

THERA
TRAINER

MEDICOTECH

THERAPY CONCEPTS

2013
2014

For daily exercise at home



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»LIVING IS MOVEMENT,
IT STARTS WITH MOVEMENT,
AND WITHOUT MOVEMENT,
THERE IS NO LIFE.
MOVEMENT IS AS IMPORTANT
AS OUR DAILY BREAD.«



Peter Kopf, owner and managing director



FOR A LIFE IN MOTION

Dear Readers,

»For a life in motion« is our philosophy clear and brief. We, medica Medizintechnik GmbH, want to keep you moving – or make you move again. As we all know, physical and emotional well-being depend closely on daily exercise.

Together with doctors, therapists and, most importantly, the users, our employees strive to find new and improved solutions. The therapy concepts thus developed are specially designed for people who want to regain their mobility as easily as possible.

Let us surprise you with the manifold possibilities our THERA-Trainers offer and get moving. Together with you, we do our best: »For a life in motion«.

Peter Kopf and the whole THERA-Trainer team



EASY TO USE

Intuitive handling

»Easy to use« is easier said than done. Mostly, the simplest of solutions prove to be the most challenging ones.

The interface between people and technology is the **control unit with a screen**. Technology must serve people. Therefore our goal was to make **menu navigation as intuitive as possible**. This means to create a self-explanatory user interface you can easily use without help or instructions, or after a short briefing. This was achieved by means of clear screen masks, plain symbols, high-contrast fonts and illustrations, a simple

control logic and large keys.

A milestone in the development of the perfect user interface is the **START/STOP traffic light control** introduced in THERA-Trainers in 1997. Especially people with perception disorders need such simple solutions. Therefore, »easy to use« just means simple, quick and safe handling in everyday life.



SAFE EXERCISE

Quality & safety

»Made in Germany« is a synonym for highest quality, reliability and safety.

Even when developing, we focus on internal **quality checks**. In our own test labs **we conduct high-stress performance tests and safety checks**. 95 % of our carefully selected suppliers have their headquarters in Germany, so »Made in Germany« applies here as well. To keep up with all your requirements, we thoroughly test the THERA-Trainers' suitability for daily use in medical facilities.

Additionally, our engineers and every single one of our employees work according to a **certified quality management system** that has been accompanying the entire development and production process since 1999. Because we know how important quality and safety are for you. Therefore, every THERA-Trainer complies with the applicable standards and laws, and it goes without saying that we set great store by complete and consistent documentation.



2010



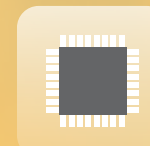
2004



2003



2001



1993



MILE-
STONES



REHACARE
DESIGN AWARD
2008/2009
GOOD DESIGN

INVENTED BY ENGINEERS

Leader in innovation

Innovation doesn't happen by chance. What drives us is the will to set people in motion and help persons with movement restrictions regain their mobility. Success-oriented physical exercise therapy starts with **high-class equipment**.

New developments that »move« you are the goal of our engineers. For more than 20 years, medica has been the originator of many **ground-breaking innovations**. Some examples:

- 2010** An important step towards the independent use of THERA-Trainers – **the patented foot fixing**
- 2004** The **first colour screen** for active-passive exercisers
- 2003** A world innovation »**Dynamic standing**« with the BALANCE-Trainer series
- 2001** The birth of »**symmetry training**« – another medica invention
- 1993** The first active-passive exerciser with **microprocessor control and display**

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BERND RALL
– THERAPIST –



»The medica
engineers keep
surprising me
with their interest
in therapeutic
requirements and
their ability to
come up with
fantastic solutions
for us therapists
and our patients.«

THERAPY
RANGE



Strength



Fitness



Performance



Mobility



Coordination



Balance

DEVELOPED WITH THERAPISTS

Proven therapy concepts

At the end of every exercise session, what counts is the fun you had during exercising and of course **your exercise success**. THERA-Trainers are success-oriented products that boost the therapeutic effect. Even in the product development stage, our engineers bring in therapists and doctors. These **experts** give important impulses for new products and improvements.

One of medica's pioneer therapists is **Bernd Rall**, therapy manager at the Ichenhausen specialist hospital. He has been working with our team of developers for more than ten years. **The result is the perfect exercise** equipment for strength, cardio, balance, mobility, coordination and much more.

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MOTION – AS IMPORTANT AS EATING AND DRINKING

ACCIDENTS OR MEDICAL CONDITIONS

e.g. MS, strokes, paraplegia,
muscular diseases, Parkinson's disease,...

SPASTICITY,
HYPOSTHENIA,
CONTRACTIONS

PLANTAR FLEXION
OF THE FEET,
MUSCULAR ATROPHY

POOR CARDIOVASCULAR
CIRCULATION WEAKNESS

COLD LEGS,
RISK OF THROMBOSIS,
PAIN

REDUCED GENERAL FITNESS AND ABILITY
=
LOSS OF INDEPENDENCE

WHAT HAPPENS WHEN THERE IS A LACK OF EXERCISE?

Persons with physical restrictions often can't satisfy their natural need to be active. What's more, it's often hard to find the time and energy for any kind of exercise. This is the reason why physical exercise is often carelessly neglected.

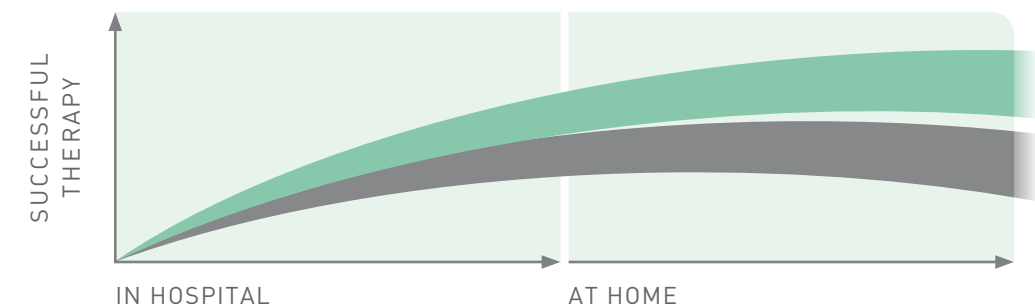
Too little exercise over an extended period of time will often get you caught in a vicious circle. Your muscles will atrophy and cause your strength, mobility and fitness to decrease. Lack of exercise will shorten tendons and ligaments, which in turn will cause your joints to stiffen. As a consequence, you'll move even less, which will only accelerate the process. Your metabolic processes will slow down – with negative consequences for bladder and bowels.

A downward spiral that concerns all elements of your daily routine such as personal hygiene, getting dressed or cooking. You need to put a stop to these dramatic effects. Regular exercise with THERA-Trainers can help you to escape this vicious circle – without any side effects, without much effort, but with lots of fun.

