, or if you wish to overcome movement limitations.

Spasticity occurs even with the smallest movements. I am significantly restricted in my mobility. Initially, I had reservations about training with the MOTOmed. However, the many positive testimonials from other patients reassured me. Today, the MOTOmed helps me with loosening up my muscles on a regular basis.

With the assistance of the soft and continuous movement and the ServoCycling, MovementProtector and SpasmControl, MOTOmed features, muscle tension and spasms are pleasantly reduced.
Counteracting fatigue
Are you constantly tired with 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 condition with the optimal dose of support which is required to achieve individual therapy goals.

Improving mental and physical well-being
Movement helps your physical and emotional well-being. It helps to achieve a positive state of mind and stimulates the brain.

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

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. Use in the field of orthopedics, e.g. post hip, knee and joint surgeries and other conditions that limit mobility. In the field of geriatrics, in patients with different health issues due to diabetes mellitus type 2, high blood pressure, or in the field of pediatrics such as cerebral palsy, spastic paralysis, etc., or in patients confined to bed in supine position, e.g. coma vigil, intensive care units, hemodialysis.
We offer different MOTOmed models for different medical conditions.
Your MOTOmed interacts with you
27 different languages at your disposal

There is a clearly structured color system that guides you through the menus. The next logical step is always marked in »green«. All the operating prompts and the training feedback can be displayed in 27 different languages. Some of the special features can be seen below.

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

Your movement therapy device with the well-established MOTOmed functions: ServoCycling, MovementProtector and SpasmControl. Further features include SymmetryTraining, 13 TherapyPrograms (which target specific medical conditions such as stroke, MS ...), therapy goals (e.g. loosening and endurance training ...) and specialty fields (e.g. neuro, ortho...), MOTOmax and TRAMPOLINEmax MotivationPrograms, various biofeedback prompts, and a training analysis with up to 20 training values. These contribute to a professional application with higher standards.

All MOTOmed models are available in combination with an arm/upper body trainer. It can simply be pivoted into training position. The MOTOmed viva2 stativ is available for a therapy with the arm/upper body trainer only.

- leg training with handlebar
- pivoting arm trainer
- arm/upper body training

big operating panel
with easy-feel buttons and foot insertion aid function at the push of a button

strong, all-metal construction
safety foot shells with fixation straps

easy transport
by two Ø 13 cm/5.1 in. castors
Particularly for patients who are in a supine position or in an incline position for an extended period of time, it is important to counteract the consequences of lack of movement. It is therefore that we emphasize early passive and assistive movement therapy.

The MOTOmed Movement Therapy provides a safe motorized passive movement, as well as motor-assisted and active resistive muscle training.
For many years, this Parkinson-diagnosed teacher has been engaging in regular use of the MOTOmed Movement Therapy.

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 and 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!
**MOTOmed gracile12**

**the pediatric therapy unit**

**MOTOmed gracile12 grows along with your child.**
Movement Therapy for children and persons with short stature
(approx. height of 90 cm / 2 ft. 11 in. to 140 cm / 4 ft. 7 in.).

**Specifications**

**Reduced pedal distance between foot shells:** This movement therapy poses no strain on the hips and knee joints thanks to the inner foot shell distance which is only 12 cm / 4.7 in., approx. 30% narrower when compared to other conventionally available movement training devices.

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

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 at home, despite of his spasticity. The muscle tone is reduced while the muscles are relaxed and strengthened. And most important for me: My son loves to engage in this therapy, particularly when he is able to make the game character MOTOmax jump on the screen.

Read more about the MOTOmax MotivationProgram on page 6.
MOTOmed® letto2
the bed therapy unit

Movement therapy for patients confined to bed: Application for use in long-term care facilities or hospitals, in early rehabilitation, at intensive care units, with comatose patients or ventilated patients, and during hemodialysis.

Specifications

1. **Knee bending adjustment** accessory for setting the bending angle of the knee
2. **»TrainCare Comfort« leg guides** accessory for setting the safest position of each lower leg
3. **Expandable chassis** accessory adapts by moving the lever to various bed types
4. **Floor fixation** (four-brake-stop) stability without mechanical attachment to the bed or therapy chair
## MOTOmed® Movement Therapy
characteristics and therapy options

