

MOTOmed®  
move differently

# MOTOmed® Movement Therapy

## Daily Benefits of Movement

passive, motor-assisted, active resistive



at home | at a hospital | at a care facility

## How do I benefit from the MOTomed® Movement Therapy?

**+ Promote walking ability** In order to enhance or build up mobility a certain amount of basic fitness is necessary (muscle strength, endurance and coordination). The MOTomed Movement Therapy Devices help you to achieve these therapy goals.

The alternating and repetitive movements can have a positive effect on muscle tone, mobility, and balance.

**+ Activate residual muscle strength** Are your muscles deconditioned or atrophied? Are you inhibited by spasticity? Discover and rebuild gently your residual muscle strength with the MOTomed.

**+ Reduce your spasticity** Loosen your muscles if you are inhibited by spasticity, if you have high muscle tone, or if you wish to overcome movement limitations.



**Indications** Application in the field of **neurology**: e.g. Multiple sclerosis, stroke, spinal cord injury, spastic paralysis, Parkinson's disease and other neurological and neuromuscular conditions. Uses in the field of **orthopedics**, e.g. post hip, knee and other joint surgeries and other conditions that limit mobility. Uses in the field of **geriatrics**, with patients with different problems such as Diabetes mellitus type2, high blood pressure, aging related muscle loss. In the field of **pediatrics/children**, e.g. cerebral palsy, spastic paralysis, muscular dystrophy, etc. With **bed-ridden patients**, e.g. persistent vegetative state, coma, intensive care, hemodialysis. We offer different MOTomed models for different medical conditions.

**+ Counteracting fatigue** Are you constantly tired, and do you have low energy levels? Regular use of MOTomed can reduce the occurrence of chronic fatigue syndrome and can help you feel revitalized.

The sophisticated active/passive-detection feature enables the motor-assisted therapy to adapt automatically to your daily conditioning with the optimal dose of assistance that is required to achieve your individual therapy benefits.

**+ Improve your psyche and well-being** Movement is essential for your physical and mental well being. It helps to achieve a positive state of mind and stimulates the brain.

**+ Counteract the consequences of lack of movement,**

such as:

- Circulation disorders (cold and painful legs), thrombosis
- Joint stiffness (contractures), arthrosis
- Muscle atrophy
- Digestion, bowel and bladder functional control
- Osteoporosis
- Edema in the legs and the arms
- Heart and circulatory problems
- High blood pressure
- Metabolic disorders (e.g. Diabetes mellitus)

MOTomed® is a great therapy in case of paralysis, spasticity, overall weakness and lack of movement.



- 1 motor-assisted/passive** This allows for a smooth movement which helps loosen your muscles in the legs and the arms/upper body.

- 2 motor-assisted/assistive** Even with minimal muscle strength you can achieve an easy transition from passive to active training, with little effort and no strain on the muscles.



- 3 Using your own muscle strength/active-resistive** You are cycling against finely adjusted resistance levels. Ideal home-based circulation training for your cardiovascular system and your muscles.

### Movement starts with the MOTomed® – Achieving great training success with combination of active/passive movement

The **MOTomed motor** takes over the training automatically for you in case of fatigue or insufficient muscle strength. The muscles relax during passive movement while still improving the blood circulation and optimizing the flow of oxygen and nutrients in those muscles. After a few minutes of cycle training your renewed muscle strength will greatly motivate you to continue cycling actively. This allows you to participate longer in the therapy session which results in more success.

## Your MOTomed interacts with you

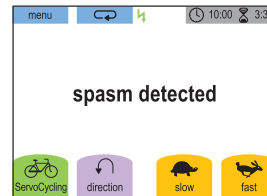
There are 27 language options at your disposal.



