

# TheraTrainer<sup>®</sup>



TOGETHER FOR A LIFE IN MOTION



# THERA<sup>®</sup> T R A I N E R

DEAR READERS,

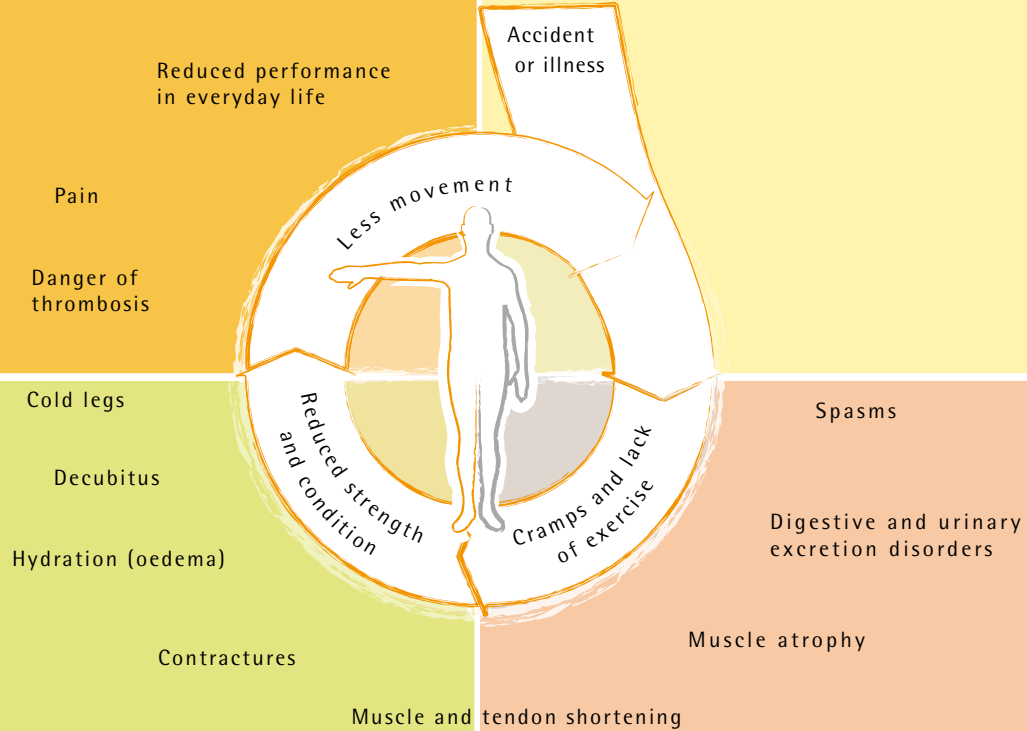


Our slogan "Together for a life in motion" really expresses our corporate philosophy in a single sentence.

Together with you, we want to make sure that your life stays full of mobility. Life is movement, it starts with motion and life without mobility is simply not possible. Movement is as essential as your daily bread. Physical and mental well-being is closely linked to daily mobility. We have especially designed the therapeutic appliances to restore lost mobility in the simplest possible way. Be surprised by what is possible

and become active. We will enter into a joint venture with you: "We put motion into life."

Peter Kopf and the THERA-Trainer Team



## Lack of exercise and its consequences

# EXERCISE – AS IMPORTANT AS EATING AND DRINKING!

### What happens when there is a lack of exercise?

Expectant mothers delight in feeling their baby's movements in the uterus, because they know it means: the baby is fine. Normally developed children and adolescents have a natural impulse to be active from birth, which makes it almost impossible for them to keep still for any length of time.

People with a physical disability are frequently unable to work off that natural need for motion. But long periods without exercise quickly set off a vicious circle. Strength and condition suffer and the muscles begin to waste away. The metabolism slows down dramatically, with negative effects on the bladder and intestines. In the case of additional spasms the tendons and ligaments are shortened, leading to contractures and malpositions. As a result one moves even less, which only accelerates the process.

A cycle with a negative influence on everyday life (hygiene, dressing, eating, digestion, urination ...).

