

[back](#)**Condition****Spinal cord injury, complete**[Suddenly I get a spasm...](#)[Bladder and bowel...](#)[Medication and side effects...](#)[Bending and stretching...](#)[Feeling depressed...](#)[Swollen legs \(Edema\)...](#)**Suddenly I get a spasm**

"Even making the smallest movements I get spasms. This is rather limiting, and I often get stressed about it. I would really like to be able to do something about this myself. But how can the MOTOMed help me with this? And how is that even possible with my spasticity?"

Thanks to the special functions of the MOTOMed, the muscles can be loosened up daily by yourself, even if you have strong spasticity: The MOTOMed MovementProtector monitors the muscle condition during the training, and if a spasm occurs, the MOTOMed SpasmControl with automatic direction change can help ease the spasm. In many cases, spasticity can be reduced long term by loosening up the muscles regularly and by keeping the tendons and ligaments flexible.

**Bending and stretching gets more and more difficult**

"Recently I've noticed that I can't stretch out my legs and feet that far anymore when I get dressed. I have the feeling I am becoming less flexible, and I wonder what it's going to be like in the future."

Muscles shorten and tendons harden if they are not moved regularly. The joints also get increasingly stiff. As a result, it becomes more and more difficult to bend and stretch your feet, legs and arms. With the MOTOMed, the legs and arms can be stretched and bent hundreds of times in 10 minutes or example, even while watching TV or reading. This helps to regularly "lubricate" the joints and to make the muscles more flexible.

**A delicate issue...**

"My bladder and bowel problems are a delicate issue and unfortunately they occur every day."

**Bladder problems:** These problems are often aggravated by tension (spasticity) in the bladder, pelvic floor and thigh muscles. This tension can be eased with a few minutes of passive MOTOMed training which in turn can have a positive effect on emptying the bladder. Regular training can even lead to a long term improvement of bladder control.

**Bowel problems:** Normally the abdominal muscles assist the bowel movements. However, due to paralysis and lack of exercise, the abdominal muscles can become inactive and therefore unhelpful to the digestive process. Due to the indirect effect of the MOTOMed training on the abdominal muscles, bowel movement can be stimulated.

**Sometimes I simply don't feel good**

"I often feel tired and depressed. My family also suffers because of this."

People who move feel better. Regular exercise enhances both physical and mental well-being. At the same time, exercise stimulates circulation, metabolism and has a positive effect on the blood sugar level. These are good reasons to have fun moving regularly. It is certainly important that you are able to exercise at your own convenience, and you have the ability to do so with the MOTOMed.

**Medication has its side effects**

"On the one hand I know that medication is important for me, but on the other hand the side effects are a burden. I often feel weak and low in energy. As well as that, I also know that long-term use could damage my bones and organs."

With the MOTOMed Therapy you can contribute yourself to your well being. Depending on your medical condition, spasticity (stiffness, muscular tension), problems with emptying the bladder and bowels, high blood

pressure or build up of fluid in the legs or ankles (edemas) etc. can be affected positively by the MOTOMed Therapy. In many cases, medication cannot be completely dispensed with. But by training with the MOTOMed on a regular basis, you might be able to reduce your intake of one or another medication, of course only after consulting your doctor.

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**Edemas** (swollen legs)

"Due to my immobility and because I am sitting most of the day, my feet, ankles and calves are often swollen. It's particularly bad when it is hot outside."

Edemas, which are accumulations of fluid and salt in the connective tissue, result in most cases from certain illnesses and disturbances in the venous system. Most often there is an obstruction to the venous and lymphatic drainage. By training with the MOTOMed, it is possible to partly prevent the resulting fluid build up. Fluid that has been forced from the blood vessels into the tissue can be reabsorbed by the veins and transported away in the bloodstream. This backflow is promoted by the increased pump activity of the heart and the activation of the venous muscle pump. This type of therapy can reduce the intake of medication.

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