<table>
<thead>
<tr>
<th>Feature</th>
<th>viva2</th>
<th>viva2 light</th>
<th>viva2 Parkinson</th>
<th>gracile 12</th>
<th>letto 2</th>
<th>letto 2 l/a</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>
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<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>
</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. The MOTOmed detects any active impulse</td>
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<tr>
<td>and a bicycle icon appears on the screen</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>
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<td>✓</td>
<td>✓</td>
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<tr>
<td>up to 90 r.p.m.</td>
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<tr>
<td>MOTOmax and TRAMPOLINEmax MotivationPrograms</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>13 TherapyPrograms (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 (±MOTOmed sam2+ accessory)</td>
<td>•</td>
<td>–</td>
<td>•</td>
<td>•</td>
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<tr>
<td>MOTOmed Cardio16 Pulse Control regulates the resistance level up or</td>
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<td>–</td>
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<td>down</td>
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<tr>
<td>Combination with functional electrical stimulation (FES)</td>
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<td>–</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>MovementProtector for sensitive spasm detection</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>SpasmControl with automatic change of cycling direction</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Electronic foot insertion and removal aid, incl. safety stop</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Big, high contrast color screen (11.5 x 8.5 cm / 4.5 x 3.3 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 and automatic</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>user guidance</td>
<td></td>
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</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>
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</tr>
<tr>
<td>SymmetryTraining with a clear 2-bar-diagram- and percentile analysis</td>
<td>✓</td>
<td>–</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>display</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>SymmetryTraining for leg and arm/upper body training</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>
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<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>

✓ = standard accessory • = optional accessory – = not available
MOTOMed Accessories

With the many accessory options, your personal MOTOMed model can be perfectly adapted to your individual needs. Find more accessories by going to www.motomed.com or consult with your MOTOMed partner.

Accessories for MOTOMed viva2, viva2 light, viva2 Parkinson and gracile12

- leg guides with calf shells, retractable item no. 302.000
- self-operating foot holders item no. 506.000
- pedal radius quick adjustment item no. 507.000
- plastic-coated safety foot shells, disinfecting item no. 152.000
- hand fixation with wrist cuffs item no. 562.000
- forearm shells with arm cuffs item no. 556.006

Accessories for the MOTOMed letto2 bed unit

- «TrainCare Comfort» leg guides item no. 168.000, see page 17
- expandable chassis item no. 160.000, see page 17
- pivot arm for operating panel item no. 166.000
Quality and Variety
10 basic MOTOmed® models* with a wide range of accessories

Ask us about it!

*MOTOmed viva2 leg trainer
professional movement trainer
for high expectations

Arm/upper body trainer
in combination with leg trainer
for viva2, viva2 light,
viva2 Parkinson, gracile12

MOTOmed viva2 light
pleasant movement with
simple operation

MOTOmed viva2 Parkinson
up to 90 r.p.m. for a fast passive
movement (Forced Exercise)

MOTOmed viva2 with FES
(functional electrical stimulation)
for an effective cardiovascular
training, e.g. spinal cord injury

MOTOmed viva2 stativ
only for arm/upper body training

MOTOmed muvi
simultaneous arm and leg
training for high blood pressure
and diabetes mellitus

MOTOmed gracile12
the »height-adjustable«
movement trainer for children
and persons with small stature

MOTOmed letto2
leg movement therapy
for bedridden patients

MOTOmed letto2 leg/arm
leg and arm/upper body trainer,
positionable from three bed sides

*Not all models are available in all countries.

MOTOmed® worldwide

Satisfied customers in over 70 countries experience
the daily benefits of MOTOmed Movement Therapy.
Become one of them! Get informed about its
effectiveness. Contact us or visit our homepage!

We live on an over 14,000 m² office and production area, which reflects our
strong family business: Special values, durability and a flat hierarchical structure.
From a pioneer to an internationally successful specialist
first-hand for over 40 years

Since 1971, the Reck Company has contributed to innovations in the field of movement therapy, with a worldwide 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 270 employees specializes in the field of motor-assisted and active movement therapy.

Competent consultation
Our team of consultants consists of certified sport scientists, physical therapists, and occupational therapists. These consultants will be happy to assist you in choosing the appropriate MOTOmed model. They also will be happy to advise you with the most suitable TherapyPrograms for your individual needs.

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

Free product demonstration or trial phase
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 renting options.

For your safety – certified quality »Made in Germany«
Your safety and satisfaction is very 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 highest quality MOTOmed Movement Therapy Device according to the highest safety standards.

Get informed!
Ask us about special brochures, prices, studies, publications, and literature, or request for MOTOmed videos (DVD) in different languages.

On the Internet at www.motomed.com
by filling out a contact form, by email at info@motomed.com or by contacting your MOTOmed partner directly.
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.