

# able

YOUR FAVOURITE DISABILITY LIFESTYLE MAGAZINE



# BEST of the BEST 2010

5 STAR PRODUCT



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OVERALL RATING

PRODUCT PICKS FROM THE TRUSTED EXPERTS IN THE DISABILITY MARKET

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JAN / FEB 2010

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## Are you p48 Dancing?



### LIFESTYLE



#### PARALYMPIAN DREAM

Britain's best hopes for the 2010 Winter Paralympics in Vancouver

### PRODUCTS

#### HOME ACCESS

Products to help make each room accessible



### HOLIDAYS

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#### HOLIDAY PLANNER

Your fantastic 20 page holiday special!

### MOTORING



#### VW ICON MATURES

We review the new Volkswagen Polo

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CONSUMER SPECIALIST MAGAZINE OF THE YEAR 2007

# ABLE RATINGS AWARDS

CATEGORY: HEALTH & FITNESS

## MOTOMED VIVA 2

5 STAR PRODUCT

able  
OVERALL RATING



“The MOTOMed Movement Therapy System is motor assisted: legs and arms can be moved either using motor power or one’s own muscle strength. Even minimal residual strength is sufficient. The special functions and configuration of the MOTOMed are prerequisites for safe and effective training at home.”

The MOTOMed viva 2 is used as part of the MOTOMed Therapy. Many of you may well be familiar with this. Simply put, the therapy composes 5 parts: Reducing spasticity, rediscovering residual muscle strength, counteracting the consequences of a lack of movement, promoting walking ability and strengthening the sense of mental well-being.

Discussing the whole therapy is outwith the scope of this review however it quickly became apparent to us that the quality of build of the product itself, as well as the tremendous control you have over the software really makes this a must-have for those who commit to the therapy - or even just want to commit to an ongoing training regime.

It is worth noting that, due to the level of control that you have over the machine software,

the manual can seem rather daunting at first - especially if you’re not a healthcare professional. Don’t let this put you off. The learning curve really is worth the payoff.

The machine itself has a relatively small form factor - easily fitting in to the corner of your bedroom for easy access and, because it is less than 4 foot high it really is rather unobtrusive. In an odd way I found the diminutive size of the trainer rather inviting - surely something that size couldn’t be so tough! Like any trainer, of course it can be if you use it that way. Thankfully, much of my testing was of a more laid back nature.

### Use The Tech

The MOTOMed incorporates a few wonderful technologies that are worth mentioning. Its ‘SmoothDrive System’ aims to ease long term muscular tension. If arm and leg muscles are tense and stiff, they can be loosened up through soft and gentle motions - easing the tension slowly. To accommodate this a gentle belt drive system was developed (as opposed to gear drive).

Alongside this there is a Movement Protector. If a sudden

spasm occurs the muscles are immediately cramped and the movement is blocked. This protector will recognise any occurring spasm and relieve it. How? A bending spasm is relieved by stretching and a stretching spasm is relieved by bending. Each type of spasticity is recognised as such by the Movement Protector and the SpasmControl can then ease it in the following way: after the motor stops slowly and allows for a pause, the direction of rotation smoothly changes until the spasm is relieved. Told you it was clever!

After trying out the machine for a few weeks we realised that to discuss it properly we would have to run a feature in the magazine - following someone who is using the viva2 as part of the whole MOTOMed Therapy. Hopefully we will have this ready for next issue so be sure to check. In the meantime we can happily say that the viva 2 offers one of the best training solutions we have come across and we give it the coveted 5 stars.


[www.motomed.co.uk](http://www.motomed.co.uk)

Phone: 01559 384097

Also check out our fuller review at [www.ablemagazine.co.uk](http://www.ablemagazine.co.uk)




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