

Movement Therapy in Supine Position of Lower and Upper Body -variable use from 3 bed sides-



Short Instructions

The MOTOmed letto2_leg/arm is designed to be used as a leg or arm / upper body trainer. It can be positioned to the foot part of the bed, to the right or left side, depending on the space available and on the type of bed (see fig.1)

Safety precaution: The height adjustment (electronic or manual) must not be used during operation.



arm/upper body training from right side leg training from left side leg training from foot part of bed

Device Setting

1) Attaching the foot shells (fig.2):

In case the hand grips are attached to the MOTOmed, please remove those and attach the foot shells instead **1**, the quick release option requires no tools for exchange (item no. 566). Open the red safety clip **2**, remove the hand grips, attach the foot shells **1** and close the red safety clip **2** again.

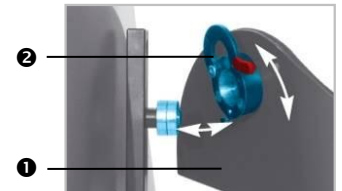


fig. 2

2) Adjustment of rotary arm with pedals (fig.3):

Before positioning the unit to the bed you need to adjust the rotary arm **3**. If you are going to use the unit from the foot part of the bed, the pedals need to be straight, if you use it from the right or left side the rotary arm needs to be adjusted to the right or left side accordingly (see fig.3).

Unscrew the thumb screw **4** and pull the bolt **5**. Now you can adjust the rotary arm **3** to the required position. The bolt **5** will snap back in automatically **3**, then tighten the thumb screw **4**. Use the knee bending adjustment with thumb wheel **13** to bring the foot shells into the training position **14** (fig. 7).

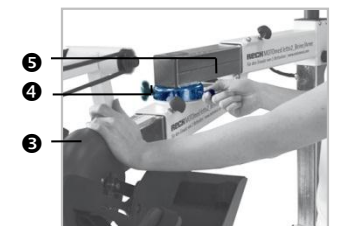


Fig. 3

3) Positioning to the bed (fig.4):

The rotary arm **3** should be positioned centrally to the bed. If used from the side of the bed, the length of the base arm can be adjusted to the bed width. Open the star button **6** to extend the arm length accordingly, and tighten the star button again **6**.

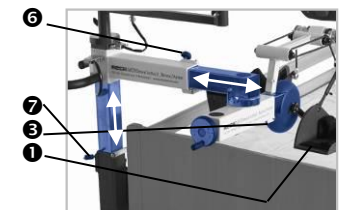


Fig. 4

4) Adjusting the training height (fig.4):

The minimum height must ensure the foot shells **1** don't streak the mattress during cycling. **Open the thumb screw 7** adjust the height accordingly with the foot pedal, and **tighten the screw 7**. The spreading chassis (item no. 160) can be adjusted to the bed width by the control lever **8** (fig.5). (Attention: Due to safety precautions the chassis cannot be retracted)



Fig. 5

5) High stability by ground fixation (fig.5):

The ground fixation can be locked by pushing the red part of the foot pedal **9**. This ensures high stability even during active training. To release the ground fixation push the green part of the foot pedal **9**.

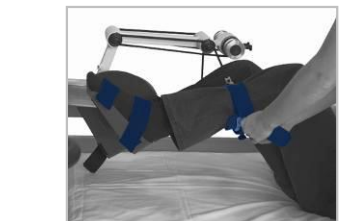


Fig. 6

6) Inserting and securing legs and feet (fig.6):

Before starting the unit push button **7** (fig. 9, page 2) to activate the leg insertion aid. Hold the button until the foot shells **1** are in the most convenient position to insert the first foot. After inserting the first foot, continue pushing button **7** to find the most convenient position for the second foot. Secure the calves within the TrainCare leg guides, and secure the legs with the Velcro straps **11**.

Attention: The position of the rotary arm and the complete chassis must not be changed when legs are inserted.

7) Knee bending adjustment (fig.7):

The extent of the knee bending can be adjusted by the manual thumb wheel **13**. If your MOTOmed is equipped with the electrical version (not shown) the MOTOmed has to be switched on first (button **3** or **5**, page 2). Please ensure the knee joints of the user are always slightly bent (test the position in the farthest foot shell position before starting the training). Additionally the range of motion can be adjusted by increasing or decreasing the device height.

Attention: Before use please refer to the safety precautions of the general instruction manual MOTOmed letto2.

