

MOTomed

Short instruction sheet MOTomed viva1 (motor driven movement therapy)

Leg trainer page 1

1) **Set up:** Place the MOTomed viva1 on a non slip surface with the large tube ①7 against a wall if possible. Sit in a wheelchair or in a stable chair in front of the MOTomed viva1 within a reasonable distance to the trainer – the legs must be able to turn freely but the knee joints must not be stretched out completely at any time while training. Important: Make sure the wheelchair or chair is secure so that it will not move or slip.

2) **Help inserting and securing the legs (if needed):** Press and hold down the "leg insertion aid" button ② until the foot shells ①8 are in the best position for you to insert your leg. Insert your weaker leg first and secure the foot with the velco straps. Then press the button again to move the other foot shell to the best position to insert and secure your second leg.

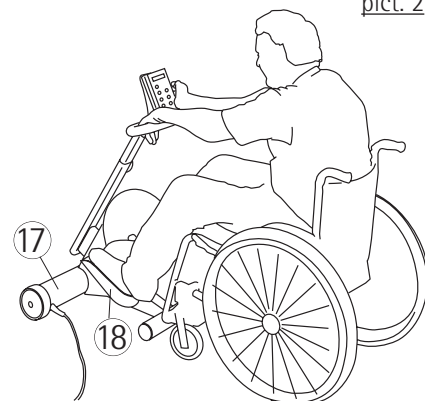
3) **Start the training:** Press the red-ringed "start/stop" button ①. Automatically the foot shells start moving slowly and the display turns on. Have your legs moved "passively" for a short warm-up of a few minutes.

4) **Change velocity / direction:** With the both green "velocity" buttons you can increase or decrease the number of revolutions of the foot shells per minute. Upon pressing the button "vslow" (turtle) ⑦ you reduce speed, pressing the button "fast" (rabbit) ⑧ you increase it. The button "forwards/backwards" ③ allows you to switch the direction of rotation from forwards to backwards and vice versa.

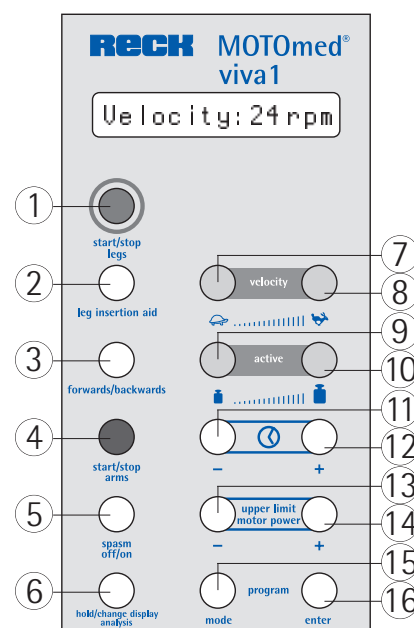
5) **Cycle "actively" – without motor:** When you feel you have loosened up enough, and you are ready to cycle with your own muscle power, you can simply do that without changing any settings. However it is better to reduce speed to 5 to 10 rpm by pressing the buttons "turtle" ⑦. With the yellow buttons "active cycling" you can adjust the motor resistance according to your muscle strength. Upon pressing the left button (small weight ⑨) you will reduce the resistance, with the right button (big weight ⑩) you will increase it. Select a level of resistance that allows you to train without much effort. It is better to cycle in a lower gear for a longer period of time than in a higher gear for a shorter period.

6) **Breaks:** In case you get tired we advice you to finish your active training. The MOTomed viva1 will recognize this and take over automatically, moving your legs passively again. After a while you can try cycling yourself again (but only if you feel able) – the MOTomed will recognize this input and switch automatically to active mode again.

pict. 2



pict. 2



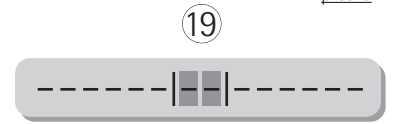
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MOTomed

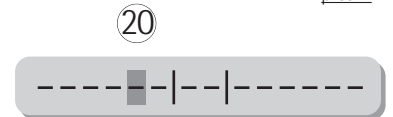
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- 7) **SymmetryTraining:** The function SymmetryTraining appears only when active training, i.e. when you are applying force yourself. The purpose of SymmetryTraining is to find out the activity of each leg, to try and strengthen a weaker leg and ideally try to cycle equally with both legs. If both bars appear in the centre of the display ①9, it means that both sides of the body are doing equal work. If the bar moves to one side ②0, then this leg is applying more force. Try to concentrate on training both sides equally. If however you do not want to train with the function SymmetryTraining, you can switch off the display temporarily by pressing the button "hold/change display/analysis" ⑥.
- 8) **End of training / analysis:** Before you finish your exercise you are advised to have your legs moved passively again for a few minutes in order to loosen up your muscles – or if needed spasms. To stop the training press the red ringed "start/stop legs" button ①. To call the training analysis, please press the button "hold/change display, analysis" ⑥.
- 9) **To remove the legs,** press again button "leg insertion/removal aid" ② (see point 2).

pict. 3



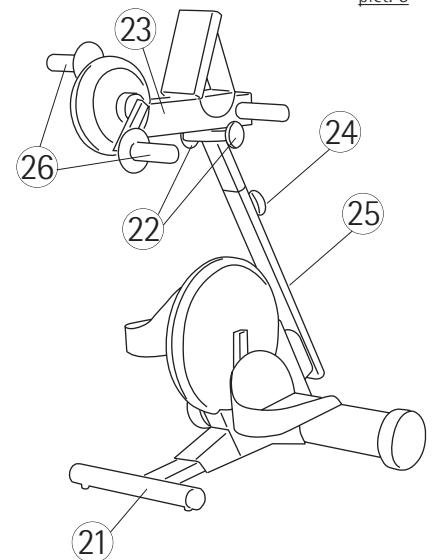
pict. 4



Short instructions arm-/upper body training active and passive

- 10) Whenever you attach an arm trainer ②3 (item no. 550) to your MOTomed viva1 you have to extend the front leg ②1 by approx. 15 cm (6 inches). However, please keep a minimum insertion of the front leg of 10 cm (4 inches) for optimal stability of the MOTomed.
- 11) Open the two screw knobs ②2 located underneath the arm/upper body trainer ②3 and swivel the arm/upper body trainer ②3 clock wise by 180 degrees. After that tighten the screw knobs ②2 again.
- 12) Open the screw knob ②4 at the supporting module ②5 and adjust it to the desired height (after consultation of the doctor or therapist).
- 13) Start of training: Press the red "start/stop arms" button ④ (see page 21). The handlebars ②6 now begin to move slowly. Let the motor move your arms passively in a short "warm-up" phase firstly.
- 14) If the hands are fixed (e.g. in the forearm shells) training may only be done under supervision.
- 15) Further instructions for arm training are very similar to the leg training (see page 23, points 4 to 6 and 8).

pict. 5



We wish you a lot of success and enjoyment with your MOTomed viva2.