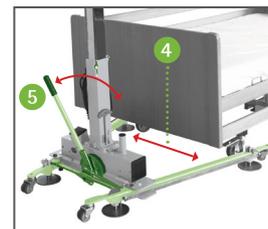
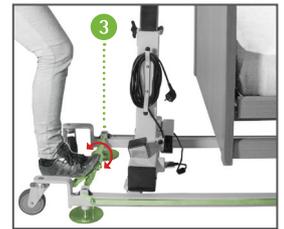
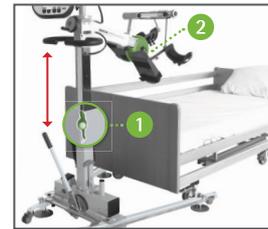


# MOTOmed

## MOTOmed<sup>®</sup> letto2 Short User Guide: Preparation

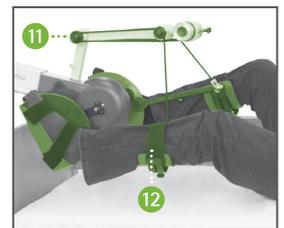
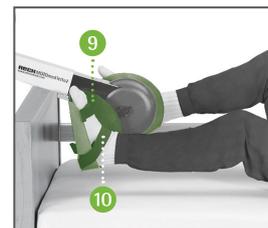
### 1 Attaching to the bed unit

- 1a Loosen the fixation screw of the height adjustment **1** and allow the drive unit to slide up **2** with the help of the pneumatic system. Once the MOTOmed letto2 is positioned correctly, lock the ground fixation (Four-Brake-Stop) **3** by pushing the red part of the foot pedal.
- 1b If your MOTOmed letto2 is equipped with a "expandable chassis" **4** (accessory, item no. 160), you can adjust it with the control lever **5** according to your needs.



### 2 Adjustment of the training height

- 2a Use the handlebar **6** to adjust the desired training height, then retighten the fixation screw of the height adjustment **1**. Please make sure that the foot shells do not strike **9** the bed while in the lowest position.
- 2b If your MOTOmed letto2 is equipped with a "hydraulic height adjustment" **7** (accessory, item no. 173), you can adjust the training height comfortably by pushing (raised drive unit) or pulling up (lowered drive unit) the foot **8** pedal.

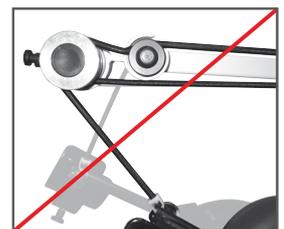
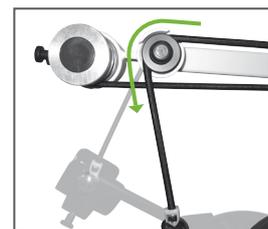


### 3 Foot shells and leg guides

- 3a After initialization is completed, insert the feet into the foot shells **9** and fasten them with the fixation straps **10**.
- 3b If your MOTOmed letto2 is equipped with a "TrainCare Comfort" **11** (accessory, item no. 168), you can assure a safe insertion of the calves and prevent overstretching of the knees, by placing the legs into the calf shells one after the other and fastening them with the **12** straps.



Please make sure that the expander cords run through the plastic coils as indicated (fig. "correct/wrong"). If the expander cords are positioned incorrectly they can cause a safety issue and can wear out quickly.



correct

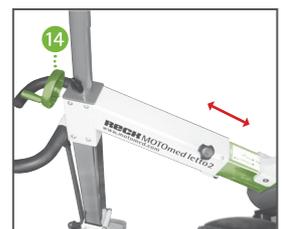
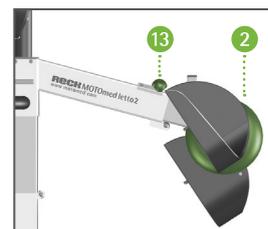
wrong

### 4 Knee bending adjustment

- 4a Before inserting the legs loosen the wing screw **13** of the longitudinal adjustment **2** and move the crank toward the user or away from him. Retighten the wing screw securely.
- 4b If your letto2 is equipped with a "knee bending adjustment" (accessory, item no. 162). You can use the thumb wheel to adapt the **14** strength of the knee bending adjustment **exactly at all times, even during the training.**



Make sure that the user's knee joints are slightly bend at the biggest distance between the user and the safety foot shells.



### 5 Pivoted operating panel incl. operator remote stop:

- 5a Rotate the operating panel **15** towards the user and provide the user with access to the operator remote stop **16**. Pay attention that the cable does not come in the training area of the foot shells.
- 5b If the MOTOmed letto2 that you are using is equipped with a "pivot arm for operating panel" **17** (accessory, item no. 166), you can position the operating panel in a direction that is more accessible for the user. The user can read off the training data easier which allows for a better control of the training session.



