

MOTOmed®

Passive & Active Trainers for Movement Therapy

The MOTOMed arm/leg trainer is loved worldwide by Physiotherapists & care-staff in aged care facilities, hospitals & neurological gyms.

Movement is an important aspect to the body and actually provides benefits beyond that of getting from 'A' to 'B'. Moving assists the body's blood circulation, keeps our bones and joints healthy and strong and is vital for our mental health and wellbeing. Excessive periods of non-movement has been linked with numerous diseases and conditions, such as cardiovascular disease, hypertension, cancer, general pain and depression.

Maintaining sufficient bodily movement when living with a physical disability or impairment can be a challenge. The MOTOMed is a leg and/or arm trainer that is designed to provide movement therapy to the body without the need to leave the users chair. The machine uses an inbuilt motor to provide gentle, passive (automatic) movement to the patient's limbs. This movement provides amazing benefits to the body depending on the user's specific impairment.



- Reduce consequences of lack-of-movement
- Joint and muscle stiffness
- Oedema and fluid retention in the legs
- Improvements to circulation
- Digestion and urination
- Osteoporosis
- Hypertension and metabolic disorders

Therapy Goals

- Reduced spasticity
- Reduction in muscle tone (resistance to movement)
- Decrease in spasticity; relax muscles that do not completely decontract
- Helps to alleviate limb spasms
- Activate residual muscle strength
- Encourage walking, improve balance and limb symmetry
- Reinforce psyche and mental well-being

The MOTOMed can be used in two ways, depending on user's ability:

Passive: Therapy provided by the inbuilt motor at a speed selected by the user (0-60RPM).

Active: Therapy achieved by the users own effort (i.e. - pushing the pedals) with variable resistance.

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TIME TO GET MOVING

The MOTOmed trainer is at home in a wide range of professional environments however, it should be at home with you! Enjoy all the benefits of movement therapy in your own environment (and in your own time) by contacting Aidacare and requesting an in-home demonstration alongside your Physiotherapist.

- Can be funded by the NDIS (via successful AT Application provided by therapist)
- Extended trials and hire options available
- Ask us about our 'rent to own' options to help get you moving faster!



MOTOmed Model Range

- MOTOmed Loop
- MOTOmed Muvi – Simultaneous limb training
- MOTOmed Gracille12 – Smaller model for paediatric applications
- MOTOmed Letto2 – Supine therapy for bedbound patients

The MOTOmed Letto provides supine patients the opportunity to engage in motor-assisted movement therapy. This helps to prevent and counteract the complications of being bedridden. Movement improves blood circulation, stimulates nutrition and prevents both muscle loss (atrophy) and joint stiffening (contracture-prophylaxis).

Expand Your Training with Functional Electrical Stimulation



Functional Electrical Stimulation (FES) is a therapy method where nerves are stimulated with electrical current via surface electrodes in order to cause muscular contraction. The **HASOMED RehaMove2** fires the users muscles in time with the MOTOmed to allow for active training- even if voluntary control is no longer possible. FES Cycling is used to provide relief and benefits for a number of indications:

- Spinal Cord Injury (SCI)
- Multiple Sclerosis
- Acquired Brain Injury
- Stroke
- Cerebral Palsy

Clinical Benefits

- Relaxation of muscle spasms
- Prevention or slowing of disuse atrophy
- Increase local blood circulation
- Maintain or increase range of motion

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