

Movement which can improve your mobility

Research results

Citations and excerpts of scientific studies and professional publications

1. The results of this research indicate that the motor-assisted MOTOmed training positively influences the balance in the standing position and the mental well-being of the MS patients. Due to the positive effect of this motor-assisted home training the use of the MOTOmed is considered an important therapy measure in the rehabilitation process of MS patients.
(c. Dipl. Sports Scientist DULLE 2003/ German Sports Academy Köln, Germany)
2. The result of this study with the MOTOmed movement trainer indicated a tendency to positive changes in range of motion in the lower extremities, and changes in secondary complications such as bladder dysfunctions, circulatory disorders in the legs, or circulation disturbances that could be compensated or completely eliminated with the MOTOmed training. [...]
"Daily training is appropriate in order to continuously gain more range of motion or to maintain at an advanced level."
(c. Dipl. Sports Scientist CORRALES MORA 2002/ German Sports Academy Köln, Germany)
3. Since the first studies conducted in the mid-1980s, the assumption was confirmed that patients with Multiple Sclerosis benefit from many forms of physical activity. PETAJAN and colleagues describe therefore the improvement of the symptoms of depression, aggressiveness, and fatigue syndrome [debility syndrome]. The maximum oxygen uptake capacity is also improving, as well as the strength in the upper and lower extremities after 15 weeks training with the arm-and leg ergometer.
(vlg. Dr. med. PETAJAN et al. 1996/Department of Neurology, University of Utah School of Medicine, USA)
4. "A meta analysis of the Cochrane Center concludes that effectiveness of regular endurance training on MS patients can be confirmed with an improvement of the muscle strength, the load capacity and the mobility with a high level of evidence [effectiveness]. [...] Furthermore, sport has a positive effect on the life quality of MS patients and counteracts depression and fatigue [chronic tiredness], the two common attendant symptoms of MS."
(Dr. med. WASCHBISCH et al. 2009/ Neurological Clinic of the University Erlangen, Germany)
5. Considering the level of the disability and some disease symptoms like pathological fatigue [...], In the case of MS sports offers many positive effects, as an addition to improving endurance, strength and coordination. With targeted movement therapy lost or inactive movement sequences can be reactivated.
(c. Dr. BAYAS et al. 2000/ Neurological Clinic and Polyclinic of the Bavarian Julius-Maximilians-University Würzburg, Germany)
6. Aim-oriented mental activity, respectively movement therapy, in MS patients has diverse positive effects on the most important function systems and disease symptoms. Therefore, predispositions for a permanent engagement in physical activities ought to be considered.
(c. Dipl. Sport Scientist TALLER et al. 1999/ university Erlangen-Nürnberg, Institute for Sport Scientist, Germany)
7. "Meanwhile more and more studies indicate [...] the positive influence of the physical training on Multiple Sclerosis. Thereby, not only the physical fitness is improved but also the life quality and the level of disability."
(PD Dr. med. SCHULZ et al. 2006/ University Clinic Eppendorf, Hamburg, Germany)

Literature:

1. DULLE, A.: Effects of an assistive-apparitive training at the postural control of MS patients. Diploma project 2003. German physical education college Köln.
2. CORRALES MORA, C.: Apparative-assistive training with MS patients. Diploma project 2002. German physical aducation college Köln.
3. PETAJAN, J.H., GAPPMAIER E., WHITE, A.T. ET AL.: Impact of aerobic training on fitness and quality of life in multiple sclerosis. *Annals of Neurology* 1996;(4): 432-441
4. WASCHBISCH, A., TALLNER, A., PFEIFER, K: Multiple Sclerosis and sport. Effects of physical activity at the immune system. *The nerve doctor* 2009; 6: 688-690
5. BAYAS, A., RIECKMANN, P.: Multiple Sclerosis and sport. *Actual Neurology* 2000; 27: 258-261
6. TALLNER, A., PFEIFER, K.: Movement therapy at Multiple Sclerosis – Effectiveness of physical activity and training. *Movement therapy and health sport* 2008; 24: 102-108
7. SCHULZ, K.H., HEESEN, C.: Movement therapy at Multiple Sclerosis. *Neurology & Rehabilitation* 2006; 4: 224-231

(If you are interested in the abstracts of the cited studies or professional publication and a list of reference, please contact the RECK Company.)