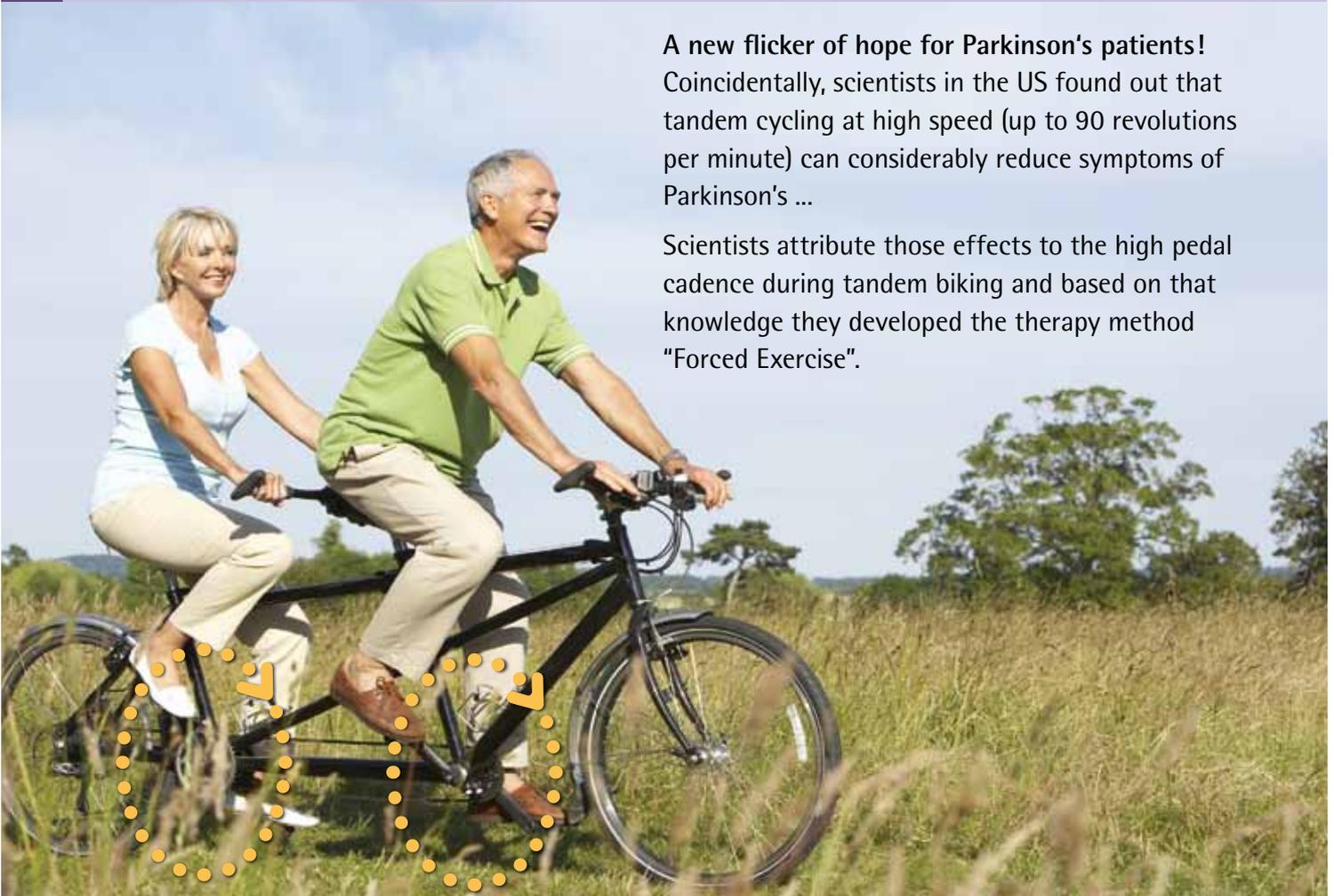


Sensational research results

New therapy options with the MOTomed® Movement Therapy



A new flicker of hope for Parkinson's patients!
Coincidentally, scientists in the US found out that tandem cycling at high speed (up to 90 revolutions per minute) can considerably reduce symptoms of Parkinson's ...

Scientists attribute those effects to the high pedal cadence during tandem biking and based on that knowledge they developed the therapy method "Forced Exercise".

