

Reykjavík maí 2006

Day-care and rehabilitation MS patients has been run by the MS association in Iceland for the past 20 years. About 70 individuals come here a week. Most of them have MS but a few have other neurological diseases like Parkinson's or have had cerebral haemorrhage. Here we offer a range of service including physiotherapy.

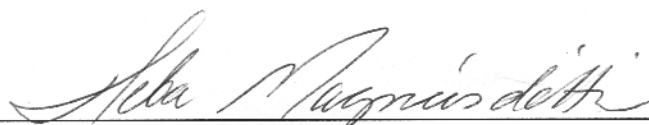
In 2003 we received a gift from Svölnar a charity organisation in Reykjavík a MOTomed viva from Reck. This equipment has proved itself greatly and has been very popular with the individuals who come here for therapy. In the fall of 2005 we received MOTomed viva2 from Svölnar and it is become equally popular here.

We are satisfied with the MOTomed and they have shown to be very beneficial for our individuals. We haven't made a scientific study as to the benefits of the MOTomed but according to what we see in our patients and what they tell us, is a list of the benefits:

- Less spasm in legs (both paralysed and those with diminished power) which has made all therapy easier.
- Maintain and increase mobility in the joints
- Increased blood flow in arms and legs
- Increases stamina
- Better digestion
- Easier for paralysed clients or clients with diminished power to maintain their ideal weight.

We can without hesitation recommend the use of the MOTomed viva. It is easy to use and many can use it without assistance which gives the clients increased independence and confidence. The joy of the exercise is apparent. The spasm indicator in the MOTomed is also a great tool which makes the use comfortable and safe.

Best wishes



Heba Magnúsdóttir, yfirsjúkraþjáfari á Dagvist og endurhæfingu M.S. sjúklinga.