

[back](#)

## The MOTomed MovementTherapySystem & manual physiotherapy

**What are the goals of daily MOTomed Therapy?**

[more...](#)

**How cost-effective is the MOTomed Therapy?**

[more...](#)

**What are the treatment goals of physio/occupational therapy?**

[more...](#)

**Why is the MOTomed Therapy and physio/occupational therapy an effective combination?**

[more...](#)

Various conditions involving paralysis or neuromuscular illnesses that cause extensive loss of functioning in the arms and legs, require continual and in most cases daily movement therapy.

Due to the restrictions imposed by paralysis, muscle weakness, spasticity and muscle stiffness etc. patients have difficulties doing movement therapy exercises by themselves. The MOTomed enables the patients to contribute to the success of their treatment by training safely and effectively with MOTomed at home.



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### Goals of daily movement with the MOTomed Therapy

- Reduce painful muscle cramps (spasticity) and become more flexible
- Rediscover, maintain and possibly build up residual muscle strength in order to...
  - a) do daily tasks like showering, bathing, getting dressed as independently as possible...
  - b) improve functions such as transfer, standing, walking...
- Promote walking
  - a) by training muscle strength
  - b) and stamina
- Counteract the effects resulting from a lack of movement
  - a) Increase blood flow and avoid circulatory problems
  - b) Prevent joint stiffness (contractures)
  - c) Prevent muscle shortening
  - d) Activate and regulate bladder and bowel functions
  - e) Avoid fluid retention (oedema)
  - f) Stimulate the cardiovascular system and metabolism
- Improve psyche and mental wellbeing; as the patient is able to do more for themselves without the help of others.

This list is not yet exhausted...

[top of page](#)

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## Cost effectiveness of the MOTOMed Therapy



Daily physio/occupational therapy is rarely a long-term option for cost reasons. The daily use of a MOTOMed movement therapy machine to mobilize the legs or arms, however, offers an economical and effective solution.

Above all the patients can train whenever he/she wants, at times when the training is most important to them (e.g. after getting up to help mobility) This way, the patient themselves can take over the job of mobilizing the arms and legs daily by using the MOTOMed.

[top of page](#)

## Goals of physio and occupational therapy

A priority in physio/occupational therapy is generally to train and work with the patient towards maintaining or reaching the greatest degree of independence possible. In order to achieve this goal, the therapists work with patients on a variety of different points.

1. Subtle intake of all symptoms of the patient
2. Development and training of ADLs (activities of daily living):
  - a) transfer from wheelchair to toilet/bath/bed...
  - b) dressing
  - c) eating
  - d) getting up
  - e) integrating into normal life
3. Improvement of walking ability through gait training
4. Recovery of motor skills
5. Balance and coordination training
6. Correction or retraining of movement patterns, that have appeared as a result of spasticity, paresis, problems with coordination and balance, and other functional losses
7. Learning and internalising of everyday movement patterns
8. Activation of both sides of the brain by crossing over the midline
9. Treatment of perception problems
10. Relaxation exercises (e.g. stretching)
11. Wheelchair training and evaluation of other aids – teaching the patient how to use aids skillfully.



In order to reach these therapeutic goals, therapists work with a variety of neurophysiological treatment techniques (e. g. Bobath, Vojta, PNF etc.)

[top of page](#)



## Effective combination: MOTOMed + physio/occupational therapy

The therapies listed above can only be carried out by qualified therapists. In most cases a minimum of 1-3 appointments are required per week. The MOTOMed therapy can be done daily at home to support this treatment. This way the MOTOMed Therapy and the physio/occupational therapy work hand in hand.

**Experience shows:** the benefits of physiotherapy and occupational therapy are generally **longer lasting** if the patient **trains daily** with the MOTOMed. What has been found to be very effective is MOTOMed training directly before manual therapy as it serves to warm-up the muscles and to regulate the muscle tone. Therefore, MOTOMed Therapy and physio/occupational therapy turn out to be a highly effective combination.



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### Cost conscious care



A comprehensive therapy consisting of

- maximum contribution from the patient through daily movement therapy with the MOTOMed
  - and
  - individual treatment from a physiotherapist/occupational therapist
- enables a cost effective program of care for the patient.

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### Therapy success is the goal:

An effective combination of different therapy approaches generates the best results. In addition to the **therapy goals** that have already been mentioned, the MOTOMed Therapy and physio/occupational therapy can contribute substantially to the following benefits which are important for the patient and a funding source respectively:

- reducing the intake of medication (anti-spasm, laxatives etc.) and the corresponding side effects
- supporting in-patient treatment and maintaining progress made in rehabilitation
- avoiding operations (e.g. due to joint stiffness etc.)
- reducing the amount and cost of professional care required
- involving the patient actively in the rehabilitation process



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[top of page](#)