

MOTOmed® Movement Therapy



Motomed® gracile

passive | motor-assisted | active resistive



Motor-Assistance
and SpasmControl



Effective Movement for Your Child

at home | safe | motivating



Medical conditions

Cerebral palsy, spina bifida, traumatic brain injury, tetraplegia, paraplegia, hemiplegia, muscular dystrophy, muscular diseases and other physical impairments.

Goals and benefits for your child

- **reduce spasticity, become more flexible**
Loosen up muscles in the case of sudden spasms or any general stiffness.
- **rediscover and build up residual strength**
Residual strength which is either handicapped or insufficient to make a complete movement can be rediscovered and applied again.

Therapy options for your child

MOTOmed Movement Therapy; a pleasant cycling movement

1. passive movement:

Legs or arms are moved gently by the motor: This passive training is particularly beneficial for users with spastic paralysis. It also has a positive effect when used as a preparation to physical therapy sessions. Muscles in legs or arms can be loosened. In many cases, the muscle tone can be positively influenced and even decreased through the passive motion.

2. motor-assisted movement:

The ServoCycling function (with motor assistance) can enable the children to start their rehabilitation process at an early stage. It helps them use and encourage even the smallest muscle strength. Any impulses from the legs are intensified by the MOTOmed gracile which causes an acceleration of the pedal rotation.

3. active resistive movement:

This active training can be compared to ergometer training. The child cycles against a set resistance level which ranges between 20 finely regulated gears. The color display shows the child's performance (in approx. watts) during and after the training session.

- **counteract the consequences of lack of movement**

Stiff joints, shortened muscles, brittle bones (osteoporosis), circulatory problems, digestive problems. With a daily MOTOmed Therapy you can help to avoid cost intensive treatments or therapies related to these illnesses. In many cases even medication can be decreased.

- **Promote walking ability**

Maintain and increase basic fitness (i.e. endurance, muscle strength) and coordination of movement flow necessary for regular motion sequence. Reduce limiting muscle stiffness. Improve confidence in your walking and stabilize your gait pattern.

- **Strengthen the sense of mental well-being**

Train regularly. It is a good feeling to do something for yourself. It will have a positive effect on your sense of mental well-being. Physical movement increases the amount of happiness hormones in your body.



The MOTOmed Movement Therapy keeps you animated.
Marco (age 11), Daniel (age 8), Sarah (age 16)



Unique features

Children have different needs than adults. The MOTomed gracile accommodates those requirements. This children specific device (starting at a body height of approximately 90 cm/35 in.) provides a small foot shell distance and a continuous pedal height adjustment.



Continuous pedal height adjustment

The MOTomed gracile is the first pediatric movement therapy device that provides height adjustability of the pedal axle on the foot shells, with a height adjustment that ranges from 26 - 46 cm / 10.2 - 18.1 in.



As your child grows, the MOTomed gracile can be individually adjusted to different wheelchair and seating heights.

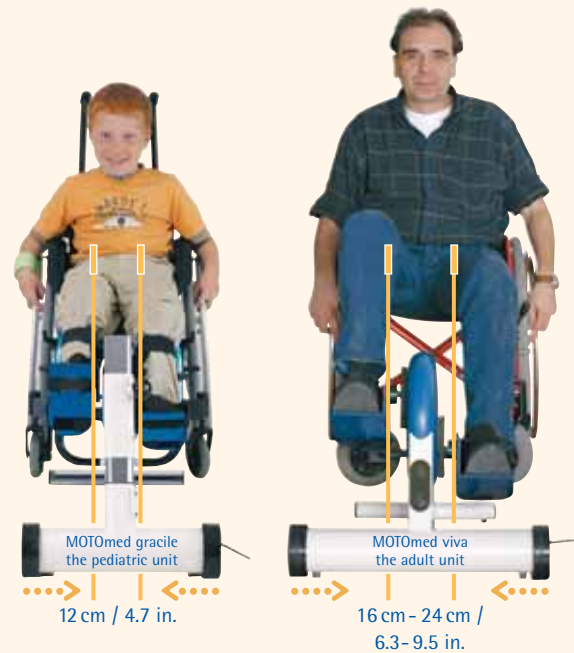
Notably narrow pedal distance

Children's hips are narrow compared to adults' proportions. The inner rims distance of the MOTomed gracile is 12 cm / 4.7 in. which makes it 30% less than the foot shell distance of other movement training devices.