THERA-TRAINERS – PERFECT FOR EXERCISING AT HOME

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Regular exercise is essential for maintaining your mental and physical fitness. It's best to make your exercise part of your daily routine at home.



WITH DEVICE-
BASED THERAPY

WITHOUT DEVICE-
BASED THERAPY



AN IMPORTANT ELEMENT OF THE OVERALL THERAPY CONCEPT

After a hospital stay, it's crucial to maintain or improve your »exercise level« at home. But staying fit when you're getting older is just as important. There are several things that influence your therapy at home: a stable social environment, medical attendance and treatment, manual and device-based therapy complete the overall picture. If only one of these elements is missing, you'll never live up to your potential.

UNPARALLELED BENEFITS OF THERA-TRAINER EXERCISE

- **Safe exercise** at home in a familiar environment
- **Independent exercise**, that is, you won't need assistance in most cases
- **Whenever you want** and without having to change your daily routine
- **As long as you want** and as long as it does you good
- **Exercise in a chair or wheelchair** without transfer
- **With or without muscular strength** as suits you
- **Without side effects**

STRENGTH TRAINING

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...WITHOUT
STRENGTH YOU
WON'T MOVE
ANYTHING



EXERCISE 80 % OF YOUR MUSCLES

A basic requirement for nearly all your everyday activities is sufficient muscular strength – whether you are using walking aids or not.

Truly effective exercise does not concentrate on individual muscles; it should activate as many as possible. Our THERA-Trainers activate up to 80 % of your muscles simultaneously.

STRONG MUSCLES FOR AN INDEPENDENT LIFE

Experience has shown that insufficient muscular strength needs you to rely on other people's help. Daily THERA-Trainer exercise can maintain and improve even low muscular strength and make you more independent. You can use THERA-Trainers of the Cycling series for passive exercises to loosen up your muscles. However, your results will be much better if you exercise actively and only use the motor for back-up. Effective interval exercise means switching between active muscle exercise and passive motor movement. Improve your muscular strength to keep your independence as long as possible.



IMPROVE YOUR FITNESS

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PRACTICE MAKES PERFECT

Beside strength and mobility, physical fitness is the most important element for your well-being. Exercising with a THERA-Trainer will activate almost all of your muscles, but especially your heart. It will improve your blood circulation and thus provide all organs with fresh oxygen. Regular exercise will also increase your lung volume.

Good cardiovascular fitness will help you to keep up your daily routine – longer, safer and with considerably less effort.

Studies have shown that fitness training is only effective if it's done regularly. We recommend at least two or three exercise sessions a week. With a THERA-Trainer, you can improve your fitness at home regardless of season and weather and make sure you won't run out of breath on your next trip.

...SO YOU
DON'T RUN OUT
OF BREATH!



MOBILITY IS IMPORTANT

...BECAUSE
A ROLLING
STONE
GATHERS
NO MOSS!



MOBILITY CAN BE IMPROVED

Sooner or later, lack of exercise will always lead to considerable restrictions of mobility. Your muscles and tendons will shorten, and your joints will become stiff. Often, mobility will be limited by symptoms such as paralysis, increased muscle tone, spasticity, arthrosis or arthritis – if you neglect your exercise.

Systematic and regular exercise is important for an independent lifestyle. If you lack this kind of mobility, even everyday activities such as cooking, driving or getting dressed will soon become difficult for you. Limited mobility always means loss of independence.

Daily THERA-Trainer exercise can maintain or even improve your physical mobility. All your muscles, tendons and ligaments are stretched and contracted when exercising. By the way: the blood circulation of the brain will improve, too – as a benefit for your »mental fitness«.



CIRCULATION & METABOLISM

23

...THE FORMULA
FOR MORE
QUALITY OF LIFE



EVERYTHING FLOWS

Regular exercise activates all metabolic processes of the body. All body cells will be supplied with fresh blood and oxygen. The positive effects of regular exercise on the circulation can't be overrated.

It intensely activates digestion and urination. It reduces the risk of high blood pressure. If you have been suffering from cold legs or oedemas, start exercising – you'll appreciate the difference. Intense exercise will also improve your immune system. Recent studies have shown that active circulation training can even improve your sleep. Another scientifically proven fact is that intense exercise will lower your cholesterol level. Doctors strongly recommend daily physical exercise for both diabetic and dialysis patients.



FURTHER TRAINING- EFFECTS

...YOU
SHOULD
KNOW
ABOUT



HAPPINESS AND PHYSICAL WELL-BEING

25

Happiness and physical well-being closely depend on each other and a lot of other factors. The best way to improve both is regular physical exercise. Daily exercise will improve physical functions such as strength, fitness and mobility, stabilise your circulation and have a positive effect on many other aspects of your physical and mental state:

- It's a fact that stroke patients can **reduce the risk of another stroke** by regular exercise
- Improving your strength, mobility and reaction speed is the best **fall prophylaxis**
- The combination of physical exercise and biofeedback **(01)** exercise will improve your mental and physical health and thus prevent **dementia** to a certain degree
- Especially standing and balancing exercise will strengthen your upper body and back and thus relieve your **back pain**
- The **risk of osteoporosis** can be reduced
- Depending on the exercise intensity, it can help to control or reduce your **weight**



(01) Biofeedback is direct feedback on the screen which provides information on your current training level.

And don't forget the best part: device-based physical exercise usually comes without any risks or harmful side effects.

CYCLING

Users especially like the cycling exercise for its natural and rhythmic movement. Nearly everyone, from wheelchair users to persons able to walk independently, can use THERA-Trainers of the Cycling series. That has the most positive effect on **their quality of life and their self-esteem.**

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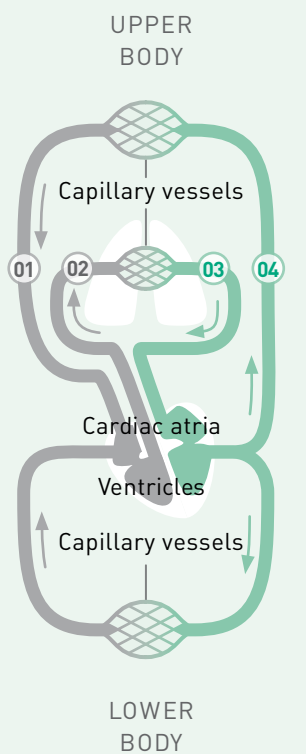
...APPRECIATED
BY USERS AND THEIR
THERAPISTS ALIKE



CYCLING THERAPY GOALS

THERA-Trainers of the Cycling series allow working toward lots of therapy goals effectively in a short time.