It is essential to counteract these drastic effects in good time. **Regular THERA-exercising can effectively release you from this vicious circle caused by lack of exercise.**

### THERApy without side effects

Active-passive motion exercisers such as the THERA-vital can be used at home as often as you wish and as long as you feel well. Negative side effects are not expected if used properly. You stay in your wheelchair/chair, can usually fixate your legs by yourself, press the green START button – and off you go. The motor gently and passively moves your legs. As soon as you wish you can actively participate, even with low remaining muscle strength. You can watch your muscle activity on the colour monitor – separately for the right and left leg. Resistance, speed and direction of rotation can be individually adapted to your needs. A highly sensitive THERA anti-spasm control reacts immediately to any arising spasm situations.

At the end of the session a training analysis will show you how much you have done. **Permanent therapy without side effects – you'll never get tired of that.**



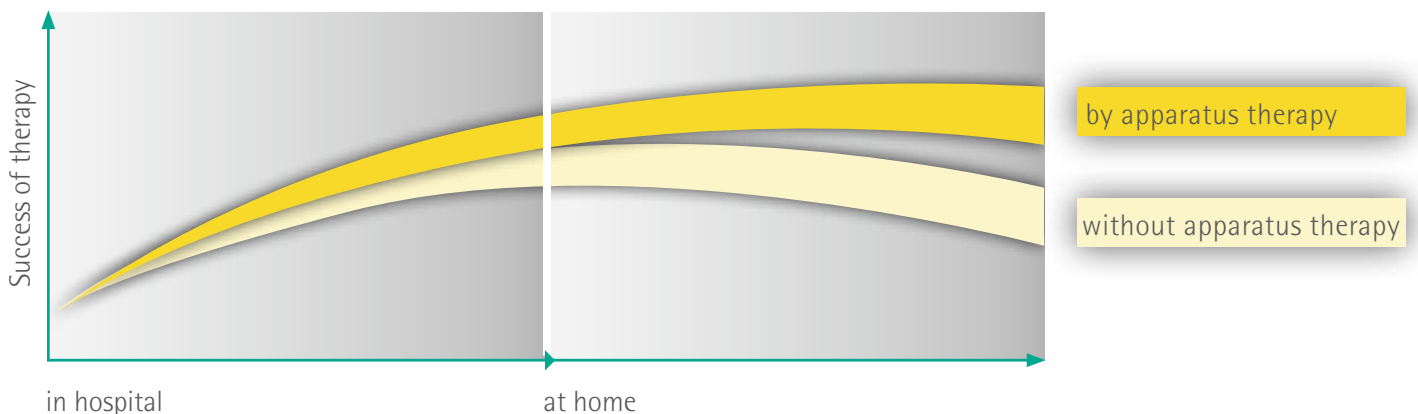
## THERA-exercising – ideal home training

### HOW CAN I BRING MORE MOVEMENT INTO **MY** LIFE?

#### **THERA-exercising directly after rehabilitation**

If you wish you can start right away! Doctors and therapists have positively influenced your general state of health during rehabilitation. At the end of this intense clinical therapy phase it is vastly important to maintain or even increase the achieved "training level" at home. It can be done. Effective and successful therapy always consists of several components: An intact social environment, medical care, medication, manual therapy and apparatus therapy all form a sensible whole.

If the puzzle misses just one component, you will never achieve the level of therapeutical success possible to benefit you. Therapeutical goals, such as the reduction of contractures, can best be achieved through physiotherapy. Other therapeutical goals such as improved strength, condition and metabolism can almost always be achieved through daily THERA-exercising only.





## THERA-exercising – an important part of treatment as a whole

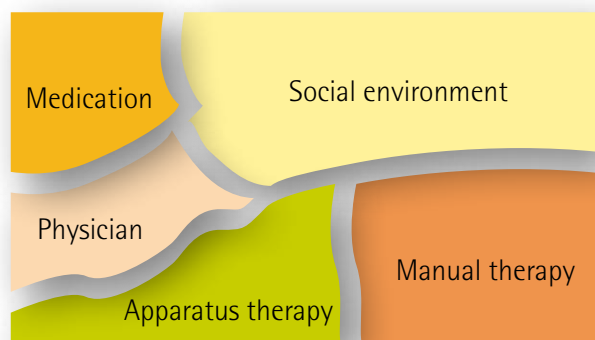
### Who benefits from daily THERA-exercising?

Developed, tested and approved by all cost units for the treatment of neurological and neuro-muscular diseases such as:

- Multiple sclerosis (MS)
- Stroke, hemiplegia
- Paraplegia, tetraplegia, spina bifida
- Parkinson's disease
- Muscular diseases, muscular dystrophy
- ...

