

# MovementTherapy for Parkinson's patients

Short Instruction Manual (valid as of Software-Version 5.02)



## Leg Trainer

- 1) Preparation:** Place the MOTOmed viva2\_Parkinson with the large tube **a** against a wall if possible. Sit in a stable chair (or in a wheelchair) within a reasonable distance to the MOTOmed viva2. The knee joints must not be stretched out completely at any time while training (at the largest distance of the foot shells **b** from the body). Important: Make sure the wheelchair or chair is secured to avoid moving or slipping.



fig. 1

- 2) Help inserting and securing the legs (if needed):** In standby mode press button **7** »foot insertion aid« (  ). Then you can move the foot shells **b** with the buttons **6** »pedals forward« and **5** »pedals backward« to help you insert one foot after the other in the lower pedal position. Now secure your feet to the foot shells **b** (fig. 1) with the help of the Velcro straps

- 3) a) Start the training (program Parkinson):** Press the red »start/stop« button **8**. The start screen (fig. 2) turns on. Start the training by pressing the button **6** »leg trainer«. The foot shells automatically start moving slowly. According to the preset therapy program you are moved passively at up to 90 rpm. If the pedal speed feels uncomfortably, you may reduce the speed by pressing button **5** »slow« (  ) at any time.

**b) Selection and start of a Therapy Program:** Press the red »start/stop« button **8**. The start screen appears (fig. 2). Press button **1** »programs«, mark with the buttons **3** or **4** a therapy program and confirm with button **2** »load«. You will automatically return to the start screen (fig. 2), that now shows the name of the selected therapy program. Press button **6** »leg trainer« to start your therapy session. The foot pedals will automatically start moving slowly.

- 4) Passive movement / change of rotation direction:** By pressing button **5** »slow« (  ) you reduce speed, button **6** »fast« (  ) increases it. You can adapt speed from 0 to 90 rpm. By pressing the button **4** »direction« (fig. 4) you can change the direction of rotation - from forward to backward and vice versa. Note: The buttons **5** and **6** have various functions depending upon the training mode you are in.

**Cycle with your own strength or motor-assisted (ServoCycling):** You can start pedaling on your own at any time. In order to visualize the transfer to the active training, you can press button **3** »ServoCycling« (  ) (fig. 5). On the display a bicycle appears as well as the message »you are cycling yourself«. With the buttons **5** »light« (  ) and **6** »heavy« (  ) you can adjust the resistance according to your muscle strength - from 0 to 20, adapted to your individual muscle strength. Choose a resistance level that allows you to train for a reasonable time without overstraining yourself.

**Take a break:** As soon as you feel you are getting tired you can simply stop cycling. The MOTOmed will recognize this and take over automatically, moving your legs passively again (fig. 6). After a while you can try cycling yourself again – the MOTOmed will recognize your impulse. A bicycle and the note »you are cycling yourself« (fig. 5) appears on the display.

- 6) Take a break:** As soon as you feel you are getting tired you can simply stop cycling. The MOTOmed will recognize this and take over automatically, moving your legs passively again (fig. 6). After a while you can try cycling yourself again – the MOTOmed will recognize your impulse. A bicycle and the note »you are cycling yourself« (fig. 5) appears on the display.