CARDIOVASCULAR SYSTEM



- 01 Systemic circulation
- 02 Pulmonary circulation
Blood with less oxygen in veins
- 03 Pulmonary circulation
- 04 Systemic circulation
Blood with more oxygen in arteries

ACTIVATING THE CARDIOVASCULAR SYSTEM

Regular exercise activates the entire cardiovascular system. This will stabilise the blood pressure to improve the blood supply of »cold legs« and reduce oedemas. An active cardiovascular system improves fat burning, blood sugar and cholesterol regulation.

FITNESS

75% of all stroke patients suffer from an additional cardiac disease. Endurance training will reduce the risk of high blood pressure and cardiac diseases and thus the risk of further strokes.

ACTIVATING THE METABOLISM

Regular exercise will activate all metabolic processes of the body. This will have a positive effect on digestion and urination.

MAINTAINING/IMPROVING MUSCULAR STRENGTH

Systematic and regular concentric and excentric exercise can maintain and restore even very low muscular strength. Different biofeedback illustrations permit systematic strength training.

MOBILITY/MUSCLE TONE REGULATION

Especially users lacking exercise can use THERA-Trainers to regulate their muscle tone with rhythmic and reciprocal movement and thus effectively prevent contractions.

MENTAL STABILITY

Regular endurance training demonstrably increases the release of the »happy hormone« dopamine. Together with the feeling of success after exercising, this will cause a positive mood and effectively prevent depressions.

MORE THAN AN ERGOMETER

THERA-Trainers from the Cycling series serve the same purpose for the elderly and for people with disabilities as bicycle ergometers do for young and healthy people. There are differences that are of crucial importance for the exercise:

Control and display unit

fulfils the requirements of the elderly and of people with disability with regards to biofeedback and ease of use

Leg support and foot fixing

support weak legs and guarantee safe support

Motor drive

permits passive, assistive or active exercise – with smooth transitions and harmonic rotation

Tip-up protection

prevents the chair/wheelchair from tipping over and ensures an optimal distance between THERA-Trainer and user

Chair or wheelchair

so that even persons suffering from muscle weakness can exercise safely



THERA-TRAINER TIGO

...THE BEST AMONG ACTIVE-PASSIVE EXERCISERS

Formerly, there was THERA-live with the small and THERA-vital with the large colour screen. Two exercisers became one – the new THERA-Trainer tigo. You can pick one of three different-sized colour screens. You will be thrilled.



01

SAFE, EASY AND COMFORTABLE – THE PATENTED THERA-TRAINER FOOT FIXING

You can secure your feet in the foot rests easily and safely without causing pressure marks. Naturally, there mustn't be anything in the way when

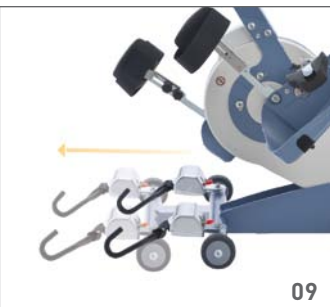


putting the feet into the foot rests. Another aspect not to be neglected is that the foot fixing must be easy to open. We have developed the perfect solution for you and tested it in the hardest of conditions – see for yourself!

- Foot fixing**
- (02)** Putting the foot into the foot rest
- (03)** Closing the foot fixing
- (04)** Applying the leg support
- (05)** Opening the foot fixing
- Flexibility**
- (06)** Safety handle with adjustable height and inclination
- (07)** Control and display unit with adjustable inclination
- (08)** Upper body exerciser with adjustable distances
- (09)** Device base with pull-out transport castors

THERA-TRAINER TIGO – AN ERGONOMIC ALL-ROUNDER

With the THERA-Trainer tigo, all everyday adjustments are done in no time at all. Height and distance of the safety handle and the upper body exerciser can be individually adjusted to your size. You can attach various hand and arm rests to the upper body exerciser – no tools required. The inclination of the control and display units is adjustable as well for the user to keep everything in view. The stepless crank radius adjustment between 65–115 mm makes allowances for different stages of leg mobility. Even the device base and thus the base area can be adjusted to meet individual requirements. VARIABILITY is our top priority.



(01) THERA-Trainer tigo 506

Picture includes accessories

CONTROL- AND DISPLAY UNIT – INTELLIGENCE MAKES THE DIFFERENCE

The screen is the interface between people and technology. Our developers attach great importance not only to **the latest screen technology**, but also to easy handling and clear screen displays.

True to the motto »Never change a running system«, the **START/STOP traffic light control** of the previous model remained unchanged. It doesn't get any easier. You operate the system with large membrane keys or touch soft keys. You can adjust important exercising parameters such as number of rotations, braking resistance, direction of rotation, exercise time etc. anytime without changing screens.