THERA-Trainers have also been successfully applied in the following areas:

- Geriatrics
- Orthopaedics (e.g. after joint replacement)
- Cardiology (e.g. cardiovascular disease)
- ...



### The unbeatable advantages of the THERA-Trainer

THERA-exercising has unique advantages when compared to other forms of therapy and fitness apparatus.

- **Training at home** → You exercise in your familiar surroundings, making transport unnecessary.
- **Training independently** → THERA-Trainer is designed in such a way that the user can usually exercise without outside help.
- **As often as you want** → You can plan THERA-exercising into your daily routine whenever you want to – even while watching TV.
- **As long as you want** → You can exercise as long as you want or as long as your doctor or therapist allows.
- **From your wheelchair/chair** → In contrast to fitness apparatus, you can use the THERA-Trainer while sitting in your wheelchair or on a chair.
- **With or without muscle power** → Irrespective of how much remaining muscle power you may have, the motor adjusts to your capabilities.
- **No side-effects** → We are not aware of any side-effects – all the better for you!
- **Safe training** → The safety devices, such as the THERA anti-spasm control, are specially adjusted to wheelchair users, make training very safe.
- **Independent of the weather** → THERA-exercising is always possible, irrespective of whether it rains, storms or snows.

## Movement is life

The significance of motion must not be underestimated. The Internet encyclopaedia Wikipedia says: **"The British Heart Foundation (BHF) recommends at least 30 minutes of sufficient exercise on five days per week."** This recommendation applies to healthy people. So people with a disability are even more dependent on daily training.

But why is it that so few people follow this advice? It's simple – man is lazy by nature and the decision to exercise will always initially take something of an effort. THERA-exercising changes that. **You can perform daily THERA-exercising at home with the least amount of time and effort.**

Some important effects of daily exercise:

- Metabolic activation (fat metabolism, digestion...)
- Muscular strengthening
- Increased cardiovascular fitness
- Release of dopamine, the "happy hormone"
- Pain reduction
- Increased mobility (fewer spasms and contractures)

## Everyday benefits

# WHAT ARE THE EXACT BENEFITS OF THERA-EXERCISING?



### There is no mobility without strength

Sufficient strength is very important for an independent life. Every transfer (e.g. from the bed to the wheelchair), every locomotion, every single movement of the body requires strength. Without strength one is completely dependent on external help.

Walker users require leg and upper torso strength to walk, wheelchair users need strength in their arms and upper body to move. **Daily THERA-exercising allows you to specifically strengthen even the slightest remaining muscle power, thus ensuring more independency.**



### A rolling stone gathers no moss!

Apart from strength itself, independent action requires coordinated smooth movements. Without this quality of exercise, even dressing or cooking can be difficult, being prevented by symptoms such as increased muscle tone, spasms, joint stiffening (contractures), shortened tendons, etc.

The gentle and even rotational movements release contractures and regulate the muscle tone. **Regular THERA-exercising enables the specific improvement of your exercise's quality.**



## A MUST for wheelchair users – daily THERA-exercising



### Everything flows (Heraclites)

Regular exercise activates the body's entire metabolic procedures. Body cells are supplied with fresh blood and oxygen, positively influencing digestion, urination, high blood pressure, cold legs, metabolic disorders, oedemas and many more. **How you feel is up to you.**



### So that you don't run out of breath

Apart from strength and flexibility, fitness is one of the most important components of physical wellbeing. THERA-exercising activates almost all of the body's muscles (even the heart). Circulation is strengthened and lung volume is increased. Fitness training is only beneficial if it is performed regularly. The THERA-Trainer allows you to exercise your fitness at home irrespective of season, time of day, weather, etc. **You yourself can ensure that you don't run out of breath during long walks.**



**Let our customers speak!**

## A SIGNIFICANT CONTRIBUTION TO INDEPENDENCE: DAILY THERA-EXERCISING.



Jürgen D. from Dorsten, aged 64  
Hypoxic brain damage after reanimation

### **I'm simply so much better!**

"I was still completely immobilized after a 3-month stay in the rehabilitation clinic. I needed the help of two nurses for the transfer between my wheelchair and the bed. After six weeks of training with THERA-vital, my mobility increased significantly. Today, three months after my clinic stay, I no longer need a wheelchair. I can even accompany my wife on a shopping spree, something that my wife enjoys too!"