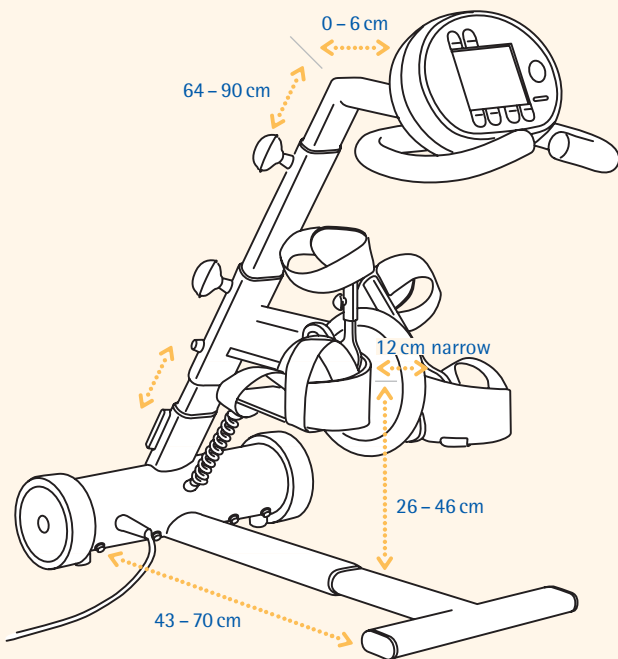
Thus, children with a narrow hip or leg structure can train without being forced into a bad posture. For the knee and hip joints, it is particularly important that bad postures are avoided during cycling movement.

Individualized adjustments

Adjust the height and the distance of the MOTomed gracile to your child's needs.



1 cm ≈ 0.4 inch



Simple operation

The big color display (11.3 x 8.5 cm / 4.4 x 3.4 in.) with an optical font, large graphics and buttons that make the user operation easier.



The operator guidance and training analysis, shown on the large MOTomed gracile display, are available in 27 different languages (no surcharge).



Functions

The functions of the MOTomed gracile are especially geared toward pediatric requirements. A multitude of possible adjustments enables an individual adaptation according to the needs of the child.



Safety software

MovementProtector and SpasmControl with an automatic change of rotation direction. The MOTomed MovementProtector recognizes sudden spasms. The motor stops smoothly and the pedals are stopped gently.

Important: According to the therapeutic principle, the MOTomed SpasmControl seeks the suitable movement direction into which the spasm can be eased.

For your safety: The MOTomed MovementProtector (motor power) constantly adapts to the basic muscle tone (muscle tension) and is therefore optimally sensitive at all times. Even weak spasms are detected reliably and can be treated. This way, the maximum safety for your child can be guaranteed.



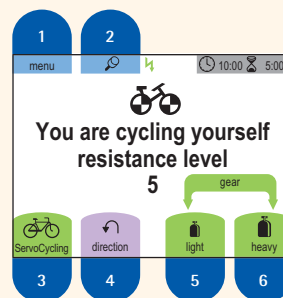
Annalena, age 7, loosening up with the MOTomed training

Strong spasticity can often be reduced more effectively in supine position. Especially beneficial for that is the knee bending aid (item no. 584).

Residual muscle strength training by MOTomed ServoCycling:

With the MOTomed ServoCycling function, residual muscle strength can be discovered and improved. Any impulses coming from the legs are intensified by the MOTomed gracile which causes an acceleration of the pedal rotation.

This active-assistive training can activate and build up even minimal muscle strength and is also suitable for one-sided paralysis. To ensure your child's safety, the SpasmControl is always active, even in the active mode.

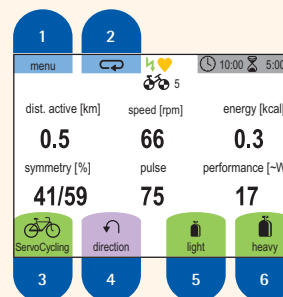


»ServoCycling«

A bicycle appears on the screen during the active mode.