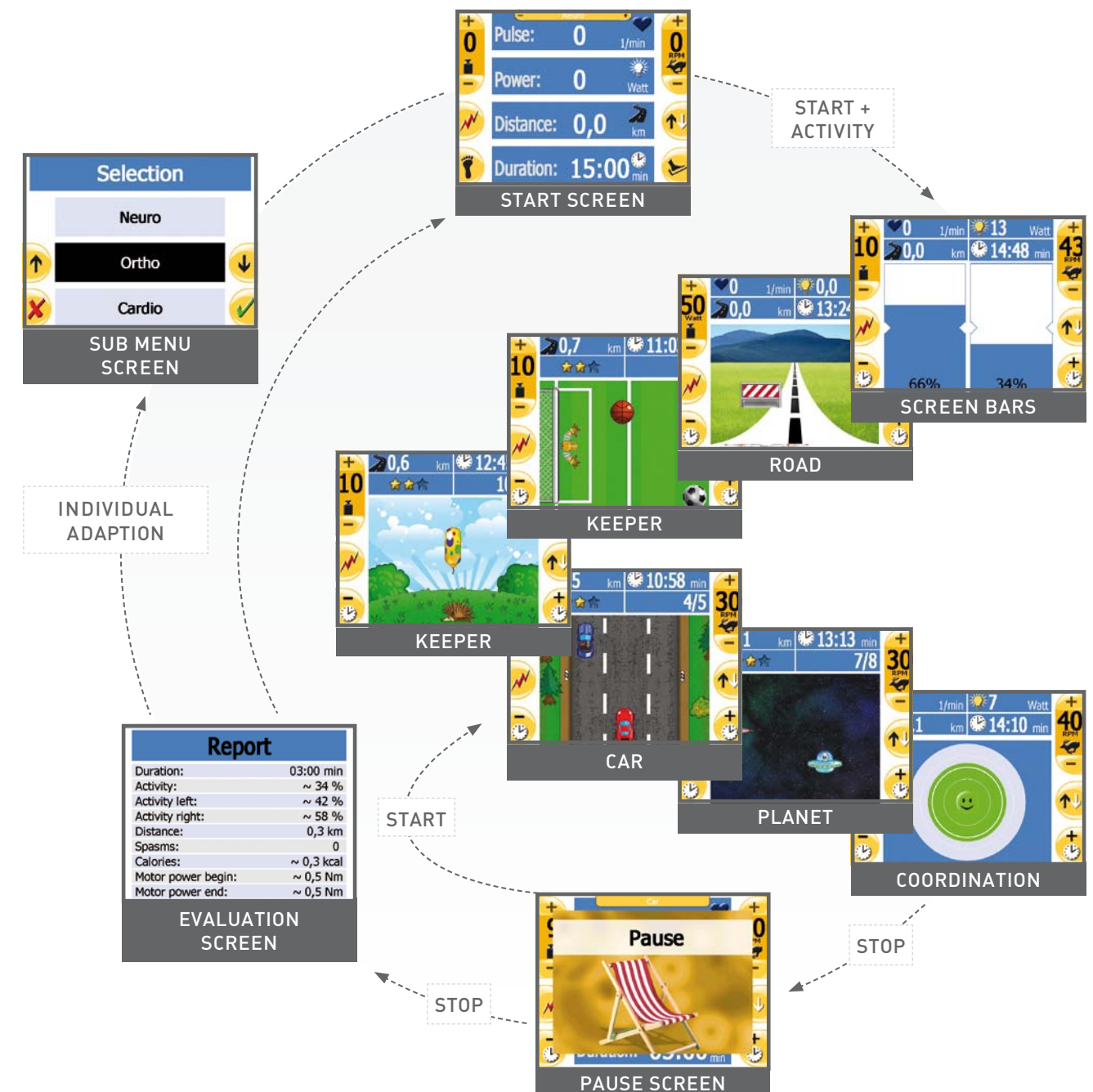
All important instructions and exercise data are displayed on different-sized screens (2.7"–10.4") with **excellent TFT screen quality**. With the 5.7" screen or larger you can preset a number of exercise parameters in a special sub menu. The larger the screen, the more powerful is the processor. So larger screens offer more setting options, and also more motivating biofeedback illustrations.

- [01]** Control and display unit 10.4"
- [02]** Control and display unit 5.7"
- [03]** Control and display unit 2.7"

BIOFEEDBACK – FUN AND SUCCESS GUARANTEED

33

The trick is to package effective therapeutic exercise as »fun and games« to encourage goal-oriented exercise and keep the patients highly motivated. This is why we have developed a number of biofeedback illustrations for the THERA-Trainers of the Cycling series that boost the therapeutic effect. After the exercise session, you will get a **clear performance evaluation** – the best motivation for the next sessions.



MODELS CYCLING

THERA-TRAINER TIGO

528

The **basic model** THERA-Trainer tigo 528 is designed for users with no or slight handicaps. The model tigo 528 is small, handy and cost-effective. It is equipped with foot rests and a control and display unit with a 2.7" colour screen.



THERA-TRAINER TIGO

502

The model 502 is the perfect **basic unit for your leg exercises** at home. This comfortably priced exerciser provides all basic functions for effective cycling exercise.



Here you can find different models for different requirements – proven in the everyday routine of medical facilities.

THERA-TRAINER TIGO

504

The model 504 is a **top-quality leg exerciser**. Equipped with foot fixings, leg supports, tip-up protection and radius adjustment, it's the perfect device for wheelchair users. The 5.7" colour screen provides different biofeedback illustrations and all adjustment options you need for effective exercise.



THERA-TRAINER TIGO



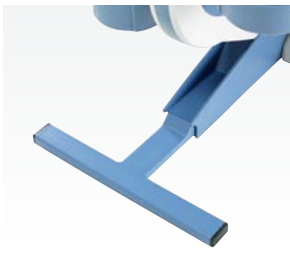


508

The model 508 allows **leg and upper body exercises** on the same device. Beside foot fixings, leg supports, tip-up protection and radius adjustment, it also features an upper body exerciser. The 5.7" colour screen provides different biofeedback illustrations and all adjustment options you need for effective exercise.



STANDARD EQUIPMENT
CYCLING

Basic equipment ●






| Product description | | tigo 528 | tigo 502 | tigo 504 | tigo 508 |
|--|---|----------|----------|----------|----------|
| BASE UNIT | | | | | |
|  | THERA-Trainer tigo The base unit consists of robust and long-lasting metal frames with environmentally friendly blue powder coating. The base unit THERA-Trainer tigo is additionally equipped with a 240 watt electric motor that provides sufficient power reserves and harmonic rotation. | ● | ● | ● | ● |
| DEVICE BASE UNIT | | | | | |
|  | Device base with castors The pull-out device base with transport castors increases the stability of the THERA-Trainer tigo. The extended base is especially helpful when using the upper body exerciser. The 74 mm transport castors allow moving the exerciser smoothly and without difficulties. | | ● | ● | ● |
|  | Device base flat We recommend the flat device base for sports/active wheelchairs with fixed footrests. This device base is NOT equipped with transport castors. | ● | | | |
|  | Device base with height adjustment and wheel set The device base with height adjustment and wheel set is necessary for persons with short legs and for children and adolescents with high wheelchair seats. The height is adjustable in steps between 50 –150 mm without tools. The combination with the wheel set allows moving the exerciser smoothly and without difficulties. | | | | |
|  | Self-operable tip-up protection Most customers can use the self-operable tip-up protection without help. The plastic-coated hooks are simply attached to the chair or wheelchair. The tip-up protection protects the chair /wheelchair from tipping over, e.g. in case of sudden stretch spasm. The distance between chair /wheelchair and exerciser is secured. | | | ● | ● |





| Product description | | tigo 528 | tigo 502 | tigo 504 | tigo 508 |
|---|---|----------|----------|----------|----------|
| FOOT FIXING / LEG SUPPORT | | | | | |
|  | Foot rest with 2-stepped radius adjustment The foot rests are made of wear- and shock-resistant plastic. They are easy to clean and sanitize. A safety edge and grip surface offer safe support in the foot rests. The crank radius can be adapted to the individual mobility of the legs with a tool. | | ● | | |
|  | Foot rest with stepless radius adjustment incl. tools The foot rests are made of wear- and shock-resistant plastic. They are easy to clean and sanitize. A safety edge and grip surface offer safe support in the foot rests. The stepless radius adjustment with tools allows adjusting the crank radius and thus the range of motion to individual requirements. The crank radius is adjustable between 65 –115 mm without steps. | | | ● | ● |
|  | Leg support The leg support guides weak or paralysed legs. Its height can be adjusted to different leg lengths. The cushion prevents pressure marks and is washable and sanitizable. Flexible mounting enables natural movement of the ankles. | | ● | ● | ● |
|  | Foot fixing For quick securing of the feet without help, the foot fixings are equipped with positionable cushions. Gentle pressure is sufficient for opening or closing the fixings. The cushion prevents pressure marks and is washable and sanitizable. | | | ● | ● |