Maria P. from Rietberg, aged 74  
Hemiplegia

### **THERA-live puts motion in my life!**

"My medical aid had approved THERA-live after the initial testing phase, something for which I am eternally grateful, because training with THERA-live makes me more mobile and prevents stiffening. I have been using my THERA-live on a daily basis for a year. The operation of the device is simply great, because I don't have to depend on external help. I only need my husband's help for positioning my paralyzed leg. And of course he likes to help!"



Ingeborg S. from Ummendorf, aged 69  
Stroke, cerebral haemorrhage, hemiplegia

### **Practice, practice, practice!**

"So much has changed since my stroke. We used to hike and cycle a lot and suddenly none of that was possible. THERA-vital is a small compensation for all of this. My daughter-in-law had found the THERA-Trainer on the Internet and I have been using the device twice a day for three years. Sometimes less in summer because we go for a walk in good weather. My advice to everyone: never give up, always continue training. Practice, practice, practice! Everything might improve at some stage!"



Dietrich S. from Wangen/Allgäu, aged 71  
Polio, post-polio syndrome, Parkinson's disease, stroke

### **I don't want to give up my hobby!**

"Driving was another one of those things ... I used to be such a passionate driver. Then I couldn't get out of the car, much less into it! My THERA-Trainer stands in the living room. So I can listen to music or watch TV while training."

# THERA<sup>vital</sup>®

Advanced therapy exercise equipment for professional or private use



## The best in its class

We have implemented special customer requirements in THERA-vital. As the first trainer of its kind, the predecessor model already had a symmetry display, a colour monitor, voice-controlled safety stop and much, much more. These innovations set "standards" in exercise therapy, which are still valid today.

According to the motto "Better is the enemy of good", THERA-vital was significantly improved once more. We have consistently taken up customer requirements and found solutions for them. Let us surprise and convince you.

### Everything under control at all times.

The monitor is the interface between man and machine. This is why our THERA developers have placed so much importance on just this point. All important training information is always clearly visible on the large colour monitor. **The monitor quality is excellent.** The high degree of brightness makes all values easily legible even for users with visual impairment. Information and safety instructions are more quickly taken in when displayed in colour.

### Simplest operation due to the START/STOP traffic light control.

A proven tool should be maintained – as in the START/STOP traffic light control in the THERA-Trainer. Operation cannot be simpler. All important settings (rotation speed, brake resistance, rotational direction, training duration ...) can be individually adjusted at any time without changing the screen. **Why should it be complicated to operate if it can be done the easy way!**

### Bio-feedback with motivation guarantee

Our bio-feedback optimally combines training efficiency with fun/motivation. Especially stroke patients can undergo significantly improved training for RIGHT-LEFT deficits. Depending on pre-setting, the symmetry display appears as a bar or road during active training. Let the bio-feedback colour display inspire you!





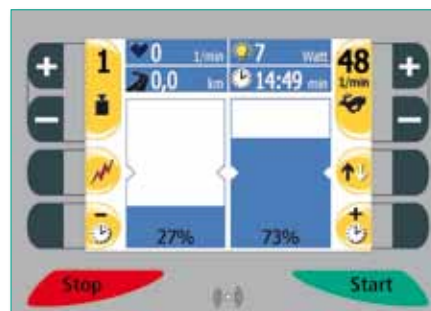
... with perfect operation



Easily understandable symbols – the guarantee for easy and reliable operation



Training values are easily read out



Encouraging – symmetry "road" (see large image above) or "bars"



Muscle tone made visible – the bio-feedback "Passive"

### The "basic" monitor

Whenever you start exercising via the START button and are mobilized by the efficient 200-watt motor, the monitor will show you all important values at a glance. You can see speed, distance, the remaining training period and lots more – for your safety! You can keep an eye on the values even during a screen change (e.g. for symmetry training).

### Symmetry training "Bar"

During symmetry training the muscle activity of your right or left leg is separately displayed. THERA-vital offers the selection between "Symmetry bar" and "Symmetry road" (large image above) and serves specified training of the "affected" side, thus preventing overstraining the "healthy side". This makes it particularly suitable for those affected by a stroke.

### Bio-feedback "Passive"

If you want to follow the development of the muscle tone during training, this bio-feedback display will help you. This displays the current muscle tone in comparison to the muscle tone at the beginning of your training. The regular rotational movement usually relieves muscle tension very quickly. You will feel loose and flexible. This tone reduction usually lasts several hours.

