Get yourself moving...

with the MOTOmed Movement Therapy: at home, in rehabilitation or nursing facilities.

Become more flexible, ease spasms, enjoy warm and painless legs, promote walking ability, increase the sense of mental well-being and maintain independent living.
Passive training with the motor

Legs and arms get moved by the motor. This kind of passive training has its positive effects particularly on spastic paralysed limbs or as a preparation for physical therapy. Legs and arms can be relaxed, the muscle tone can regulate itself and gradually decrease.

Motor supported active training – ServoCycling

The function ServoCycling enables even users with very limited muscle strength to cycle actively (with the support of the motor). The patients apply their residual muscle strength and by means of the motor and specific software they will end up accelerating themselves in many cases.

Patients can start early in the rehabilitation process to apply and strengthen even the weakest muscle strength.

Active training

This mode is an ergometer-like active training carried out with own muscle strength against resistance. The resistance can be adjusted in 16 (viva1, letto) respectively 20 (viva2, gracile) finely graduated gears. The display gives feedback about the active performance (in approx. watt).

Passive training however can be very effective to warm-up and relax the muscles prior, during or after the active cycling.

Conditions:

Multiple sclerosis, stroke, paraplegia, tetraplegia, quadriplegia, cerebral palsy, Parkinson’s disease and other neurological diseases as well as any kind of mobility impairment.

Therapy options

1. Passive training with the motor

2. Motor supported active training – ServoCycling

3. Active training

Therapy goals

Reduce spasticity, become more flexible

Loosen up the muscles in the case of sudden spasms as well as general stiffness.

Rediscover residual muscle strength

Residual strength which is not apparent or insufficient for a complete movement can be rediscovered and applied.

Counteract the consequences of a lack of movement

Such as circulatory problems (cold legs), stiff joints, shortened muscles, digestive problems, bladder problems, brittle bones (osteoporosis), build up of fluid in legs and ankles (oedema). Daily MOTOmed MovementTherapy can avoid other unpleasant, costly and expensive therapies.

Promote walking ability

The MOTOmed training may build up and maintain the basic fitness required for walking (i.e. endurance and muscle strength), reduce limiting muscle stiffness and improve gait and confidence in walking.

Strengthen the sense of mental well-being

Regular movement. Doing something for yourself. This has a positive influence on the sense of mental well-being.
The worldwide most purchased motorized MovementTherapySystem.

Even the basic model comes with many useful features. Several extensions are available according to your condition: Remote control rest, handlebar or the conversion to an arm/upper body trainer.

Specifically designed for the needs of disabled children (Cerebral palsy, spina bifida, muscular diseases).

The unique features of the MOTOMed gracile are the extra small distance between the foot shells (12 cm/4.8 inches) and the infinitely variable height adjustment of the pedal axle. Thus, it can be used by very small children and "grow with them".

The MOTOMed viva2 is particularly designed for wheelchair users and people with walking impairments having additional limitations of the arm, hand and finger motor activity or impaired eye sight.

On the large display (8.5 cm/3.4 inches x 11.5 cm/4.3 inches) the lettering and graphs are easy to read. The operating buttons are clearly palpable due to their large size. In addition to the self-explanatory operating software the MOTOMed viva2 optimally supports an independent operation by the user.

On the display interesting training feedback is given in a rolling up-date format. The passive and active training modes and times are separately analysed.

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### Therapy options / training modes

<table>
<thead>
<tr>
<th></th>
<th>viva1</th>
<th>viva2</th>
<th>gracile12 (pediatric unit)</th>
<th>letto (bed unit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passive movement of the legs by the motor</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>ServoCycling = active cycling supported by the motor</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Active cycling against finely graduated gears</td>
<td>⬤</td>
<td>⬤</td>
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</table>

### Software / electronics

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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>1 button operation</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>SmoothDriveSystem for true harmonic running</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>MovementProtector, makes out spasms sensitively</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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</tr>
<tr>
<td>SpasmControl with automatic change of direction according to the therapeutic principle</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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</tr>
<tr>
<td>Electronic leg insertion and removal aid with safety stop</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>SymmetryTraining – simultaneous feedback about the active performance of the left and right leg</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Muscle tone analysis (tone at the beginning, at the end, on average)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Training analysis</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Upgradeability (by training programs, chipcard system, combination with the muscle stimulation (FES) etc.)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Training analysis – visible training data and progress: During or after the training the following data are displayed: passive training:</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Speed (r/pm)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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<tr>
<td>Duration (min)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Muscle tone (Nm)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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<tr>
<td>Distance covered (km)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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<tr>
<td>active training: ServoCycling in addition</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Energy (Joule/kcal)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Right/left activity (Symmetry)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Resistance (gears)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Performance (approx. watt)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Passive and active training results are displayed separately (distance, time)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Single information can be hold on the display</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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</tr>
</tbody>
</table>