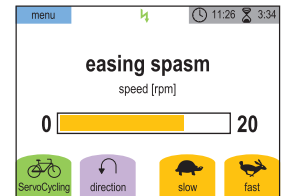
»active movement«



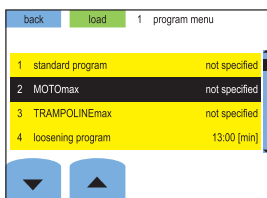
»stiffness/muscle tone«\*



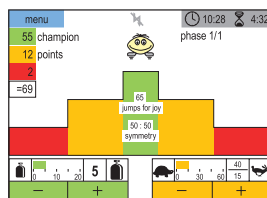
»spasm detection«



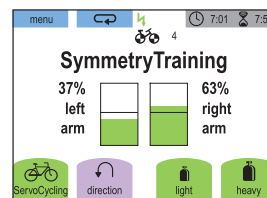
»removing spasticity«



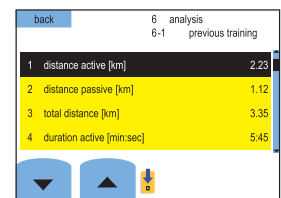
»program selection«\*



»MOTomax MotivationProgram«\*



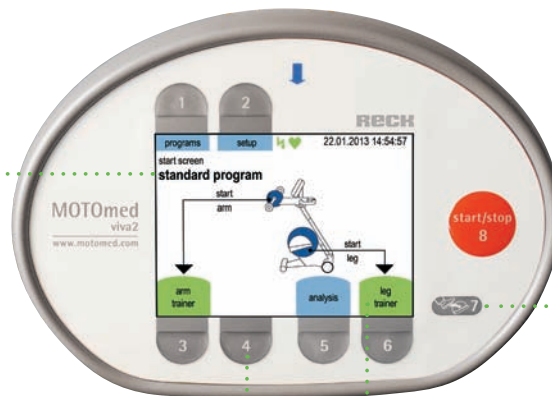
»SymmetryTraining«\*



»post training analysis«\*

ABC

large font



button

foot insertion and removal aid

big, easy-feel buttons

color-coded system

\* There is a limited availability of functions and prompts with the MOTomed viva2 light model

Fig. 1 Big operating panel with easy-feel buttons and foot insertion aid function at the push of one button

Fig. 2 Strong all-metal construction  
Safety foot shells with fixation straps

Fig. 3 Big wheels Ø 13 cm / 5.1 in. make moving easy







MOTomed viva2 leg trainer

## MOTomed® viva2

This Movement Therapy Device incorporates the well-established MOTomed features such as ServoCycling, MovementProtector and SpasmControl. Further features include SymmetryTraining, 13 TherapyPrograms (which target specific medical conditions such as stroke, MS and contains therapy goals including loosening and endurance training ...) and specialty fields such as neuro, ortho, MOTomax and TRAMPOLINEmax MotivationPrograms. It also includes various biofeedback prompts, and a training analysis with up to 20 training values which contributes to a professional application with higher standards.

menu	10:00	2:32
duration of training		
with motor:	YOU cycled:	
3:40 [min.]	5:26 [min.]	
ServoCycling	direction	light heavy

Single view  
»active/passive distance«

There is a clearly structured color system that guides you through the menu. The next logical step is always marked in »green«. All operating prompts and training feedback can be viewed in 27 different languages. Some of the special features are shown on page 5.

All MOTomed, models are available in combination with arm/upper body trainer. When training the legs, the arm/upper body trainer is pivoted out of the way (fig. 1). It can be pivoted back into position (fig. 2) for arm/upper body training (fig. 3). The MOTomed viva2 stativ is available for a therapy with only the arm/upper body trainer.



leg training with handlebar



pivoting arm trainer



arm/upper body training



The spasticity often inhibited my slightest movements and restricted my mobility significantly. Initially, I had reservations about training with the MOTomed. However, the many positive testimonials from other patients reassured me. Today, regular training with the MOTomed helps me loosen up my muscles on a regular basis which reduces muscle tension, and the intensity and severity of my spasms.

Muscle tension and spasms are pleasantly released with the assistance of the soft and continuous movement and the MOTomed functions ServoCycling, MovementProtector and SpasmControl.



MOTomed viva2 light leg trainer

## MOTomed® viva2 light

This Movement Therapy Device comes with all the **standard MOTomed features** and safety functions such as Movement-Protector and SpasmControl and the well-established SymmetryTraining.

With its one screen training overview (see below), reduced level of software options, the MOTomed viva2 light ensures a particularly easy and user-friendly operation.

The TherapyPrograms, MOTomax and TRAMPOLINEmax MotivationPrograms, or the possibility of a software-upgrade are only available with the MOTomed viva2 model.



MOTomed viva2 light with arm/upper body trainer

MOTomed viva2 light operating panel



For me personally the MOTomed is a complimentary therapy to physical therapy since it loosens up the muscles before the actual manual therapy. You can set up one patient on the MOTomed and then attend to another. This makes the therapy session, much more effective. I feel that it is equally important knowing that the MOTomed complies with all the safety requirements for medical therapy devices.