STANDARD EQUIPMENT
CYCLING

Basic equipment ●

39

| Product description | tigo 528 | tigo 502 | tigo 504 | tigo 508 |
|---|----------|----------|----------|----------|
| SAFETY HANDLE/UPPER BODY EXERCISER | | | | |
| <div></div> <div>Safety handle The safety handle provides safe support during exercising – especially for active exercises or lack of upper body stability. Height and inclination of the safety handle are adjustable. A non-skid grip cover prevents losing one’s grip during exercising.</div> | | ● | ● | |
| <div></div> <div>Upper body exerciser The upper body exerciser permits passive and active exercise of the entire upper body and is equipped with a 100 watt electric motor. Height and inclination of the upper body exerciser are adjustable. The soft-glide adjustment also permits adjusting the distance of the upper body exerciser to the user (horizontal). The upper body exerciser is equipped with plug-in therapy grips.</div> | | | | ● |
| <div></div> <div>Grip adapter Thanks to the grip adapters, it’s no trouble at all to turn the upper body exerciser into a safety handle. That way, safety is guaranteed when doing leg exercises.</div> | | | | ● |
| <div></div> <div>Wristbands for therapy grips/safety handle These wristbands are designed for securing weak or paralysed hands on the safety handle or therapy grips of the upper body exerciser.</div> | | | | |
| <div></div> <div>Arm rests for therapy grips The arm rests for therapy grips secure the entire forearm in an ergonomically shaped armrest with velcros. The arm rests can be plugged to the therapy grips.</div> | | | | |

| Product description | tigo 528 | tigo 502 | tigo 504 | tigo 508 |
|---|----------|----------|----------|----------|
| <div></div> <div>Arm rests with bar-shaped grips The arm rests with bar-shaped grips allow lateral movement of the secured forearms. The grips can be attached horizontally or vertically as required.</div> | | | | |
| CONTROL AND DISPLAY UNITS | | | | |
| <div></div> <div>Control and display unit with 10.4"-colour screen incl. touch function The control and display unit with 10.4"-colour screen incl. touch function features the latest technologies. It sets benchmarks regarding size (211×158 mm), handling, readability and biofeedback illustrations and allows setting all kinds of exercise parameters and provides biofeedback in complex high-quality TFT illustrations.</div> | | | | |
| <div></div> <div>Control and display unit with 5.7"-colour screen This high-resolution 115×86 mm colour screen can be used as a cost-efficient alternative to the 10.4" colour screen with touch function. In the sub menu, you can preset exercise parameters and select simple biofeedback illustrations.</div> | | | ● | ● |
| <div></div> <div>Control and display unit with 2.7"-colour screen This control and display unit features a 2.7" colour screen (51×40 mm) with clearly readable exercise data. Beside the START/STOP traffic light control, the ergonomic remote control allows controlling all necessary settings.</div> | ● | ● | | |

STANDING & BALANCING

Standing and walking has top priority for everyone, especially for wheelchair users – and there's a reason for that. From a therapeutic point of view, standing can't be overrated. Safe standing and good balance are basic requirements for walking. On the following pages, you can find standing and balancing exercisers that are suitable for users with risk of falling as well as for wheelchair users and users in vegetative state. Dynamic vertical exercise is the »champions league« for everyone.

41

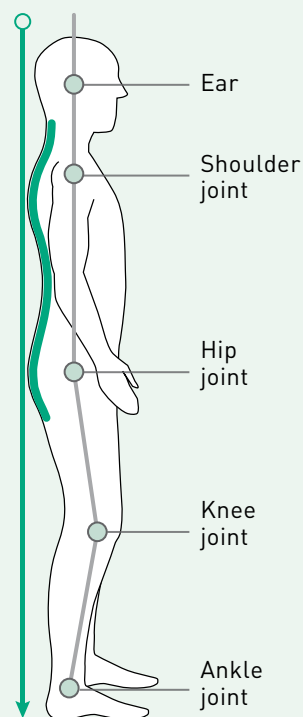
...EXERCISE
EYE TO EYE



STANDING & BALANCING THERAPY GOALS

There are plenty of good reasons for standing and balancing being so highly appreciated by therapists. Here are some of the most important ones:

HOW TO STAND CORRECTLY



PELVIS AND UPPER BODY STABILITY

Sufficient pelvis and upper body stability are basic requirements for being able to move around and cope with gravity – without it, unaided standing and walking is impossible. So, an important therapy goal is to exercise the upper body and pelvis muscles at one's individual limit with repetitive (01) exercises in an environment that protects the user from falling.

BALANCE

Walking is not just about quantity, but above all about quality and safety. Many users of wheelchairs, walkers or crutches are able to walk short distances, but the risk of falling is very high. This often leads to long and expensive hospital stays and subsequently to limited or total lack of independence. With this in mind, balance exercising seems even more important.

MOBILITY/MUSCLE TONE REGULATION

Long periods of static sitting or lying will lead to muscular and tendon shortening. Without sufficient mobility of the ankle, hip and knee joints, neither safe standing nor normal walking are possible. Regular upright and dynamic standing exercises are required to maintain sufficient hip and knee joint extension. Furthermore, standing is the best prophylaxis against plantar flexion of the feet.

CIRCULATORY SYSTEM, METABOLISM AND BREATHING

Regular standing exercises will stabilise circulation and thus increase exercise tolerance. Standing also has a positive influence on blood pressure and breathing. This is very important – especially for high-level dependency users. Standing also serves as an osteoporosis prophylaxis.

(01) Frequent repetition of certain movements

TWO EXERCISERS IN ONE

43

In 2004, standing was virtually reinvented when we developed the balance unit – »dynamic standing« was born. Dynamic standing is more of a challenge and thus much more motivating for the person concerned. Dynamic standing exercising is always active exercising – this is why therapists appreciate this form of exercise so much.

The balance unit

is equipped with a spring element whose resistance can be adapted to the user or the therapy goal in several steps. The balance deflection is adjustable between 0 degrees, 6 degrees and 12 degrees. So you can transform your THERA-Trainer from a static standing frame (0 degrees) to a dynamic balance exerciser (6 and 12 degrees).



PLUG AND PLAY



All products from the Standing & Balancing series can be combined with a large-format colour screen. Just plug it in, select a fitting therapy session with a matching biofeedback option, press the START button and start your exercise.

The software for Standing & Balancing products is based on a new modular concept. Therapy sessions for 20- to 30-minute exercises can be compiled from individual modules. This provides you with brand-new ways to individualise your therapy.