# TheraVital®

## Full-body training



### Strength & mobility in legs and upper body

The THERA-Trainer for the upper body and legs allows you to exercise approx. 80 % of your muscles. Especially if you have to depend on a wheelchair or walker, it is very important to keep your arms and upper body strong and flexible. The change from leg to upper torso training is very easy. The therapy grips or arm rests are simply attached without the need of any tools. Now all you have to do is activate the button for upper torso training on the terminal and off you go.

#### Arm rests with plug-in system

No tools are required to simply and quickly fixate the most varied of arm fixations to the upper torso trainer, depending on the disability. This is enabled by a patented plug-in system, practically proven over many years. This variability is not only of great advantage in facilities with the most varied of patients. The change from leg to arm training can also be quickly performed at home without external help.

#### Harmony of movement

If you were to take hold of your coffee cup, for example, what would you have to look out for? A targeted, harmonious movement. The bio-feedback of the upper torso trainer allows you to specifically train this evenness in motion – and your success is rewarded with a smile.





## Safe, comfortable and simple – THERA foot-fixing

### Self-operable foot-fixing – it can hardly be simpler

As a user, you want to fix your feet into the foot rests independently, quickly and safely without the danger of causing pressure points. The foot-fixing must not be in the way while the feet are being positioned. Safety also includes opening the foot-fixing again just as quickly without the need of external help. We have found the dream solution and had it patented. Test the THERA foot-fixing – you will be thrilled.



Free access to the foot rest



Simply press the soft padding onto the foot and you're done



Light pressure on the button is enough to open the foot-fixing



Leg guidance with the "soft padding" – no pressure points

### Our foot-fixing in detail

1. Press the button for the get-in-support on the operating pad. The right foot rest automatically stays fixed at the lowest point.
2. Insert the right foot into the foot rest.
3. Gently press the padding of the foot-fixing onto the back of the foot.
4. Fix the leg to the calf rest with the velcro.
5. Repeat the procedure on the left side.



Inclination adjustment of the terminal



Inclination and height adjustment of the handle



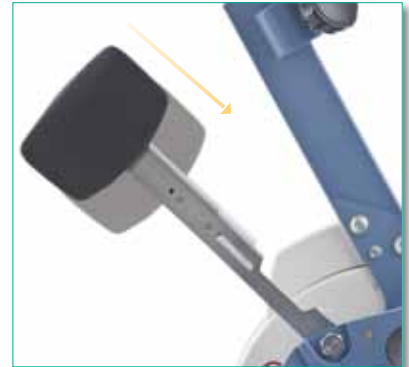
Upper torso trainer with "Softglide" adjustment function



Extendible transport stand



Pedal radius length adjustment



Height-adjustable calf rest

## SAFETY & VARIABILITY in capital letters

# THERA-vital®

### No compromises where safety is concerned

As far as safety is concerned, THERA-vital can hardly be beaten. Two examples display how important we regard your safety:



1. The best example for this is the **voice-controlled emergency stop** installed as standard for many years. This audible STOP replacement provides additional safety in many situations and especially when the arms are fixed during upper torso training.



2. A further example is the sensitive **THERA anti-spasm function**, which can be individually adjusted for every user - depending on the type and strength of the spasms. Highly sensitive electronics safely register any occurring spasms.

The motor is immediately and gently stopped. The motor will restart with reduced speed and into the preset direction, thus relieving the spasm. **THERA-vital gives you that feeling of safety you need.**

### Practical variability – without tools

The equipment and adjustment of the trainer is aligned to patient requirements. Adaptation of important settings of the THERA-vital, such as, for example, the infinitely variable radius adjustment, can be made entirely without tools. Safety handle and upper torso trainer can easily be brought into the optimal position in just a few seconds. The inclination adjustment of the terminal always allows the best possible monitor information readability. **Let the un-usual variability of THERA-vital convince you!**

### Menu navigation in 24 languages

You can select one of 24 languages. This ensures that all users can optimally read training values. This significantly contributes to therapeutical success.

- German
- English
- Spanish
- Swedish
- Finnish
- Italian
- Danish
- Dutch
- French
- Polish
- Hebrew
- Japanese
- Chinese
- Russian
- Portuguese
- Korean
- Norwegian
- Arabian
- Turkish
- Slovenian
- Greek
- Rumanian
- Estonian
- Czech



## A treat for the professionals



Large, top class format displays



Detailed training protocol at the end of the training session



Extremely simple adjustment in the sub-menu – for your individual training session

### 10.4"-touch screen

As the name implies, important functions are activated by gently pushing (= touching) the large monitor buttons. Only the START/STOP traffic light switch is activated via the usual buttons. The 16.5 x 21.7 cm large monitor provides high quality graphics.

