

THERA TRAINER[®]

*Professional Exercisers for
Geriatric and Stroke Rehabilitation!*

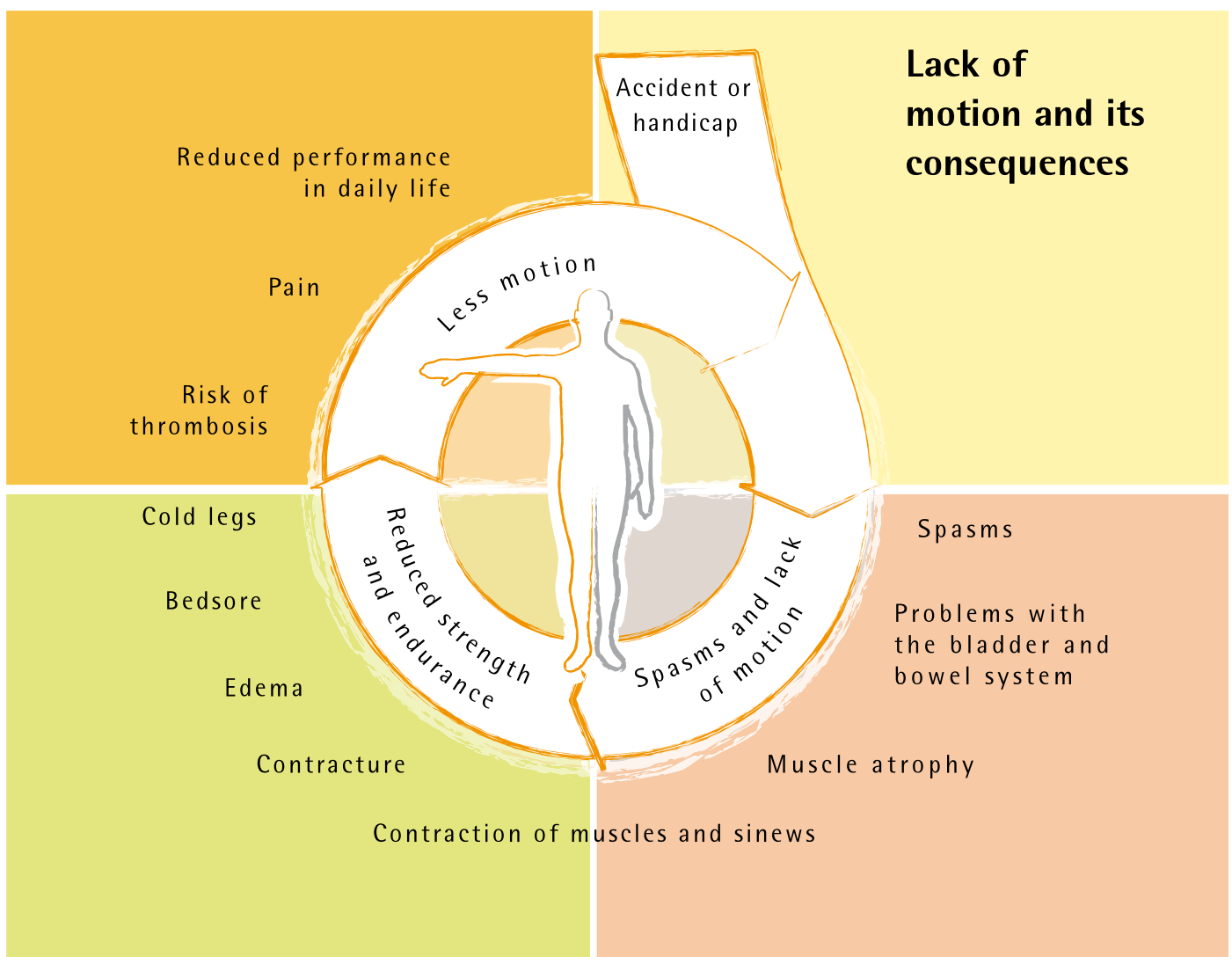


Motion - as important as eating and drinking

What happens if there is a lack of motion?

Persons with physical disabilities are very often unable to move by themselves. Prolonged lack of motion causes a vicious circle. As strength and endurance decrease, muscles degenerate. Additional spasticity results in shortening of tendons and ligaments. It is necessary to start fighting against these dramatic consequences early enough.