Despite the variability, the products are easy to operate – in the simplest cases, only two buttons are needed. Select a suitable therapy session and start exercising by pressing the START button. If necessary, simply adjust the exercise parameters (strength, exercise time, etc.) to your personal needs.

(01) THERA-Trainer coro 516
Picture includes accessories

PERFECT POSTURE

45

Of highest practical relevance are the flexibly positionable **quick securing systems for forefoot and heel** on the treads. No tools are needed for adjusting the quick securing systems as required for each user's individual therapy goals. It is possible, for example, to do exercises in step or parallel position, or on one leg. The antislip tread surface prevents you from losing your footing. **Quick securing system and tread surfaces** are wear-resistant, washable and sanitizable. Depending on the therapy goal, knee supports can be installed or removed.



Foot positioning and fixing

Tread with flexibly positioned quick securing system for forefoot and heel
Parallel position (02)
One-leg position (03)
Step position (04)

THERA-TRAINER BALO

...THE PERFECT STANDING AND BALANCING EXERCISER FOR USERS WITH HIGH-LEVEL DEPENDENCY

When it's about variability, the THERA-Trainer balo is second to none. Feet, legs and pelvis can be secured individually or together in nearly every position possible - for every therapy goal. The THERA-Trainer balo is perfect for high level dependency users (even users with a high level of disability).



01

ELECTRIC LIFT

In accordance with the principle of dose and effect, the more often the exercising equipment is used, the more effective it will be. The THERA-Trainer balo can be equipped with an **electric lift (02)** so that even high-level dependency users can use it every day. A patient belt is put around the pelvis of the user sitting in the wheelchair and fixed to the belt of the electric lift. Now you can use the remote control to start the motor and gently pull the user into an upright position, i.e. into THERA-Trainer balo.

KNEE AND PELVIC SUPPORT

The model THERA-Trainer balo is equipped with **knee supports (03)** for lateral and ventral securing of the legs. The supports can be used separately or completely removed, depending on the user's needs and therapy goal. Naturally, the supports are cushioned, and height, distance and depth are adjustable.

The same applies to the **pelvic support (04)**. This support also consists of individual cushions whose distances and depths are adjustable so that every user can have optimal »contact« to the exerciser for dynamic exercise. Safety bolts for the pelvic supports provide double safety when exercising.

An individually adjustable **upper body support** is available for users in vegetative state.

(01) THERA-Trainer balo 518

Picture includes accessories

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02



03



04

THERA-TRAINER CORO

...THE PROFESSIONAL STANDING AND BALANCING EXERCISER FOR MOBILISED PERSONS

The THERA-Trainer coro is designed for persons who can walk a few steps but have a high risk of falling. Exercising with the THERA-Trainer coro is the perfect prophylaxis against falling because it provides a safe environment to improve strength, balance and reaction speed while having loads of fun.



01

FALL PROPHYLAXIS WITH GUARANTEED SUCCESS

»Fall prophylaxis« is an essential topic – not only for the elderly. According to studies, about 80% of all persons who were hurt in a fall will fall again within one year. The first fall often marks the beginning of a downward spiral that might lead to complete loss of autonomy.

Fall prophylaxis can only be successful if an improvement of strength, mobility, fitness and reaction speed is achieved by regular repetitive exercise. That's exactly what the THERA-Trainer coro does, because of the **biofeedback (02–04)** long exercise sessions will be fun – and at eye level with others.

SAFE AND FREE

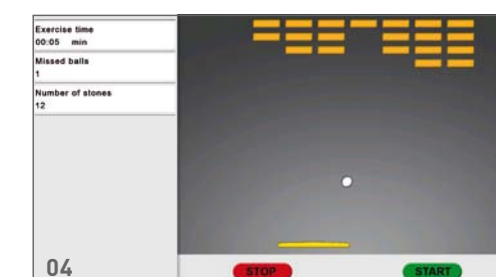
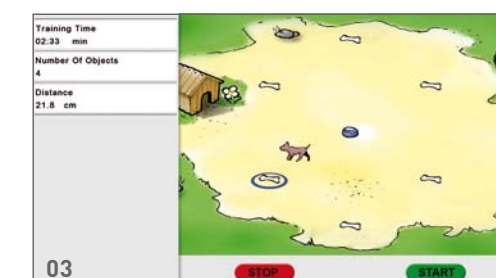
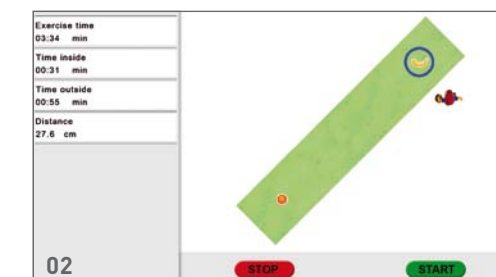
The greatest challenge when designing the THERA-Trainer coro was to make it as safe as possible for the user, who is usually still able to walk – without limiting his freedom while exercising. These exercises in everyday positions (e.g. step position) are just the thing for users who need to improve their strength, balance and reaction speed to regain their independence and confidence. For this reason, the **simple knee supports (05)** and the **pelvic safety belt (06)** are designed in such a way that they don't have any protective effect unless the user falls or faces a lack of strength.

(01) THERA-Trainer coro 516

Picture includes accessories



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(02) Biofeedback

»Linie«

(03) Biofeedback

»Collect«

(04) Biofeedback

»Ping-Pong«

THERA-TRAINER VERTO

...THE PROFESSIONAL STATIC STANDING FRAME

Static standing has been an acknowledged form of therapy for more than 30 years. The THERA-Trainer verto is perfect for therapy goals such as verticalisation, tone regulation or activation of circulatory system and metabolism. For therapy goals such as balance, mobility or upper body stability, though, dynamic balance exercisers are usually used instead of static standing frames.



01

STANDING FRAMES WITH CONVINCING QUALITIES

The **THERA-Trainer verto** focusses on quality and functionality. The highly wear-resistant treads offer flexible options for leg support. Its four lockable leading castors make the THERA-Trainer verto a mobile exerciser. The table is made of high-quality Multiplex laminated wood with a very wear-resistant coat of lacquer. The table is supported by stainless steel pipes. Large format engraved height markings allows an exact height adjustment. Thanks to the gas springs, the table height can be adjusted individually on both sides. The heights of the knee supports and the handrails can be adjusted in a similar way. Find out what »Made in Germany« really means.