### Documentation at the push of a button



Success motivates – that is why all important training parameters are automatically displayed on the screen at the end of each training session.

These values can be printed out with the "Printer" option – even with the patient's name. The therapy can be documented without additional effort. To display and evaluate the data of several patients and training sessions you can use the THERA-assist software.

### Leaves nothing to be desired: the THERA-vital sub-menu

Irrespective of whether you want to perform pulse-controlled or isokinetics training, or whether you perform settings in the neurological, orthopaedic or cardio field or whether you would like to adjust the type and sensitivity of the THERA anti-spasm control, change the brightness, contrast or language, the THERA-vital sub-menu will take you exactly where you want to go.

# THERA-live

The ideal  
Active / Passive therapy  
exercise equipment for  
use at home



## Top model of the compact class

Do you belong to the people who prefer to buy devices according to the motto "Less is more!", which are limited to the most essential features? You simply put remote controls with more than 20 buttons aside.

If so, THERA-live is exactly what you're looking for. THERA-live has everything what you may currently expect from an exerciser of the "compact class" – modern design, easy operation, innovative technical solutions, high safety level, cost efficiency and long durability. THERA-live thus sets the standards in its class.



### Don't be satisfied with less

- The most important exercise details, including a symmetry display, are arranged on an easily legible, **illuminated monitor**.
- THERA-live is operated with just a **few buttons**. Operation is simple, logical and clear. The best example is the **START/STOP traffic light control**.
- Important parameters such as rotation speed, rotational direction, brake resistance and training duration can be changed at any time.
- You can perform and permanently set **individual pre-settings** for training duration and brake resistance.
- At the end of an exercise session you can display important training parameters on the remote control such as the covered distance.
- THERA-live can be optimally extended to your requirements with a handle, calf rests, foot-fixings or an upper torso trainer.
- THERA-live is **robust and stable**, even though it is small and easy to handle.
- A **200-watt motor** offers long durability and enough power reserves even for high muscle tone. Overheated motors are unheard of.



**... with an excellent price/performance ratio!**



### **THERA-live leg trainer**

Equipped with calf rests and a handle, this leg trainer is the best recommendation for walker or wheelchair users with slight to medium paralysis.

The calf rests with soft padding are height adjustable and can be removed if required. The height and inclination of the safety handle can be individually adjusted to body size. The efficient 200-watt motor gently and smoothly exercises the legs in every training situation.



### **THERA-live full body trainer**

Strength and flexibility of the arms and upper torso are of elementary significance for every wheelchair user. The THERA-live full body trainer allows you to train both legs and upper torso. Operation is very simple. Press the "Upper torso training" button on the remote control and then the START button – that's it. As it is usual in THERA-Trainers, you can use the motor (warm-up training) or your own muscle power to exercise.

# THERAfit

# THERAfit plus



## The more mobile user

### Compact machine for active users

Give your body the daily exercise it needs. You can spend your time indoors keeping fit by gentle leg and upper torso therapy while you are watching TV, reading or listening to music, even when it's stormy or snowing outside. Don't wait until your strength, fitness and circulation become weaker or your body becomes "stiffer" and less mobile. Become active and prevent all this – with daily THERA-exercising.

#### THERA-fit plus

- for all who are still able to walk with aids but have reduced strength and fitness
- for leg and upper torso training
- with extremely quiet 80-watt motor drive
- easily comprehensible infrared remote control (wireless)
- adjustment of speed, direction of rotation and brake resistance
- with a built-in training computer
- with safety stop as standard
- incl. plug-in foot rests (leg training) and therapy handles (upper torso training)
- stable and robust metal construction
- small, compact and light (12 kg)
- timeless modern design
- tested safety

#### THERA-fit

- for all wanting to do preventive home training with the use of their own muscular power
- equals the THERA-fit plus, but without motor and remote control
- infinitely variable brake resistance





## Daily training is the best prevention



Stable due to metal construction



Converts to upper torso trainer in just a few seconds (plug-in system for foot rests and handles)



Small, handy and light



# THERA<sup>®</sup> TRAINER

## ... ARE COMPONENTS OF THERA- TRAINER'S SUCCESS CONCEPT



While there are numerous providers of conventional training devices, the development and construction of motor-driven exercisers is reserved to only a few. The development of devices for maximum success in home training and sustainable improvement of your health requires specialists like medica. With our THERA-Trainer success concept we can provide you with all components required for all-round successful and modern therapy.