### Technical features / mechanics

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Robust, stable all-metal construction, pull-out foot stand</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Velocity adjustment from 0 – 60 rpm</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Remote control with illuminated display, detachable with coiled cord</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
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</tr>
<tr>
<td>Large high-contrast display (8,5 cm/3.4 inches x 11,5 cm/4.3 inches)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Stationary operating panel with 8 large, palpable buttons and self-explanatory operating software</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Extra button ServoCycling</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Transition from passive into active training mode can be felt and seen. Immediate feedback by a bicycle symbol indicates own activity. As soon as the user stops cycling actively the speed is reduced automatically.</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Large transport castors</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Softly padded safety foot shells with velcro strap fixation</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Pedal radius adjustment, two levels (7 cm/2.8 inches and 12,5 cm/5 inches)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Handlebar provides secure hold during the training. Height and distance to the user can be adjusted without tools</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Variable height adjustment of the foot shells for children and smaller persons in seating shells and wheelchairs</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Distance between the inner rims of the foot shells in cm/inches</td>
<td>16/6.3</td>
<td>16/6.3</td>
<td>12/4.8</td>
<td>16/6.3</td>
</tr>
<tr>
<td>Large range of accessories to the leg and arm/upper body training</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Approved safety CE 0124, EMV, ISO quality management</td>
<td>⬤</td>
<td>⬤</td>
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</tr>
</tbody>
</table>
Contribute to your recovery – while at hospital or at home

Easy to use – independently from a chair or wheelchair.

The MOTOmed MovementTherapySystem “thinks with you”. Intelligent software simplifies the operation: Upon pressing only one single button the pleasant motion gets started.

Bicycle-like movement: slow or fast, forward or backward, passive with the motor or active with own muscle strength, against high or low resistance. Movement fine-tuned to your needs. You can either pre-set your training time or stop any time during the training and select from different therapy modes.

All settings and programs can be operated comfortably via remote control (viva1, letto) or operating panel (viva2, gracile). Palpable buttons feedback your operation with acoustical signals. The display shows different data in the training process. A final analysis sums up your training progress.

The leg insertion and removal aid provides you further assistance: It enables independent and simple inserting of the feet into the safety foot shells. At the touch of a button you can stop one pedal after the other at its lowest or any required position.

Recognize spasms

The MOTOmed MovementProtector recognizes spasms automatically. The motor gently stops moving the pedals.

Even slightest signs of a cramp get recognized sensitively as the MovementProtector (motor power) adapts automatically to your muscle tone (muscle tension).

Ease and relieve spasms

After a spasm has been recognized the Spasm-Control adopts automatically the direction that will relieve the spasm.

This is how stretching spasticity is eased by bending and bending spasticity by stretching, like in physical therapy. The SpasmControl makes the MOTOmed MovementTherapySystem unique and safe.

Various accessories individualize your MOTOmed

Leg guides
Provide secure hold, with movable joint and height adjustment. The spring mounted calf shells fit snugly around the calves.

Self-operating foot holders
Let you remove legs quickly if required. Hold the feet tight – even with strong spasms.

Pedal radius quick adjustment
Change the pedal radius without tools to adjust the extent of motion.

Forearm shells with arm cuffs
Safely fix and guide the arms during arm/upper body training. Particularly with lax paralysis.

For further individual accessories please refer to the “Product overview” (to be ordered free of charge with the response card).
Mobility for you moves us to...

... adapt the MOTOmed MovementTherapySystem for the needs of people with physical challenges – of any age from children to the elderly. Decades-long experience in construction, production and sales and continuous cooperation with users, physicians and therapists made RECK MOTOmed a world market leader – we owe our success to satisfied customers.

Rediscover and strengthen residual muscle strength

The MOTOmed ServoCycling function enables the user to re-activate even smallest residual muscle strength.

The MOTOmed reinforces short impulses given by your arms or legs. This allows you to accelerate the pedals on your own. You feel your own activity and progress at once.

Residual muscle strength – you may not be aware of it but residual muscle strength can be discovered, activated and built up, even with hemiplegic paresis.

Train actively again

Difficult to get on, high initial resistance, uncomfortable seating, interfering spasms, inharmonic pedalling, lack of coordination...

If you are one of those who only manage with pain and risk to use a normal ergometer, the MOTOmed viva is an ideal solution.

After the legs have been relaxed and got more flexible by passive training, you can start cycling actively from a comfy chair or wheelchair. The resistances (gears) can be graduated finely to make longer, effective active training possible.

During and before finishing the activity you can have your legs moved and relaxed by the motor again and again (alternating training).

Demonstration

Are you interested in the MOTOmed therapy? Simply try it out – at home or in a rehabilitation facility.

A demonstration offers the opportunity to find out which MOTOmed therapy goals are most important for you, your therapist and doctor. Just give us a call or send us the attached postcard. We are happy to organize a demonstration for you.

Your MOTOmed partner:

Contact information:
RECK-Technik GmbH & Co. KG
Reckstrasse 1–4
88422 Betzenweiler, Germany
Phone 00 49-73 74-18 85
Fax 00 49-73 74-18 480
contact@motomed.com
www.motomed.com
SymmetryTraining

When training actively the SymmetryTraining analysis shows up automatically on the screen displaying the activity of the right and left side separately. This is beneficial particularly for patients with one-sided impairments like patients with stroke.

Separate here
The MOTOmed movement improves physical and occupational therapy already achieved.

The relaxation and warm-up by the MOTOmed is a useful preparation for the physiotherapist. Treatments become more efficient, easier and more pleasant to the patient following the use of the MOTOmed.

Reply card

I am interested in:

- MOTOmed viva1
- MOTOmed viva2
- Arm/upper body trainer
- MOTOmed gracile12 (pediatric unit)
- MOTOmed letto (bed unit)