

TECHNOLOGY & DEVELOPMENT

Effective balance training in rehabilitation

Postural control forms the basis of all activities in daily life, and is the main concern in rehabilitation. It is a vital condition for active participation in daily life, and thus an integral part in a person's independence and mobility.

People with motor, sensory and cognitive impairments frequently suffer from restrictions on postural control. For safety reasons, training postural control in patients with impaired balance always requires use of a standing trainer. Apprehensive patients and patients who are unable to stand independently can therefore train without fear in a fall-safe environment. During postural control training, patients need to be brought

to the point of instability in order to achieve positive effects from the training. The new THERA-soft is revolutionising postural control therapy. Using the new therapy software, interventions become intensive experiences of movement for patients. The motivation to train at the limits of performance is increased, and detailed documentation and evaluation mean that movements can be accurately analysed and progress documented. ►



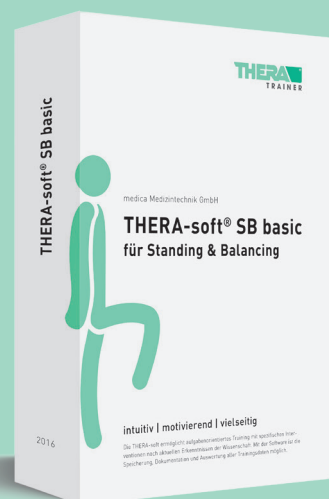


Thanks to the dynamic system of springs with up to 11° range of movement in all directions, the body's centre of gravity can be balanced freely above the supporting surface.

THERA- TRAINER

It has never been easier to train postural control effectively.

THERA-soft for Standing & Balancing is an innovative piece of software for sensor-based balance training in a standing position.

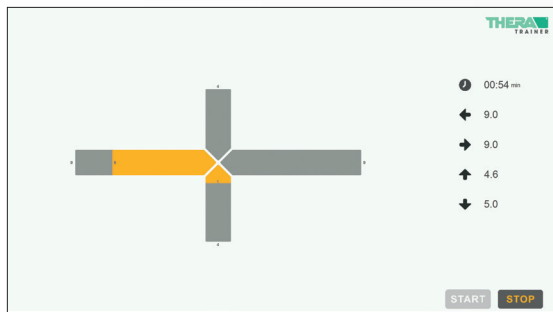


THERA-soft SB basic

**Try it now for
30 days free
of charge!**

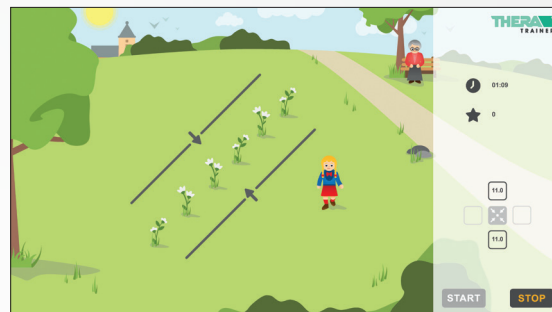
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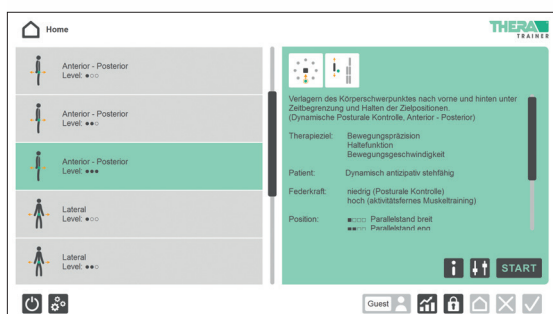
1. Movement analysis

At the start of the therapy, the patient's range of movement is determined using movement analysis. Movement deficits can therefore be quickly identified in order to accurately determine the degrees of freedom for the training. This ensures that patients are training at their individual performance limit. Measurements can be monitored in real time on the display. All parameters can still be changed, even during the training session.



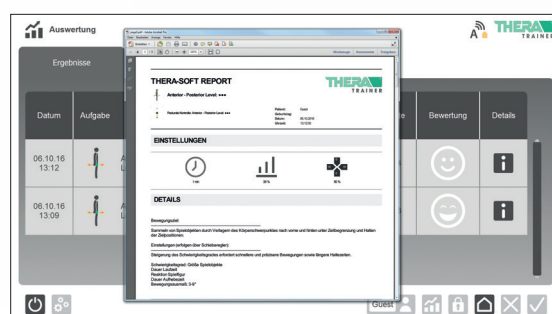
3. Start training

Individual training offers for patients can be put together and stored, using a patient database. The movement data is transferred to the software during training via a cable-free sensor. Patients are tasked with performing various activities in game scenarios. Control is intuitive and is achieved by moving the centre of gravity. Even the smallest of weight shift is recorded.



2. Select task

THERA-soft offers various tasks for postural control training. It differentiates between isolated exercises for finding the body's central position, for displacing the centre of gravity forwards and backwards (anterior-posterior) and to the side (lateral), along with combined exercises in every direction (2-dimensional). By selecting the level, the focus can be directed towards improving precision of movement, the hold function and speed of movement.



4. Evaluation

All training settings and movement data are recorded on a patient basis and can be reviewed following therapy in the evaluation phase. All results and movement diagrams are saved automatically and can be compared with one another over the course of treatment. This enables interactive control of training and the best possible way of monitoring outcomes. Individual training logs can be exported from the software.



During training, the patient is secured using a simple belt system. It eliminates the risk of a fall, even during exercises at the limit of performance.

**For more information,
please visit:**

www.thera-trainer.de