02



03

- (02) Vertical tube with engraved heightmarkings
- (03) Connection of standing unit to base frame
- (04) Table with stomach cushion



04

(01) THERA-Trainer verto 514
Picture includes accessories

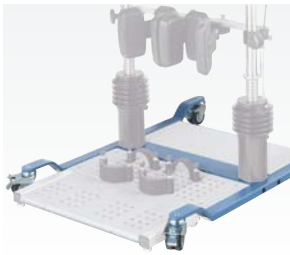
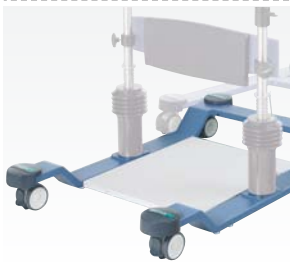

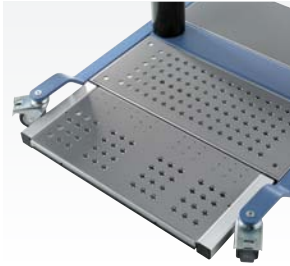

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STANDARD EQUIPMENT

STANDING & BALANCING

Basic equipment ●

53

| Product description | | balo 518 | coro 516 | verto 514 |
|--|---|----------|----------|-----------|
| BASE UNIT AND TREADS | | | | |
|  | Base unit balo/verto This base frame is designed as a stable metal pipe frame. Four lockable leading castors with a diameter of 75 mm permit convenient transport through normal 80 cm doors or wider. | ● | | ● |
|  | Base unit coro This newly developed base frame is made of 110 mm metal square tubes. Its four leading castors have a diameter of 100 mm each and can be blocked individually, which makes the exerciser especially stable, even under dynamic loads. | | ● | |
|  | Treads All products of the Standing & Balancing series are equipped with stable metal treads. The metal is coated with a highly wear-resistant antislip mat. | ● | ● | ● |
|  | Tread extension A tread extension makes sense everywhere persons with restrictions do weight-shifting exercises in step position or similar. The extension is very useful even if a family member or a therapist is standing directly behind the user to assist him. It can be attached or removed for transport without tools. | | | |
|  | Tread enhancement A tread enhancement is suitable, for example, for growing adolescents. They can reduce the tread step by step from 40 mm to 0 mm as they grow. | | | |






| Product description | | balo 518 | coro 516 | verto 514 |
|---|--|----------|----------|-----------|
| FOOT FIXING | | | | |
|  | Forefoot quick securing system The forefoot securing system can easily be attached on the tread without tools in any position desired. | | | |
|  | Quick securing system for heels A quick securing system for heels makes sense for users who need to have their feet secured, e.g. because of flexion spasm. The flexible system doesn't require any tools and provides safe and stable support. | ● | | ● |
| STANDING AND BALANCE UNIT | | | | |
|  | Standing unit The stainless steel standing unit is equipped with engraved height markings. For users between 120 and 160 cm, or 135 and 200 cm with a body weight below 140 kg. | | | ● |
|  | Balance unit The balance unit is the patented core of every balance exerciser. Using the release lever, it can be set to 0 degrees (= static standing), approx. 6 degrees or approx. 12 degrees. It is available in a short or long version with high or low spring resistance. The spring stiffness can be adjusted in six steps without tools. | ● | ● | |




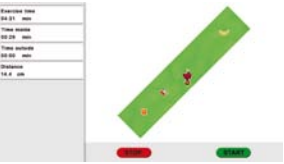
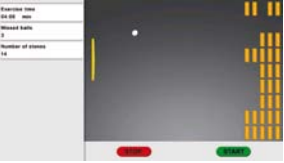

STANDARD EQUIPMENT

STANDING & BALANCING

Basic equipment ●

55

| Product description | | balo 518 | coro 516 | verto 514 |
|--|---|----------|----------|-----------|
| KNEE, PELVIS AND UPPER BODY SECURING SYSTEM | | | | |
|  | Knee support simple The simple knee support serves to secure the knees. It is removable and its height can be adjusted without tools. | | ● | |
|  | Knee support For safe support, height, depth and distance of the knee supports can be adjusted without tools. The knee supports can be removed separately or together. The supports are cushioned in order to prevent pressure marks. | ● | | ● |
|  | Pelvic safety belt The pelvic safety belt is easily fixed to the upper pipe unit with two strap buckles. Then the belt length is adjusted to the user's pelvic girth. | | ● | |
|  | Pelvic supports The pelvic supports secure the pelvis and provide comfortable support. Height, depth and distance of the pelvic supports can be adjusted to the respective requirements. While »entering« the exerciser, the pelvic supports swing to the side. | ● | | ● |
|  | Upper body support The upper body support is designed for people who lack upper body control (e.g. users with a high level of disability) and can be adjusted to the user's body height without tools. Head, underarm and back cushions provide safe support. | | | |

| Product description | | balo 518 | coro 516 | verto 514 |
|---|--|----------|----------|-----------|
| CONTROL AND DISPLAY UNIT | | | | |
|  | Control and display unit with 10.4" colour screen incl. touch function The control and display unit with 10.4" colour screen incl. touch function features the latest technologies. It sets benchmarks regarding size (211×158 mm), handling, readability and biofeedback illustrations. | ● | ● | |
|  | Table holder for control and display unit If you want to put the control and display unit with 10.4" colour screen on a surface (e.g. a table), this holder is the perfect choice. A stable metal frame provides stable support for the screen. The inclination of the control unit can be adjusted. | ● | ● | |
| BIOFEEDBACK | | | | |
|  | Biofeedback »Collect« The biofeedback »Collect« allows balance exercises in all directions. The goal is to collect as many bones as possible. | ● | ● | |
|  | Biofeedback »Line« This is the perfect biofeedback for exercises where a certain movement, such as weight shifting in step position, should be repeated as often as possible. The goal is to pick up as many pieces of fruits as possible in an orchard. | ● | ● | |
|  | Biofeedback »Ping-Pong« With this biofeedback, the users have to systematically shift their weight from front to back or from right to left. | ● | ● | |
|  | Biofeedback »Position« This diagnosis biofeedback provides information about the user's range of motion in certain directions. | ● | ● | |

SERVICE

»It runs and runs and runs!« – this was one of VW's most popular slogans for the Beetle. THERA-Trainers are designed to run just as reliably and be used every day. Beside top quality, delivery, set-up and staff training, this requires reliable service and a reliable supply of spare parts. **We keep your THERA-Trainers running.**

57

...MAKES THE
DIFFERENCE



IT'S EASY TO GET YOUR OWN EXERCISER

59

INFORMATION & ADVICE

Information and advice are the beginning of everything.

For any further questions, don't hesitate to call your local dealer. They will get answers to all your questions, and you can be sure that they will always do everything to fulfill your wishes and problems.

TRYING & TESTING

»Try before you buy«. If you don't have the opportunity to test the THERA-Trainers in a medical facility, you can test them at home.

