

A man with short grey hair is shown in profile, wearing a light blue t-shirt, using a white stationary bike. The bike has a digital display on the handlebars showing '05'. The background is a bright, out-of-focus window with greenery outside.

**THERA**<sup>®</sup>  
TRAINER

# Experience motion

“Life is like riding a bicycle. To keep your balance, you must keep moving.” (Albert Einstein)

# What are the benefits of movement training?

Movement training is the primary means of increasing patient mobility and activity during rehabilitation and improves your patients' quality of life.



“Many patients do not have the opportunity to be active enough because of insufficient walking ability. Those who can walk often remain impaired in their daily activities due to a low walking speed, as well as reduced strength and endurance. These patients cannot meet the high energy requirements of everyday life in the long term. With this in mind, the benefits of regular movement training are clear. THERA-Trainer motivates patients to exercise both sufficiently intensely and sufficiently frequently.”

**Hans Lamprecht, physiotherapist**

Neurorehabilitation specialist



# Simple Reliable Safe

The small and convenient leg and upper body exerciser means you can offer your patients the opportunity to increase strength and endurance, improve their level of activity and walking ability, and positively influence their health and well-being.

Make exercise with a THERA-Trainer an integral part of therapy planning in your facility and, if possible, at the patient's home.



✓ **Passive training**

Passive mobilisation of muscles and joints for improved mobility. Gentle and safe.

✓ **Active training**

Progressive training with variable braking resistance lets patients build up muscle power and endurance.

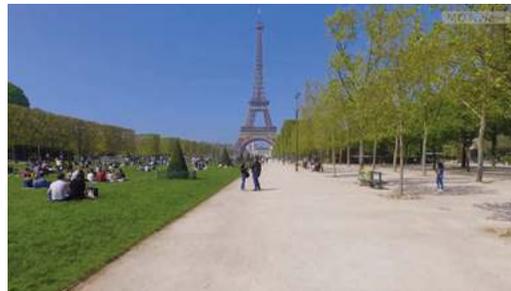
✓ **Assistive training**

Activation of residual muscle power through motor assistance. Sensors detect the patient's activity level.

Your patients train with their own muscle power or motor support from a wheelchair, chair or armchair.



THERA-Trainer mobi



# Intuitive Motivating Versatile

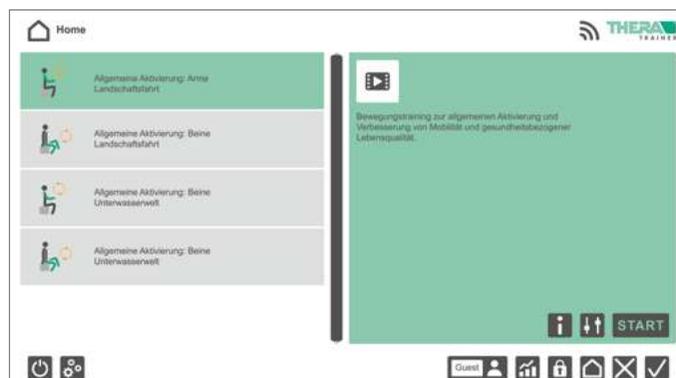


## The THERA-soft therapy and documentation software

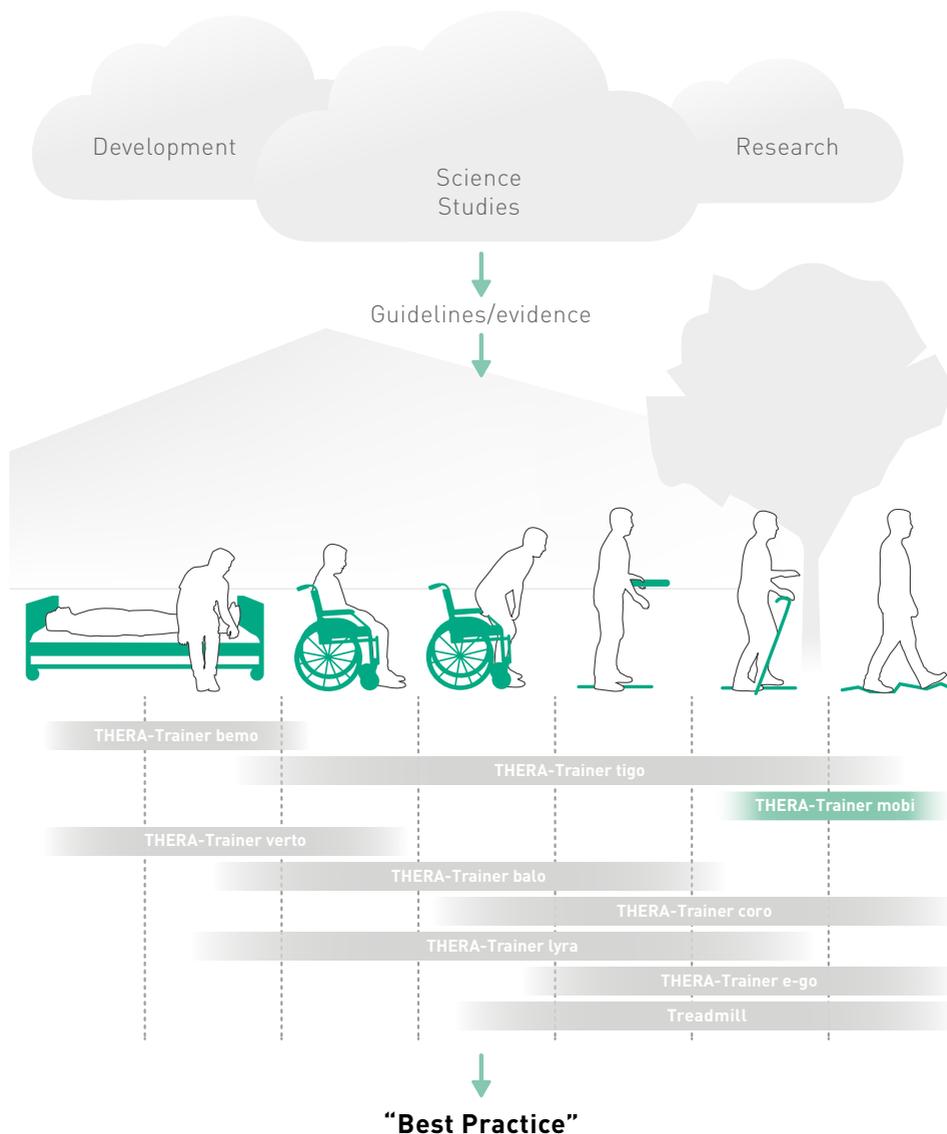
- ✓ Twelve varied video routes\* \*\* that are motivating and fun
- ✓ For those who want more, a game that encourages top performance
- ✓ Realistic experiences that promote social interaction
- ✓ Data tracking to monitor development progress

\* powered by MOTITECH - [www.motitech.no](http://www.motitech.no) | Additional video routes from a database with over 1,200 videos can be requested directly from our cooperation partner.

\*\* Your own videos can also be easily integrated



We offer products and solutions for all phases of rehabilitation and incorporate the latest scientific findings into day-to-day therapy.



**Request information now, with no commitment!**

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