Systematical THERA-exercising helps actively to avoid these negative effects caused by lack of motion.



ADL - Activities of daily life

What are the practical benefits of exercising with THERA- and BALANCE-Trainers?



Regular THERA-exercising targets to strengthen even the **slightest remaining muscle power** and thereby sustain the **user's independence**.



Regular THERA-exercising **helps to improve joint and muscle flexibility** as well as **range of motion**.



Regular THERA-exercising **helps to stimulate metabolism** (urine flow, bowel movement, ...).



Regular THERA-exercising helps to exercise the user's **endurance** and to be **more independent and flexible**.

The professional for institutions and disabled persons with individual needs.

THERAvital®



Head of physiotherapy, hospital Bad Ischl (Austria)

„In our facility for physical medicine and rehabilitation meanwhile we use 6 movement exercisers for lower extremities and I can no longer imagine working without them. Repeatedly, we recommend the devices for



The best in its class

- **Easiest, intuitive handling concept**
Self-explanatory operating functions
- **START/STOP one-button-control**
Risk of misuse is reduced
- **Motivating colored biofeedback**
Symmetry training increases motivation and duration of each exercise
- **Voice-controlled emergency stop**
Session can be stopped via voice command
- **TFT High Resolution screen**
Easy to read - even with amblyopia
- **Training analysis**
Overview of all important parameters

Self-operated foot-fixing - it can not be easier

The new, patented foot-fixing can be operated independently by the user. Its ergonomic position allows an easy access for the feet. The soft pad conforms comfortably to the foot. The wratchet type locking mechanism secures the foot properly - even when severe spasticity occurs.

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use at home especially for patients with chronic diseases. We then arrange a demonstration at home. With low personal assignment large benefits for patients can be obtained with the help of movement exercisers."

THERA-live - an ideal recommendation for daily exercising at home.

THERAlive®



Maria P, 74 y., Rietberg, hemiplegia

„The THERA-live brings movement to my life! After the trial phase my health insurance qualified THERA-live for reimbursement. I am so grateful for this as training with the THERA-live brings back movement to my life and at the same time helps me avoiding being stiff. I've been using

THERA-live - an ideal recommendation for daily exercising at home.

- **Simple, intuitive operation**
All main handling functions self-explanatory
- **START/STOP - one-button-control**
Risk of misuse is reduced
- **Motivating biofeedback**
Symmetry display „bars“
- **Illuminated screen**
All important training values are well readable
- **Tool-free variability**
Fast adaptation to user's physical condition
- **Robust and stable**
Even though small and handy



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the THERA-live daily for one year. As for operating the unit, I can only say: simply great! I can operate it individually and I do not depend on any assistance. Sometimes my husband helps me by placing my paralyzed legs in the foot rests. But this, of course, he is pleased to do!"

Dynamic training in a
safe surrounding

BALANCE TRAINER



Physiotherapist, Medical Rehabilitation Department Foundation
Ida-Viru Central Hospital (Estonia)

„**The balance of patients improved** as the result of the therapy and they were capable of maintaining vertical position longer. For a physiotherapist, it was also good to use special belts for maintaining vertical position of patients - these lifted the patients into vertical position and kept him/

2 units in 1: standing frame and BALANCE-Trainer

- **Active/dynamic training**

The user can practice unassisted. This increases the level of safety for both user and therapist.

- **Regulation of muscle tone**

- **Spasm reduction**

The dynamic muscle load in the BALANCE-Trainer results in reduction of muscle spasticity and muscle tonus.

- **Improve body awareness**

Systematic proprioceptive exercise

- **Initiation of positioning and balancing reactions**

How the body responds to external influences can be trained in an absolute safe environment. Exercising with the BALANCE-Trainer helps to initiate body reactions needed for everyday activities (e.g. unexpected events such as stumbling or wheelchair tipping over).

- **Targeted training of trunk and upper body**

Improves stability while increasing mobility. This results in improved posture (= more strength) which in turn improves breathing (e.g. it is easier to sing while standing).

This is one of the main differences to static standing.



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her safe and comfortable during therapy session. We're extremely grateful of the opportunity of using the BALANCE-Trainer equipment and showing our patients that therapy can be both efficient and fun."