HEALTH INSURANCE PROVIDERS, BUYING OR RENTING

Some health insurance or insurance companies will pay for THERA-Trainers in whole or in part. Don't hesitate to ask us if you want to know more about the options you have.

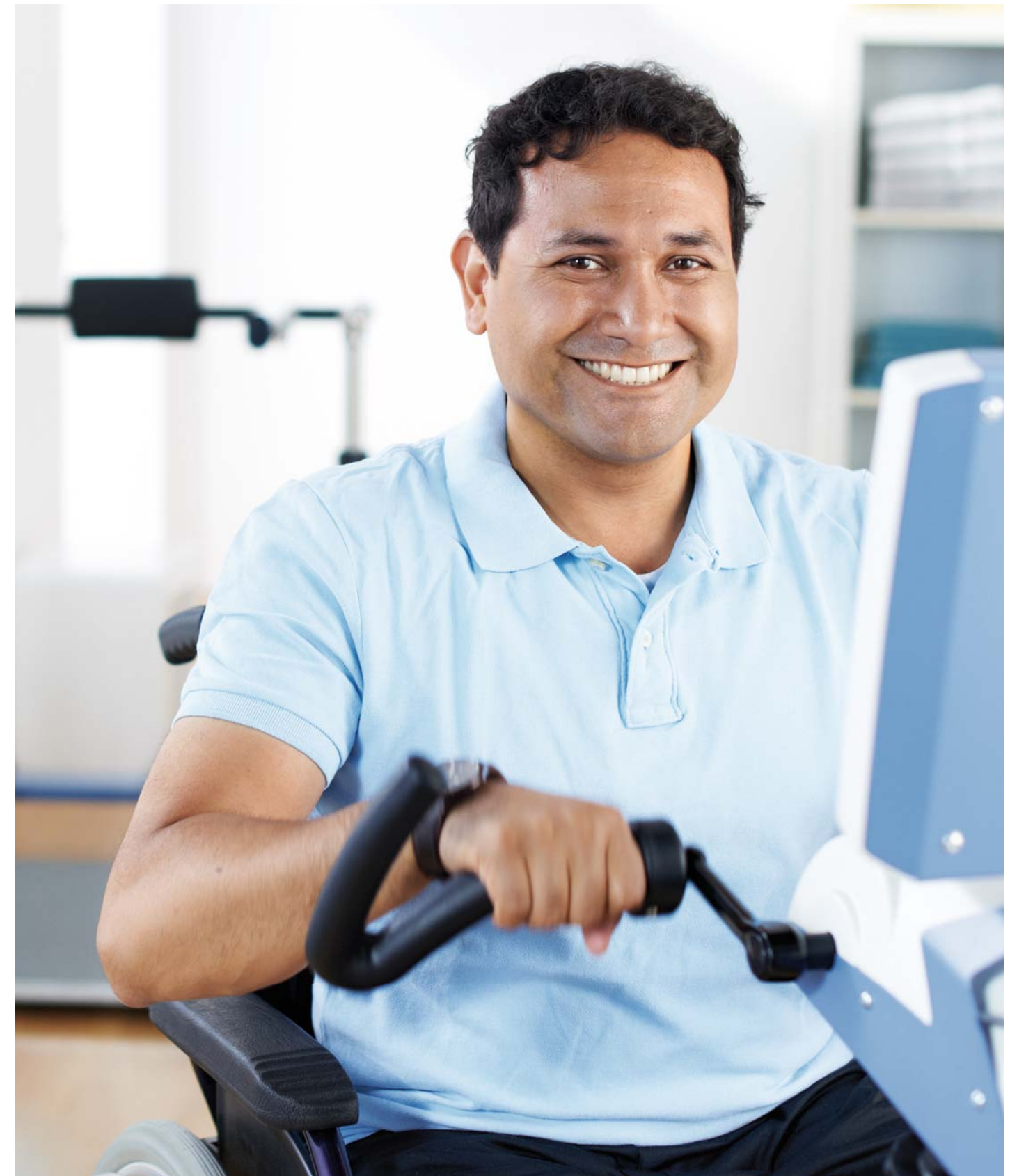
DELIVERY & TRAINING

We work in close cooperation with a network of trained specialist retail partners who will get you the THERA-Trainer you want with the right accessories. The specialist dealer will also show you how to handle your new exerciser.

AFTER-SALES SERVICE

Many questions will only occur when you've been using your THERA-Trainer for a while. Just call us or your local dealer – we're always happy to help. THERA-Trainers are usually maintenance-free. Should you require the help of our technical service anyway, we'll always be there for you.

WE'LL ASSIST YOU WITH EVERY STEP!



A RELIABLE PARTNER
THERA-TRAINER

...A BRAND BY MEDICA
MEDIZINTECHNIK GMBH



For more than 20 years, **medica Medizintechnik GmbH** in Hochdorf has been developing and selling professional therapeutic equipment for neurological and geriatric rehabilitation. The company was founded by Peter Kopf, who has remained its head to this day. Today, he and Otto Höbel – responsible for all technical departments – are the company's managing directors. They set great store by sustainable development and customer-friendly products and solutions. Together with more than 100 employees, they have acquired an excellent reputation for the company's capacity for innovation, its professionalism and reliability.



- (01) Headquarters
- (02) Development
- (03) (04) Production
- (05) Customer support

CUSTOM-MADE EVERYTHING YOU NEED



Buying a THERA-Trainer is a decision for excellent service and all-round customer support. Let us introduce you to the THERA-Trainer service concept. Because service is just as important to us as the quality of our products.

WORDS & DEEDS

All medica employees would love to help you and will answer all your questions quickly. Contact us:

Phone **+49 7355-9314-0**

Per E-Mail **info@thera-trainer.de**

ANYTHING YOU NEED

Our broad range of products which we keep optimising to keep up with our customers' requirements provides the perfect products and accessories for every requirement and budget.

DELIVERY SERVICE

We don't just leave a box on your doorstep. Only when your THERA-Trainer is delivered, unpacked and set up, and you know how to handle it and start exercising right away – then our work is done.

WARRANTY

All THERA-Trainers are guaranteed quality products. Should you ever have a reason to complain, we'll do everything to solve the problem so you can continue your exercise.

7 YEARS SPARE PART SERVICE

And when something is broken? We will supply spare parts for discontinued models for at least seven years.

THERA-NEWS

THERA-NEWS keeps you up to date on the latest in device-based exercise and new developments at medica. If you subscribe to our THERA-NEWS newsletter, you will get it for free several times a year.

FACTORY TOUR

medica Medizintechnik GmbH is proud of being an international company. You're welcome to visit us any time. Just fix a date and come to Hochdorf. A personal tour awaits you in the factory where we have been developing and constructing exercisers for more than 20 years. We're looking forward to meeting you.



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