MOTomed® viva2_Parkinson
passive | motor-assisted | active resisted

The enterprise Reck-Medizintechnik continuously improved the successful therapy device MOTomed viva2 to enable a regular training at home without a second person. With the new MOTomed viva2_Parkinson and the special programs for Parkinson's patients now have the possibility to be moved passively by motor with up to 90 pedal revolutions per minute.

>> Start your MOTomed® Movement Therapy today, that you feel good for a very long time.



Read more ►

RECK MOTomed®
Movement Therapy for a Better Quality of Life

What's new with the MOTomed viva2_Parkinson?

Many Parkinson's patients can benefit from the MOTomed. Every day. Worldwide.

Movement for recovery Regular movement therapy has been an important part in the therapy of Parkinson's for a long time. American Scientists now found out by coincidence: especially constant, rapid and motor-assisted movement can considerably improve the typical symptoms of Parkinson's (rigor, tremor, akinesia). After a tandem bike ride with up to 90 revolutions per minute a Parkinson's patients felt like *"not having the Parkinson's disease anymore"*. After further investigations the scientists developed the new therapy method in Parkinson's disease "Forced Exercise". With this type of exercise the patients are moved faster than they would cycle themselves.

Scientific research In 2007 a group of Parkinson's patients visited the Cleveland Clinic, USA, for a trial.

One of the groups received the forced exercise at 90rpm by assistance from a trainer on the tandem bike; the other group of participants exercised voluntarily (i.e., on their own). After completing the forced exercise, the results revealed an increase in brain function similar to that caused by Parkinson's medication. There were no such improvements found in the voluntary group.

The research results of Dr. Ridgel and Colleagues² made the Reck Company to investigate and to develop the new MOTomed viva2_Parkinson. The use of special components allow a passive speed of up to 90 revolutions per minute (fig. 1).

>> Regular passive movement therapy with the MOTomed viva2_Parkinson can lead to significant improvements of the common Parkinson's symptoms.



fig. 1

Why using a MOTomed? The MOTomed viva2_Parkinson allows for daily training, requires no assistance from a trainer and can be used independently from the weather outside. Users can very easily perform "Forced Exercise" and contribute to their own health progress. Furthermore the MOTomed provides active training against finely adjustable resistance levels. Sophisticated TherapyPrograms like the MotivationProgram MOTOmax and the CoordinationProgram 4 Segments can help to maintain and improve the individual therapy results.

As soon as the patient trains various active phases with the MOTomed, using his own muscle strength, the blood circulation, the metabolism, the respiration and the capability of the cardiovascular system will be improved by the physical work. The blood circulation in the brain can increase and may lead to better oxygen and nutrition supply of the brain. Due to the high level of concentration and coordination, the mental activity can be improved at the same time by using the MotivationProgram MOTOmax and the new CoordinationProgram 4-Segments.

Recent researches prove that mental and muscular activity at the same time can even achieve an advantageous reorganization of brain structures. The capacity of thinking can be improved at almost any age by intense muscle work combined with concentration at the same time (that means the mental activity of patients at almost any age can be improved). If the training lasts longer than 15 minutes, the brain will set free hormones of happiness and dopamine. The hormones of happiness motivate for a joyful training. The effects of the lack of dopamine, which is typical in Parkinson's disease, could therefore be diminished and the progression of the disease can be slowed down. It is possible that some symptoms remain constant or even improve due to the MOTomed training.

Test it! Contact us for more information: www.motomed.com

1) *Cycling for a cure. Assisted exercise shows positive results for Parkinson's Patients.* Kent State University magazine, Summer 2009

2) RIDGEL, A., VITEK, J.L., ALBERTS, J. et al., USA, Cleveland Clinic Ohio; *Forced-exercise improves motor function in Parkinson's disease patients.* Neurorehabilitation and Neural Repair 2009; 23(6): 600-608

»Made in Germany«



RECK MOTomed[®]
Movement Therapy for a Better Quality of Life

Movement Therapy: 1. passive, 2. motor-assisted, 3. active resisted
RECK Medizintechnik, GERMANY
Reckstr. 1-5, 88422 Betzenweiler, info@motomed.com
phone +49 7374 18-85, fax +49 7374 18-480, www.motomed.com