Automatic training feedback

The large MOTomed screen automatically shows your child's current training mode. During active and passive training, various training parameters are continuously displayed.



screen
»overview«

Technical Data

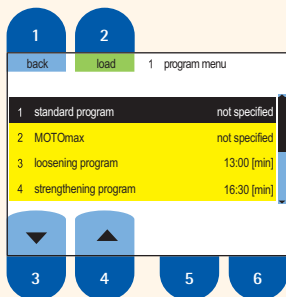
- measurement: 100 x 48 x 52 cm / 39.4 x 18.9 x 20.5 in.
- weight: leg trainer 25 kg / 55 lbs
- weight: leg and arm trainer 35 kg / 77 lbs

- mains voltage: determined by country specification
- display: 11.3 cm (w) x 8.5 cm (h) / 4.4 in. (w) x 3.3 in. (h)
- medical product grade MPG IIa

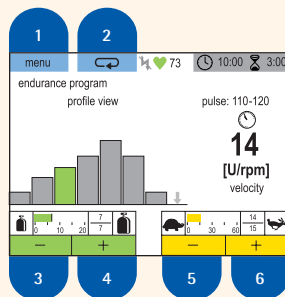
Individual training for a better therapy outcome

There are 13 different therapy programs available that can be selected depending on the focus of rehabilitation or the individual indication of your child. These programs are developed by RECK sports scientists based on aspects of scientific rehabilitation

research: standard program, endurance, strengthening, loosening and coordination program, MotivationProgram MOTOmax, Parkinson's program, stroke, MS, neuro, ortho and cardio as well as »individual programs«.



screen
»program selection«



screen
»endurance program«

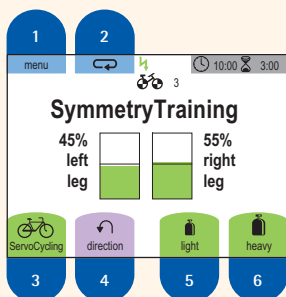


user friendly operating panel of MOTomed gracile

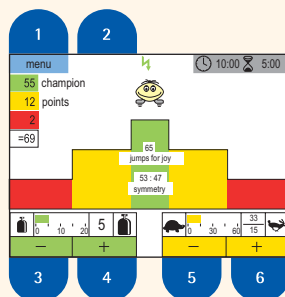
MotivationProgram MOTOmax

The innovative MotivationProgram MOTOmax provides an exciting training alternative. Based on the SymmetryTraining, coordination, concentration and muscle strength are trained simultaneously. Therefore you will be rewarded with a smile, jumps for joy and champion points. And that's how it works: You can make MOTOmax move to the right or to the left, by pushing either more with your

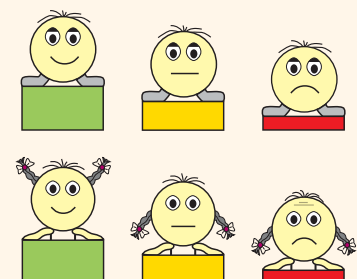
right or your left side. If you manage to keep MOTOmax in the center (50:50), he will jump for joy. Another benefit: For your physical workout, you will always be rewarded with champion points. You will collect points on each podium, red, yellow and green. The difference: Keep MOTOmax on the green podium, and each champion point is multiplied by 3. >> a training option for more motivation and fun.



screen
»SymmetryTraining«



screen
»MotivationProgram MOTOmax«



select your game character MOTOmax (upper fig.) or MOTOmaxi (lower fig.)

All screen displays: Original size: (11.5 x 8.5 cm / 4.5 in. x 3.4 in.)
The RECK Company reserves the right to technical changes according to the progress.



There are 6 MOTomed Movement Therapy films available on DVD. Further information at: www.motomed.com



Handlebar

- To hold on during the training
- Integrated, easy-to-reach operating panel with a large color display
- Height adjustment from 64 - 90 cm / 25.2 - 35.4 in.
- Horizontally adjustable by 8 cm / 3.2 in. (distance to the child)



Pedal radius adjustment (2 levels)

Within seconds the pedal radius can be decreased (3.5 cm / 1.4 in.) and increased (7 cm / 2.8 in.) with an Allen key.



Pediatric foot shells

The foot shells are softly padded and have a high side panel for support as well as for foot and ankle protection.