An important part of the entire therapy

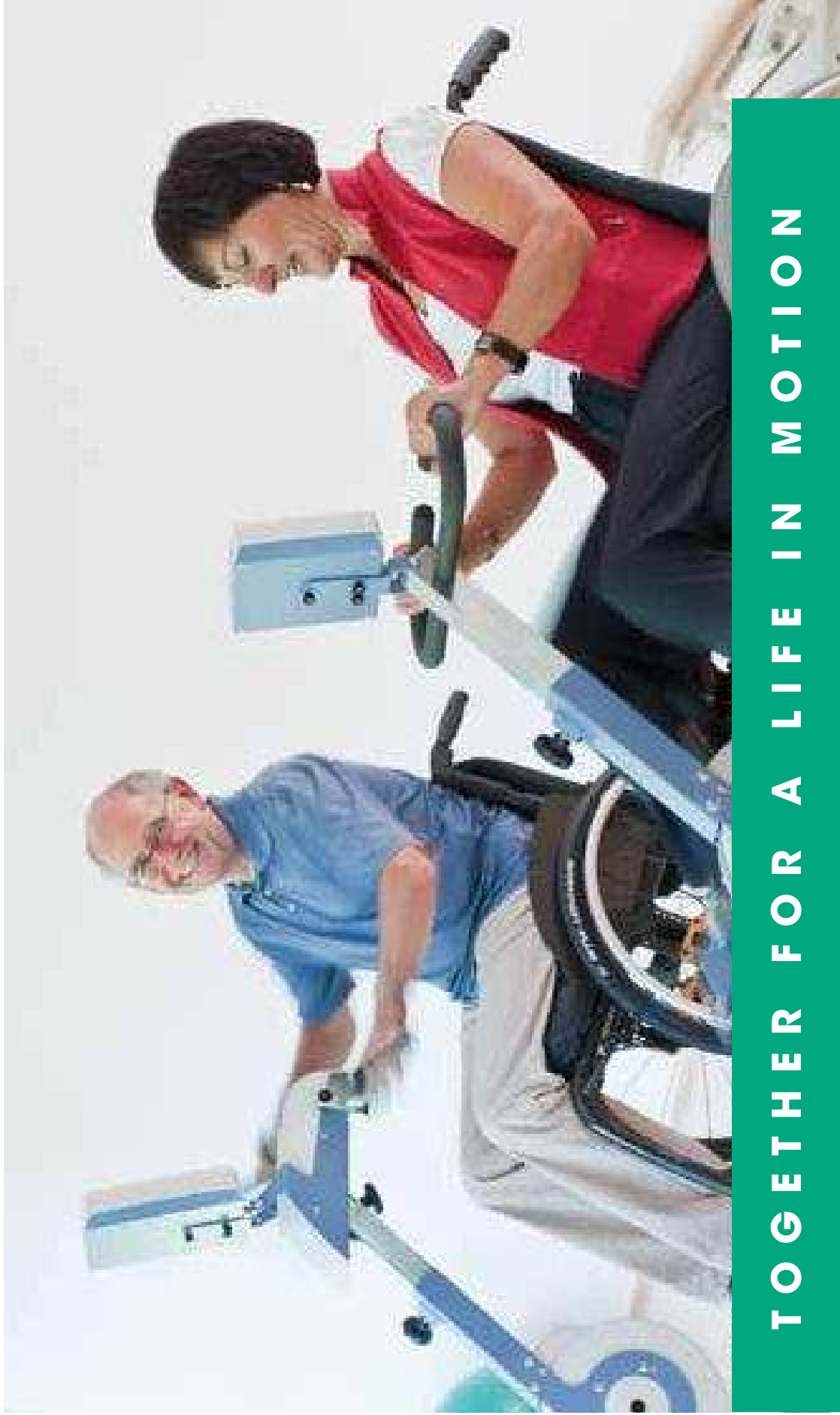
Who benefits from daily THERA- and BALANCE-training?

- Multiple sclerosis (MS)
- Stroke, apoplex, hemiplegia
- Paraplegia, tetraplegia, spina bifida
- Parkinson's disease
- Muscular disease, muscular dystrophy
- ...

In the meantime the exercisers are applied with great success in the following fields: geriatrics, orthopedy (f. e. after joint replacement), cardiology (f. e. cardio-vascular insufficiencies),

Unbeatable advantages

- The user can exercise independently.
- From chair or wheel chair
- With or without muscle strength
- Without negative side effects
- Safe exercise



TOGETHER FOR A LIFE IN MOTION

Thera[®]
TRAINER