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"Unfortunately, having tense muscles is a daily topic for me. My flexibility is substantially inhibited. Any kind of movement becomes extremely exhausting."

Thanks to the special functions and the smooth rhythmical movement of the MOTOMed, the muscles can be loosened daily at one's own convenience. If the muscles are loosened regularly and over a long term period, flexibility and mobility can increase so that movements can be accomplished more fluidly. You can also use this positive effect before going to bed to help get a relaxing night's sleep.

**Bradykinesia (slowness of movement)**

"My movements get slower and slower due to my bradykinesia. I would like to somehow contribute so that I can accomplish movements more fluidly, rhythmically and above all independently again."

Due to the cycle-like movements that are provided by the MOTOMed, the process of rediscovering and relearning of simple movements can be supported. Daily active training can contribute to the strengthening of the muscles. This in turn can be a basis for the initiation of further and even more complex movement patterns. Movement training can bring about a substantial improvement concerning the speed of performance without affecting the preciseness of the movement, particularly in the early stage. Thus, e.g. an improvement of walking ability can be achieved.

**Risk of falling**

"I have taken a nasty tumble several times now. My insecurity while walking is certainly caused to a large extent by the more and more stooping position of my body. My abdominal and trunk muscles have shortened over time. Holding my body up straight is getting more and more difficult."

Using the MOTOMed arm/upper body trainer can counteract this development, particularly if training backwardly which automatically promotes the erection of the upper body. It is important to strengthen and stabilize the abdominal and trunk muscles. By training the muscles of the arms and upper body, the erection of the body can be substantially supported.

**I often get ice cold legs**

"In the evenings I'm really tired and look forward to my comfortable bed. But then it's always the same: My legs are ice cold and I can't sleep. Even a thick woollen blanket doesn't help any more."

MOTOMed movement can stimulate your circulation. This in turn will help to warm up your legs and to ease the corresponding pain. A short training session whilst watching TV or reading for example, is often sufficient.

**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 for 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.

### **Walking!?**

"I'm becoming more and more unsteady whilst walking. Firstly because my legs don't do exactly what I want them to anymore, but also because I get out of breath quickly and have no strength left. For this reason, my walks are getting shorter and shorter."

A basic level of fitness, amongst other factors, is required to maintain walking ability for as long as possible or to improve it. This means that it is necessary to have sufficient muscular strength and stamina. Due to increasing limitations such as spasticity, loss of strength or unsteadiness, activities like walking, cycling or training with the home trainer decrease, if at all possible, to a limited extent. Because of this, daily movement and exercise is reduced and it becomes increasingly difficult to maintain the necessary basic fitness for walking. Training with the MOTOMed viva compensates for this lack of movement so that basic fitness and confidence in walking can be maintained and built up.

### **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.

### **Edemas (swollen legs)**

"Due to my immobility and because I am sitting most of the day, my feet, ankles and calves are often swollen. As a result, my shoes pinch my feet and I am only able to go about my everyday life under quite considerable pain."

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)**

"I've been having very high blood pressure for a number of years now. Therefore, I am forced to visit the doctor frequently and take medication on a regular basis. The high blood pressure and its potential consequences have enormously increased my fear of having a heart attack."

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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