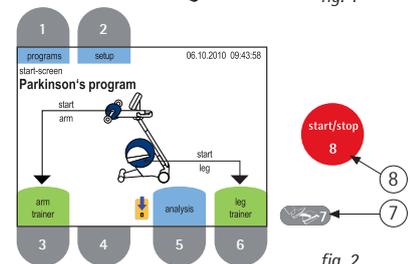


fig. 2

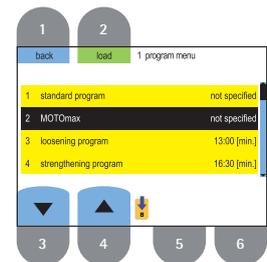


fig. 3

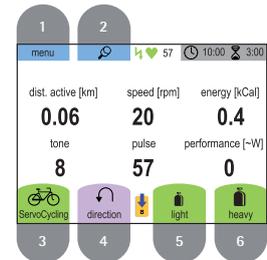


fig. 4



fig. 5

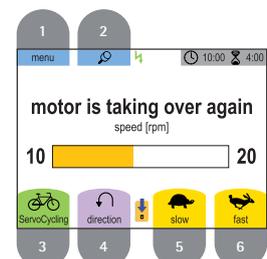


fig. 6

- 7) **SymmetryTraining:** The function »SymmetryTraining« appears only in the active mode and ServoCycling mode respectively. The purpose of SymmetryTraining is to improve the coordination. If both bars display approx. 50%, it means that both legs are doing equal work. Try to concentrate on training both sides equally. You can freeze the display with button ② (🔒) (fig. 7). Pushing again button ② (🔓) activates the automatic display change.
- 8) **MotivationProgram MOTOmax:** You can control the MOTOmax figure with the activity of your legs (or arms). MOTOmax moves always to the side of the pedal you are pushing more. Try to keep the MOTOmax figure in the center (fig. 8) to collect as many jumps for joy as possible.
- 9) **Finish your training / analysis:** To finish the training, press the red »start/stop« button ⑧ (fig. 2). After 10 seconds the training analysis appears automatically. There you can see how long you have cycled with motor (passive) and how long you have cycled with your own muscle strength (active) (in total up to 24 values).
- 10) **Removing the feet:** To remove the feet, please use the foot insertion aid (see step 2). Finally press the red »start/stop« button ⑧ (fig. 2) again to switch off the MOTOmed.

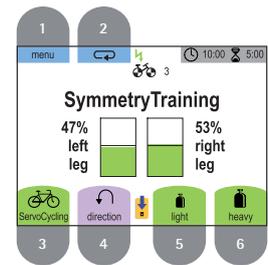


fig. 7

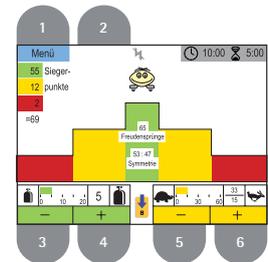


fig. 8

## Arm/upper body trainer passive/active

- 11) **Set up:** When using an arm/upper body trainer ③ (fig. 9), you have to pull out the small front leg ④ approx. 15 cm / 6 in. (please keep a minimum insertion depth of 10 cm / 4 in.). This provides a better stability.
- 12) Open the two screw knobs ⑤ located underneath the arm/upper body trainer ③ and swivel the arm/upper body trainer ③ clock wise by 180 degrees. After that tighten the screw knobs again.
- 13) Open the screw knob ⑥ for the height adjustment ⑦ and adjust it to the desired position (approximately shoulder height). Tighten the screw firmly ⑥.
- 14) **Start the training:** Press the red »start/stop« button ⑧. The start screen appears. Start the training by pushing button ③ »arm trainer«. Automatically, the handles ④ (fig. 9) begin to move slowly. Please let the motor move your arms »passively« in a short warm up phase. If the hands and forearms are fixed to the arm trainer (e.g. in the forearm shells, item no. 556) permanent supervision is needed. The arm training operates in a very similar way to leg training (see point 3 - 9).

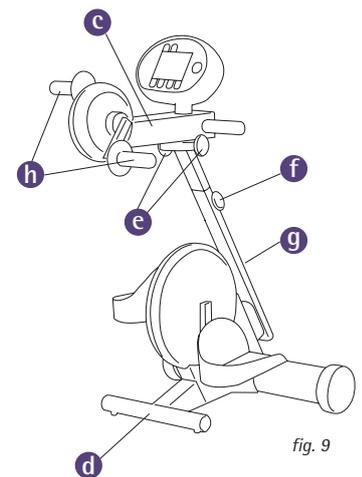


fig. 9

Please read the chapter 11 »precautions« of the detailed instruction manual before using the MOTOmed viva2.

We wish you a lot of success and enjoyment with your MOTOmed.

Hint:

The enclosed chip card is not required for your training. The chip card contains the special Parkinson's programs and can be used to reload the programs to your MOTOmed if they have been overwritten.



fig. 10