With the motorized and software-controlled MOTomed devices a problem-free daily repetitive passive movement of the legs, arms and upper body is possible. Therefore, manual therapy can be applied in a more effective and efficient manner.



MOTomed viva2 Parkinson leg trainer



MOTomed viva2 Parkinson with arm/upper body trainer

### MOTomed® viva2 Parkinson

Current research results confirm that fast leg cycling movement of 80 to 90 r.p.m. can significantly reduce Parkinson-typical symptoms such as rigor, tremor, and lack of movement.

The MOTomed viva2 Parkinson promotes motor-assisted cycling movement of up to 90 r.p.m.



brushing the teeth



cutting



writing



walking



personal hygiene

In a very short time, the fast cycling movement with the MOTomed viva2 Parkinson helps to improve the fine motor skills such as gait.



After taking a one year break from work, I am able to write on the blackboard again, at an almost normal pace. My letters are big and legible again. I can apply mascara and hold a cup of coffee relatively well with my right hand.

In a nutshell,: I am overjoyed with this progress!«

This Parkinson-diagnosed teacher engages in the MOTomed Movement Therapy on a regular basis for many years.



## The Pediatric Unit *MOTomed gracile12*

Movement Therapy for children and persons with short stature (approx. height of 90 cm / 2 ft. 11 in. to 130 cm / 4 ft. 3 in.).

### Specifications

**Pedal distance between foot shells 1**: The inner foot shell distance of only 12 cm / 4.7 in. is approx. 30 % narrower when compared to other conventionally available movement training devices. The narrow width eliminates the strain on the hip and joints.

**Height adjustment 2**: The MOTomed gracile12 foot shells and operating panel are height-adjustable and adaptable to the child. The adjustment is stageless and individually adaptable with no tool requirements.



MOTomed gracile12 grows along with your child!



The pedal axle distance of 12 cm / 4.7 in. is perfectly suitable for children.



stageless height adjustment of the pedal axle

MOTomed gracile12 with arm/upper body trainer



Because of his Cerebral Palsy, my son Pascal was not able to move without pain. The MOTomed gracile12 allows him to move regularly and pain-free, despite of his spasticity. The muscle tone is reduced while the muscles are relaxed and strengthened. And most importantly for me: My son loves to engage in this therapy, particularly when he is able to make the game character Max jump on the screen.

The MOTomax and TRAMPOLINEmax MotivationProgram motivates you to engage in daily therapy training (page 5).

### The bed unit MOTomed<sup>®</sup> letto2

Movement therapy for patients confined to bed: application at the long term care facilities or hospitals, or in early rehabilitation, at intensive care units, with comatose patients or ventilated patients, and during hemodialysis.



MOTomed letto2 – movement therapy device for training in a supine position with a secure leg guidance



MOTomed letto2 leg/arm – movement therapy for legs and arms in a supine position



MOTomed letto2 for children

### Specifications

- Floor fixation (Four-Brake-Stop) ① – Stability without mechanical attachment to the bed or therapy chair
- Spreadable Chassis ② – Adaptation to various bed types by lever-handle (accessory)
- Knee bending adjustment ③ – Adjustment of the degree of knee flexion (accessory)
- »TrainCare Comfort« leg guides ④ – Secure support of calves (accessory)
- MOTomed letto2 leg/arm – leg and arm/upper body training for bedridden patients

Particularly for patients who are in a supine position in or an inclined position for an extended period of time, it is important to counteract the consequences of lack of movement. Therefore it is essential that we introduce early passive and assistive movement therapy to their rehabilitation.

The MOTomed Movement Therapy provides a safe motorized passive movement, as well as motor-assisted and active resistive muscle training.

