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Becoming more flexible...

10 minutes of MOTOMed movement directly after waking up in the morning can make toilet, washing and dressing much easier. By gently moving the muscles with the smooth motor of the MOTOMed, muscle tension can be released.

Suddenly a spasm occurs

Thanks to the special functions of the MOTOMed, the muscles can be loosened up daily, even in the case of 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.

Cold legs

MOTOMed movement can stimulate the circulation. This in turn will help to warm up the legs and to ease the corresponding pain. A short training session is often sufficient.

Bending and stretching...

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 feet, legs and arms. With the MOTOMed, the legs and arms can be stretched and bent hundreds of times in 10 minutes for example. This helps to regularly "lubricate" the joints and to make the muscles more flexible.

Bladder and bowel...

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 problemse: 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.

Medication and side effects

Depending on the 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, the intake of one or another medication can possibly be reduced, of course

only after consulting the doctor.

Swollen legs (Edema)

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.

Cardiovascular (high blood pressure/hypertension, arteriosclerosis)

In the industrialized world, cardiovascular diseases are the No.1 cause of death, and greater numbers of people are affected at an ever younger age. "Cardiovascular disease" is a general term for various types of illnesses that affect the heart and the blood vessels. One of the main causes of these diseases is arteriosclerosis, the narrowing and hardening of blood vessels. As a result, the blood cannot flow freely anymore and insufficient oxygen is supplied to the cells. Training with the MOTOMed can have a preventive effect concerning cardiovascular diseases. If regular endurance training is done with the MOTOMed, the body adapts to the new situation by generating an increased blood volume. The results are improved flow properties of the blood which in turn would reduce the risk of a heart attack. The activation of the cardiovascular system also stimulates the metabolism.

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