### The THERA-Trainer success concept

#### Management

You would like a manufacturer with long-term market presence and sustainable planning – this is guaranteed by Peter Kopf as head of the company.

#### Quality Management

Your THERA-Trainer complies with all safety regulations and is subjected to continuous quality control.

#### Information

The initial course is set with the right information. You can obtain all relevant information through our brochure, at trade fairs or on the Internet.

#### Financing service

Please ask your local dealer for further information.

#### Support

You would like comprehensive advice – especially with regard to equipment, training and cost adoption.

#### Training control

You would like to see, perhaps even evaluate and print out training results in black and white. THERA-vital offers various solutions.

Your personal training success



#### Development

You have customer requirements which need to be optimally implemented in product solutions. Individual customer adjustments should be possible.

#### After-sales service

If your THERA-Trainer is faulty you need fast and uncomplicated help – we can guarantee just this.

#### Test service

You can test our THERA-Trainer: "Try before you buy." Please ask your local dealer.

#### Training plan

Do you need recommendations for the right application of your THERA-Trainer? Our information brochures contain valuable tips.

#### Logistics

You expect professional delivery and THERA-Trainer instruction at your own home. We cooperate with qualified dealers.



... you can rely on us!



### Professional advice

The first time you contact your medica dealer in your own country you will immediately notice that competent and helpful people who care will attend to your needs. Many of our long-standing employees have profound knowledge and experience. **Get to know our special consultancy quality.**



### Innovative customer benefits

Innovation is not an end in itself – it needs to benefit you. That's why "customer-compatible innovations" are an important component of our corporate philosophy. They lead to benchmarking innovations such as symmetry training and the colour monitor, both created by medica. These new developments are possible because of our close cooperation with people concerned, doctors and therapists. **That is why we can call ourselves "innovation leaders" with a clear conscience today.**



### We regard safety & quality as extremely important

We go to extreme lengths to ensure safety and quality. For many years now, THERA-vital is the first and only trainer to offer a voice-controlled safety stop as standard. We use sophisticated assembly and testing facilities to optimise the production process. **Your safety is our priority.**



### Service – even after purchasing

THERA-Trainers are usually maintenance free. Should however a part become faulty or worn, give us a call. Your technical inquiry is directly passed on to our competent service staff. Their most important aim: **To get you moving again as quickly as possible.**

# Equipment values & technical details



Designation	THERA-vital	THERA-live	THERA-fit plus	THERA-fit
Monitor	Colour monitor 115 x 86 mm	illuminated 44 x 27 mm	33 x 20 mm	33 x 20 mm
10.4"-touch screen	o	-	-	-
START/STOP traffic light control	x	x	-	-
Motor	200-watt motor	200-watt motor	80-watt motor	-
Motor support for remaining muscle power	x	x	-	-
Voice-controlled emergency stop	x	-	-	-
Bio-feedback "Road"	x	Horizontal symmetrybars	-	-
Bio-feedback "Bar"	x	-	-	-
Bio-feedback "Passive"	x	-	-	-
Bio-feedback "Upper torso training"	x	-	-	-
Training analysis	x (very detailed)	x (distance + calories)	-	-
Pulse measurement and control	o	-	-	-
Anti-spasm control	x	x	"Safety stop" in case of overload	-
Isokinetic training	x	-	-	-
Get-in support	x	x	-	-
Sub-menu	x	-	-	-
Language selection	x	-	-	-
Foot rests	x	x	x	x
Transport castors	x	x	-	-
2-step radius adjustment	x	x	Only one step	Only one step
Radius adjustment stepless	o	o	-	-
Calf rests	o	o	-	-
Foot-fixing	o	o	-	-
Safety handle	x	o	-	-
Upper torso trainer	o	o	-	-
Arm rests with bar-shaped grip	o	o	-	-
Arm rests with grip bolt	o	o	-	-
Wristbands for arm rest	o	o	-	-
Wristband	o	o	-	-
THERA-assist software	o	-	-	-
Tip-up protection, self operated	o	o	-	-

o = Option - = not available

x = standard



# Thera Trainer®

Get information

via the Internet



[www.thera-trainer.de](http://www.thera-trainer.de)



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