# Characteristics and Therapy Options

## of the MOTomed Movement Therapy

	 viva2	 viva2 light	 viva2 Parkinson	 gracile 12	 letto2	 letto2 leg/arm
Motorized movement of the legs (passive training)	✓	✓	✓	✓	✓	✓
Motorized movement of the arms (passive training)	●	●	●	●	–	✓
ServoCycling = motor-assisted active training	✓	✓	✓	✓	✓	✓
Active movement with own muscle strength against finely adjusted resistance levels (gear 0 to 20)	✓	✓	✓	✓	✓	✓
Separate button for ServoCycling – visual and noticeable transfer from passive to active training. Activity is detected immediately and is indicated by a bicycle symbol (🚲) on the display	✓	✓	✓	✓	✓	✓
Active/passive biofeedback (automatic)	✓	✓	✓	✓	✓	✓
Regulation of passive speed from 1 to 60 r.p.m.	✓	✓	up to 90 r.p.m.	✓	✓	✓
MOTomax and TRAMPOLINEmax MotivationPrograms	✓	–	✓	✓	✓	✓
13 Therapy Programs (can be individually edited)	✓	–	✓	✓	✓	✓
Pause-function	✓	–	✓	✓	✓	✓
Training analysis via chip card (accessory »MOTomed sam2«)	●	–	●	●	●	●
MOTomed Cardio16 Pulse Control regulates the resistance level up or down	●	–	●	●	●	●
Combination with functional electrical stimulation (FES)	●	–	●	●	●	●
SmoothDriveSystem for a smooth rotation	✓	✓	✓	✓	✓	✓
MovementProtector for sensible spasm detection	✓	✓	✓	✓	✓	✓
SpasmControl with automatic change of rotation direction	✓	✓	✓	✓	✓	✓
Electronic foot insertion aid with safety stop	✓	✓	✓	✓	✓	✓
Large, high-contrast color screen (11.5 x 8.5 cm / 4.5 in. x 3.4 in.)	✓	✓	✓	✓	✓	✓
Stationary operating panel with 8 big, easy-feel buttons and automatic user prompts	✓	✓	✓	✓	✓	✓
SymmetryTraining – Activity performance display is divided into the right and the left hemisphere	✓	✓	✓	✓	✓	✓
SymmetryTraining in a clear 2-bar-diagram and analysis display in percent	✓	–	✓	✓	✓	✓
SymmetryTraining for leg and arm/upper body trainer	✓	✓	✓	✓	✓	✓
Muscle tone measurement (tone at the beginning, at the end, and average)	✓	–	✓	✓	✓	✓
Passive and active training results are displayed separately (distance, duration)	✓	–	✓	✓	✓	✓
Standard color (no extra charge)	silversand	blue	silversand	blue	blue	blue
Mobile by large transport castors	✓	✓	✓	✓	✓	✓

✓ = included in base price   ● = optional accessory   – = not available



With the many accessory options, your personal MOTomed model can be perfectly adapted to your individual needs. Find more accessories at [www.motomed.com](http://www.motomed.com) or consult with your MOTomed partner.

### Accessories for MOTomed models viva2, viva2 light, viva2 Parkinson and gracile12

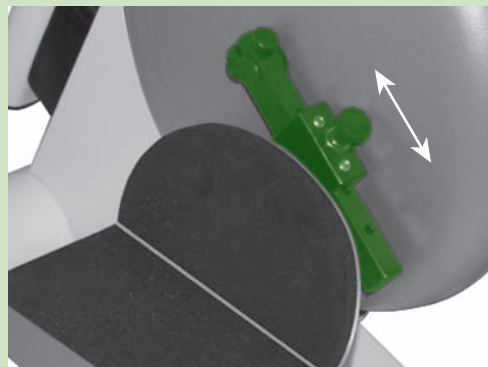
leg guides with calf shells, retractable (item no. 302)



self-operating foot holders (item no. 506)



pedal radius quick adjustment (item no. 507)



plastic-coated safety foot shells, disinfectable (item no. 152)



hand fixation with wrist cuffs (item no. 562)

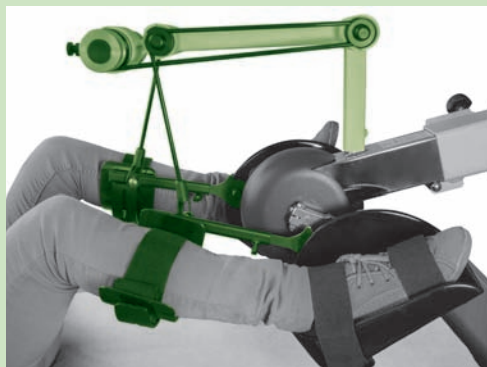


forearm shells with arm cuffs (item no. 556)



### Accessories for the MOTomed letto2 bed unit

»TrainCare Comfort« leg guides (item no. 168)



spreadable chassis (item no. 160)



pivot arm for operating panel (item no. 166)



**Get informed!** Ask us about special brochures, prices, studies, publications and literature or request **MOTomed videos (DVD)**, in different languages.\* On the Internet at [www.motomed.com](http://www.motomed.com) and by filling out a contact form, by email at [info@motomed.com](mailto:info@motomed.com) or by contacting your **MOTomed partner directly**.