Pediatric leg guides with calf shells

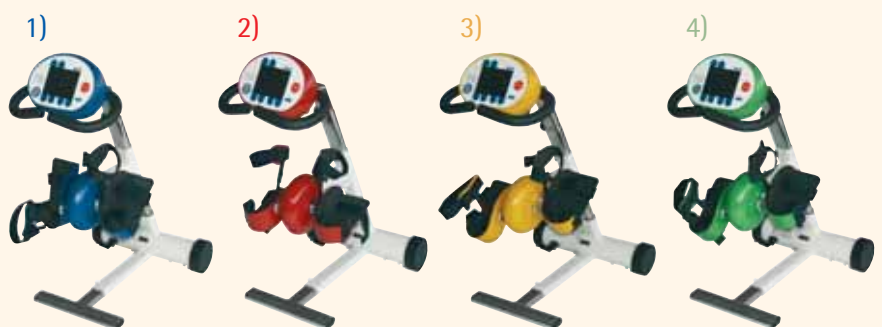
- Provide secure leg support and guidance for various kinds of paralysis
- Comfortable attachment with fleecy Velcro straps
- Height adjustment with flexible calf shells to prevent pressure marks

Color selection

Following colors are available at request:

- 1) Flipper: clear blue, standard color
- 2) Speedy: bright, sporty red
- 3) Skippy: warm, soft yellow
- 4) Jungle: natural green

(colors 2-4 with surcharge)





Self-operating foot holders (item no. 598)

- Soft foam rollers gently and securely fasten the feet for a firm hold even during strong spasms
- The safety lock provides a strong hold, even in the case of a strong spasm
- For inserting and removing legs quickly and easily without any extra help



Height adjustment of the pedal axle with pneumatic spring system (item no. 621)

- Easy and exact height adjustment with pneumatic spring (135 Nm)
- Important for facilities treating children with different body heights, training on the MOTomed



Safety foot shells for adults (item no. 596)

- For adults and teenagers with larger feet
- The leg guides are available as accessory



Pedal radius quick adjustment, 3 levels (item no. 588)

- For a quick change of the pedal radius
- Adjustable in 3 levels (5.6 - 10.5 cm / 2.2 - 4.1 in.)
- When mounted to the MOTomed gracile12, the distance between the inner rims of the foot shells is widened about 2 cm / 0.8 in.



Arm/upper body trainer with motor (item no. 599)

- Can be swiveled in and out of the training area
- Enough leg space during the upper body training
- With an integrated handlebar and an adjustable pedal radius
- No tools required to adjust the ideal training height



Pediatric forearm shells with arm cuffs (item no. 556K)

- Provide secure fastening and guidance for heavily paralyzed arms; with padded arm cuffs
- Flexible: The forearm shells are adjustable to the natural arm movement, making even a lateral movement possible
- Other arm/hand fixations are available. Ask us for more information!

MOTomed[®] gracile – Puts a Smile on Your Child's Face



Vanessa, age 9, trains with the MOTomed gracile12 arm/upper body trainer

www.motomed.com

Quality and Variety the 12 basic models

- 1 MOTomed viva2 leg trainer with color screen – for physical and mental fitness
- 2 Arm/upper body trainer with leg trainer for viva2, viva1, gracile
- 3 MOTomed viva2_Parkinson 90 rpm for a fast passive movement
- 4 MOTomed viva1 with remote control nice and small
- 5 MOTomed stativ_viva2 exclusively for arm/upper body training
- 6 MOTomed viva2_duplex simultaneous leg and arm training especially with high blood pressure or diabetes
- 7 MOTomed viva2 with functional electrical stimulation (FES) especially for paraplegia and stroke
- 8 MOTomed gracile12 height adjustable for children
- 9 MOTomed gracile5-15 pedal distance infinitely adjustable from 5-15 cm / 2-6 in. for very small children
- 10 MOTomed letto2 movement therapy in supine position with leg guides »TrainCare comfort«
- 11 MOTomed letto2 from the therapy chair during dialysis
- 12 MOTomed letto2_leg/arm leg and arm/upper body trainer can be used from 3 bed sides

Your MOTomed partner:

RECK MOTomed[®]
Movement Therapy for a Better Quality of Life

RECK-Technik GmbH & Co. KG
Reckstr. 1-5, 88422 Betzenweiler, GERMANY
phone +49 73 74-18 85, fax +49 73 74-18 480
info@motomed.com, www.motomed.com

»Made in Germany«



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