16

- 6a **Starting the training (standard program):** Push the red button ⑧ "start/stop".  
At first, the start screen (fig. 1) comes up. Start your training by pushing the button ⑥ "leg trainer". The foot shells will start moving automatically. In order to set a training time push the button ① "menu" (fig. 3-7). Push the buttons ③/④ (▼/▲) to select line 2 "duration" and use the buttons ⑤/⑥ (←/→) to set the desired training time (not shown). To return to your training screen push button ① "back".
- 6b **Select and initialize a preset TherapyProgram:** From the start screen, (fig. 1) push button ① "programs". Once you have accessed this menu, (fig. 2) use buttons ③/④ (▼/▲) to mark the desired program and push button ② to "load" it. You will be transferred automatically to the start screen (fig. 1), where your selected program will be indicated. Start your training by pushing the button ⑥ "leg trainer".
- 7 **Motor-assisted (passive) movement/change of direction:** By pushing button ⑤ "slow" (🐢) or button ⑥ "fast" (🐘) (fig. 3) you can increase or decrease (between 0-60 r.p.m.) the passive speed. The button ④ "direction" (↻) allows for changing the cycling direction from forward to backward and vice versa.
- 8 **Active cycling or motor-assisted cycling (ServoCycling):** You are free to engage in active cycling with your own muscle input at any given time during the training session. The transfer to active training is made easier with the ServoCycling feature. Just push button ③ to start "ServoCycling" (🚲) (fig. 3 and fig. 4). A bicycle and the note "you are cycling yourself" appears on the display (fig. 4). With the buttons ⑤ "light" (🚲) and ⑥ "heavy" (🚲) (fig. 4) you can shift gears from 0 to 20 according to your muscle strength.
- 9 **Relaxing phases:** Once the muscles fatigue the user should stop training actively. The MOTomed recognizes this and the motor takes over again to continue moving your legs passively (fig. 3). After you have relaxed you can try again to cycle yourself – the MOTomed will take up your impulse. A bicycle and the note "you are cycling yourself" appears on the display (fig. 4).
- 10 **SymmetryTraining:** The "SymmetryTraining" (fig. 5) function appears in the "you are cycling yourself" mode. The two bar graphs show the activity of your legs in two bars with respective percentage. Try to concentrate on cycling equally with both legs. By pushing button ② (🔒) (fig. 3 and fig. 4) you can freeze the information displayed. Push button ② (↺) (fig. 5) again to receive alternating information.
- 11 **MotivationPrograms:**  
**MOTomax:** MOTomax will always move to the stronger pushed side. The goal is to keep MOTomax in the center of the green stage (fig. 6) for gaining the most jumps for joy.  
**TRAMPOLINEmax:** By means of the blue trampoline MOTomax reaches for the stars. You can move the trampoline to the right or left side by pushing stronger (pedaling) the right or left pedal crank. Try to collect as many stars as possible without MOTomax touching the ground (fig. 7).
- 12 **SpasmControl:** In case of a sudden spasm during the training, the "MovementProtector" stops the pedal gently. After that, the special "SpasmControl" eases the spasm through a gentle back and forth movement.
- 13 **End of training/analysis:** Push twice the red "start/stop"-button ⑧ (fig. 1). After 10 seconds the training analysis will pop up automatically.

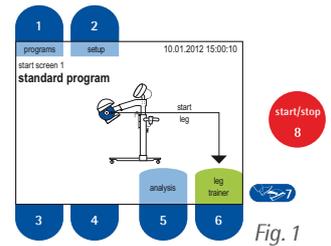


Fig. 1

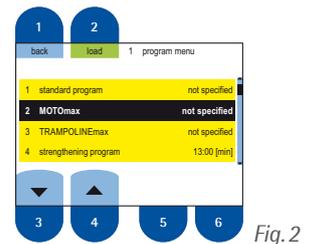


Fig. 2

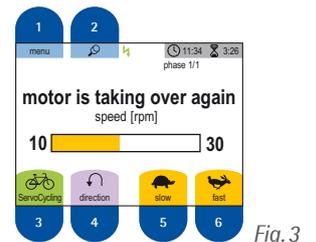


Fig. 3



Fig. 4

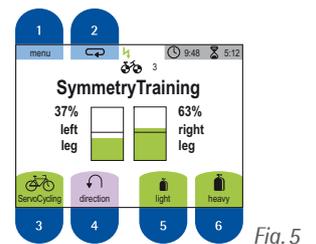


Fig. 5

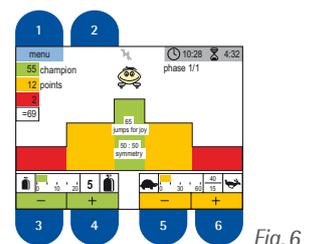


Fig. 6

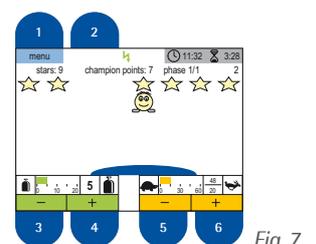


Fig. 7

Please read chapter 11 prior to setting up and initializing the MOTomed letto2 unit: "Safety Precautions" in the MOTomed instruction manual (GB 713/2559). An elaborate description of the MOTomed letto2 features and functions can be found in the user guide (GB 713/W2558).