Movement Therapy:  
neurological  
conditions



Best Ager  
Movement Therapy  
(for seniors)



Movement Therapy  
with Parkinson's  
disease



MOTomed gracile12  
for children



MOTomed letto  
Movement Therapy  
in supine position



Movement Therapy  
during dialysis  
treatment



MOTomed viva2  
experience reports



MOTomed gracile12  
experience reports



MOTomed letto2  
experience reports



MOTomed  
viva2 Parkinson  
experience reports



Scientific studies from all over the world  
confirm the positive therapy effects of  
MOTomed Movement Therapy



There are 6 MOTomed Movement  
Therapy DVDs.

\*Not all information material is available in all languages.

The most effects in therapy can be reached by contributing to the treatment independently.  
In some cases the insurance may cover the cost of the MOTomed Movement Therapy.  
Simply inquire about it.



physician



therapist



medication



Daily MOTomed movement

## A variety of quality models available

10 basic MOTomed models\* with a wide range of accessories. Ask us about it!



**1** MOTomed viva2 leg trainer  
a sophisticated movement trainer  
with the highest standards



**2** Arm/upper body trainer in  
combination with leg trainer  
for viva2, viva2 light,  
viva2 Parkinson, gracile12



**3** MOTomed viva2 light  
pleasant movement with simple  
operation



**4** MOTomed viva2 Parkinson  
up to 90 r.p.m. for a fast passive  
cyclic movement (forced exercise)



**5** MOTomed viva2 stativ  
exclusively for arm/upper  
body training



**6** MOTomed viva2 duplex  
simultaneous arm and leg  
training for high blood pressure  
and diabetes mellitus



**7** MOTomed viva2 with FES  
(functional electrical stimulation  
for an effective cardio and circulation  
training e.g. in treatment of paraplegia)



**8** MOTomed gracile12  
height adjustable movement trainer  
for children and persons with a small  
stature



**9** MOTomed letto2  
movement therapy  
in supine position



**10** MOTomed letto2 leg/arm  
leg and arm/upper body trainer  
applicable from 3 bed sides



\*Not all models are available in all countries

We operate on a 14,000 m<sup>2</sup> production area and office space, which makes us a strong family business: Special values, durability and a flat hierarchal structure.



MOTomed office in Betzenweiler, Germany  
Here we love to welcome our customers and  
partners.



## From pioneer to an internationally successful specialist – all in one for more than 40 years

Since 1971, the RECK Company has contributed to innovations in the field of movement therapy, with a world wide distribution network. We work in close collaboration with physicians, therapists, universities and patients. Since 1981, the motor-driven and software-controlled MOTomed has successfully been used in over 70 countries.

The 50 year old RECK family business, with its 230 employees, specializes in the field of motor-assisted and active movement therapy.

## Competent consultation

The team of consultants consists of certified sport scientists, physical therapists, and occupational therapists. These consultants will be happy to provide you with the appropriate MOTomed model. They will be happy to advise you with the most suitable therapy program that is designed for you.

## Versatile special accessories for your individual needs

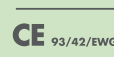
With the many accessory options, your personal MOTomed model can be perfectly adapted to your individual needs.

## Demonstration or test trial

Ask us about obtaining a trial at your private residence, at your clinic, or a medical facility. Some of our local MOTomed partners offer consumer financing and rental options.

## For your safety – certified quality »Made in Germany«

Your safety and satisfaction is important to us. That is why we work in accordance to and in compliance with a certified quality management system. We meet all the safety requirements and ergonomic provisions, which provides you with the best quality MOTomed Movement Therapy Device according to the highest safety standards.



Health  
made in Germany

member of the export initiative  
health care industry

# My MOTomed® – for a daily well-being

## MOTomed demonstration

If you want to learn more about MOTomed Movement Therapy, try it out – at home, at a hospital, rehabilitation center, or wherever you reside. Simply contact your MOTomed partner for additional information.



[www.motomed.com](http://www.motomed.com)



MOTomed worldwide! Customers in over 70 countries experience the daily benefits of MOTomed Movement Therapy from RECK, the world market leader. Get informed about its effectiveness.

Contact us or visit our homepage!

Your MOTomed partner:

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» Made in Germany «



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