



ORLANDO REGIONAL
Sand Lake Hospital

September 21, 2005

To Whom It May Concern:

The Multiple Sclerosis Comprehensive Care Center of Central Florida in collaboration with Orlando Regional Sand Lake Hospital provides an interdisciplinary team approach to the care and management of multiple sclerosis. The Center is committed to improving the quality of life of individuals with multiple sclerosis and to reduce the devastating effects of the disease through treatment and education. The staff at the Center understand the medical, social and financial challenges characteristic of MS.

In January 2005, the rehab department acquired a MOTomed and the response has been excellent. The MOTomed allows for passive and active movement of the upper and lower extremities in a reciprocal pattern as well as the ability to perform resistance training. The ease of use of the MOTomed is exceptional particularly the ability to have a client pull up to the MOTomed in their wheelchair without transferring. Many clients have reported that they haven't felt "this normal" in years because they lacked the ability to move their extremities or haven't been able to sustain the movement on their own.

Deconditioning and fatigue are also features of this diagnosis and the benefits of aerobic conditioning for MS are well documented. The clients are excited to perform an enjoyable activity such as leg or arm biking for their workout. The feature on the MOTomed that allows for passive movement to occur when active control has been exhausted is physically and psychologically advantageous. Visual feedback via the display provides information for symmetry training. This feature is helpful in improving bilateral muscle performance and facilitates the use of a weak extremity.

Spasticity is problematic and limits these individuals in function and adds to the fatigue pattern. The MOTomed has an added antispasticity feature which has allowed clients to perform rhythmic reciprocal movements which reduces spasticity. Feedback via the display mode gives objective measurements to quantify the reduction in spasticity. Clients also verbalize that they feel "looser", sleep better and have decreased pain complaints because of the reduction in abnormal tone. The feature of reversing the movement if an active spasm is detected further reduces the tone and allows the client to be more successful in this activity.

The MOTomed has been a great asset in our Center. The clients are excited to use this piece of equipment and the therapeutic benefits are numerous. I highly recommend its use in the MS population and in other conditions requiring rehab intervention.

Sincerely,

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