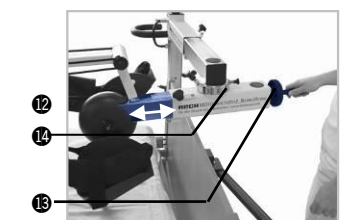


Fig. 7

Arm / Upper Body Training

For arm / upper body training the MOTOmed should be positioned at the side of the bed (right or left side, see fig. 8). Remove the foot shells and attach the hand grips (see page 1, sec. 1). Following steps are similar to the leg training (see page 1 sec. 2-5 and 7). There are several hand accessories available to suit the condition of the user, e.g. hand mitts (item no. 562) or forearm shells (item no. 556). If the unit is all set, make sure the elbows of the user are always slightly bend (test the position in the farthest pedal position).



Fig. 8

Operating Panel

- 8) **Start of training:** Push the red "start/stop" button ⑧ as soon as the green start light changes from blinking to continuous green. Select either arm ③ or leg training ⑥ (fig.9). The foot shells or hand pedals will start moving slowly. It is recommended always to start with a couple of minutes passive training as a warm-up phase. **Duration of Training:** Push the button „duration" ① and set the duration of your training period by pushing the buttons "+" and "-" ⑤ and ⑥ (not shown).
- 9) **Select a therapy program:** Push the red » start / stop « button ⑧ . The start screen appears (fig. 10). Push 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. 9), that now shows the name of the selected therapy program. Push button ③ or ⑥ to start your therapy session. The pedals will automatically start moving slowly.
- 10) **Passive movement / change of direction:** Passive speed (rpm) can be increased and decreased by the buttons ⑤ ("slow": turtle) and ⑥ ("fast": rabbit). The button "direction" ④ allows for changing the direction of the rotation from forward to backward and vice versa. The buttons ③ and ⑥ have several functions depending on whether you are training with motor assistance or if you are pedalling yourself.
- 11) **Cycling actively, with motor or without:** The user can start cycling actively with own muscle strength at any time. In case of weak residual muscle strength push the button "ServoCycling" ③ (see figure 11) in order to have highest motor assistance in gear 0. Once there are active impulses from the user, the bicycle icon and the note "you are cycling yourself" appear on the display. With button "light" (small weight) ⑤ and "heavy" (large weight) ⑥ you can shift gears (from 0 to 20) according to the user's muscle strength. Please choose the gear that allows you to cycle for a longer period without intense strain, e.g. for endurance training.
- 12) **Passive motion to relax:** Once the muscles fatigue, the user shall relax and the motor will take over again automatically. The user can alternate between active and passive training depending on the individual condition. The MOTOmed always recognized if there are any active impulses of the user and the display will be adjusted accordingly.
- 13) **SymmetryTraining:** The SymmetryTraining function applies in active and motor-assisted mode. The goal of the SymmetryTraining is to improve the coordination; the MOTOmed displays the input from the right and left side separately. You can freeze the SymmetryTraining graphs on the display by pushing button ② . Push once again button ② to release the display.
- 14) **Safety software / easing spasms:** The MOTOmed is controlled by intelligent safety software that is monitoring your training. If a sudden spasm occurs, the MovementProtector stops the pedals gently. The SpasmControl eases the spasm through a gentle back and forward movement. This allows for a safe and pleasant training.
- 15) **End of training / analysis:** Before finishing the training it is recommended to have legs or arms moved passively again for a few minutes, in order to relax the muscles. To stop the training please push the red "start/stop" button ⑧. Push the button "analysis" ③ before the curtain on the display closes. The analysis will show you e.g. how long you have been training with the assistance of the motor (passively) and with your own muscle strength (actively).

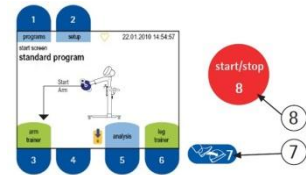


Fig. 9

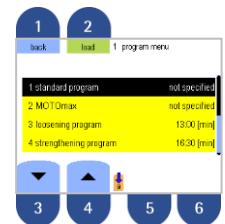


Fig. 10



Fig. 11

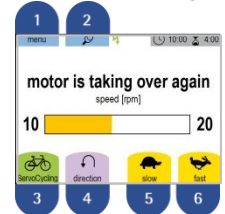


Fig. 12

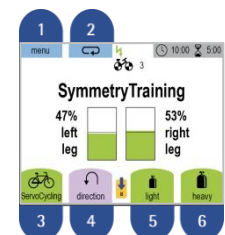


Fig. 13

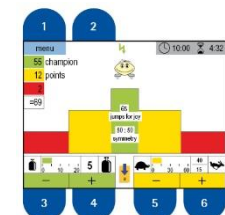


Fig. 14

Attention: Before use please refer to the safety precautions of the general instruction manual MOTOmed letto2.