THERA-TRAINER SOFTWARE CL (CYCLING) INDIVIDUAL THERAPY FOR 5,7", 7" - AND 10,4" COLOUR SCREEN

EXPLANATION OF THE TRAINING PROGRAMS

THERA-Trainer Software CL individual therapy is the base software for the movement exercisers THERA-Trainer tigo, THERA-Trainer veho and THERA-vital. It offers task-oriented training. The level of difficulty can be adjusted individually to the user's needs. The software is designed very clearly and can be used intuitively with help of the START/STOP traffic light control. The external focus factilitates the motoric learning process with each training.

TRAINING PROGRAMS (SUB MENU)

Training program „Neuro" - Training with constant resistance
(Software package Cycling individual therapy 5,7", 7" and 10,4")

It does not matter if the user is exercising fast or slow - the resistance stays on the preset level (15 steps). The performance of the user varies according to the training speed. The faster, the more power is generated (Watt).

Patients with neurologic patterns might be overstrained with a variable resistance. Furthermore an increasing resistance towards the end of a training possibly can intensify the fatigue of an user. That's why the patient exercises with a constant resistance in the training program „Neuro".

The large sub menu offers many setting - e. g. spasticity detection and automatic adaptation of number of rotations.
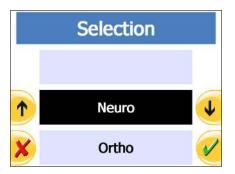
You can find more information in the manual.

Training program „Ortho" - Training with constant performance
(Software package Cycling individual therapy 5,7", 7" and 10,4")

The software gives a certain attainable performance (Watt). If you exercise slow, the resistance is high. The resistance will be reduced for higher numbers of rotation.

Thus the reached performance remains constant. This might increase the effect of fatigue towards the end of the training. The advantage is that the user works towards his personal performance limit (shaping).

The sub menu offers the possibility e. g. to deactivate the muscle support

(assistive drive - electronic fly wheel). This makes e. g. coordination and thus symmetry training more difficult.

You can find more information in the manual.

Training program „Isokinetic" - Training with constant speed and variable resistance (Software package Cycling individual therapy 5,7", 7" and 10,4")

This training program gives a speed to exercise with. If you follow this speed with low constant activity the resistance will also remain low. If you try to increase the preset number of rotations also the resistance will increase in order to hold the preset number of rotations.

This training program can be helpful if an user is no longer able to coordinate his speed.

Example of use: A MS-patient exercised without motor support in the training program „Neuro". But during the training he got faster and faster. This made e. g. the symmetry training imprecise. The reason is that the user can not coordinate both parameters at the same time. Here you should chose the training program „Isokinetic" to make the patient concentrate not on the speed. Thus the symmetry will stay contantly good throughout the whole training time.

You can find more information in the manual.

Training program „Cardio"-Training with preset pulse limit and constant performance (Software package Cycling individual therapy 5,7", 7" and 10,4")

This function is also available for the trainings programs „Neuro", „Ortho" and „Isokinetic". You need a cardio-pulse-set for it.

As soon as you reach the preset pulse limit, the resistance will be reduced until the pulse falls below the upper limit. If the training resistance reaches the minimum and the pulse is still above the upper limit, the THERA-Trainer finishes the training.

You can find more information in the manual.

TRAINING PROGRAMS (SOFTWARE PACKAGES)

We recommend switching off the spasticity control for the following training programs:

Training program „Keeper" - Interval-Training
(Software package Cycling individual therapy 7'' and 10,4")

The user moves the keeper in the vertical level by adjusting the number of rotations and catches the balls that come from the right side.

The base is the training program „Neuro".
> suitable for leg- and upper body training.

You can find further information in the manual.

Training program „Hedgehog" - symmetry training
(Software package Cycling individual therapy 10,4")

The user moves the hedgehog in the horizontal level by adjusting the right-left-activity (symmetry) and bursts the falling ballons like this.

In the sub menu you can adjust additionally how much activity the user needs to achieve the full movement to left or right: 70, 80, 90 or 100 %.

The base is the training program „Neuro".
> suitable for leg training.

You can find further information in the manual.

Training program „Car" - Interval training and symmetry training
(Software package Cycling individual therapy 10,4")

The user can pass cars right or left and avoid a collision by variying number of rotations and right-left-activity. A variation of passive speed will change the speed of the cars that need to be passed.

In the sub menu you can adjust additionally on which side of the lane the cars will appear.

The base is the training program „Neuro".
> suitable for leg training.

You can find further information in the manual.

Training program „Planet" - strength training
(Software package Cycling individual therapy 10,4")

The user can move a spaceship vertically by concentric/excentric strength training. Doing this he can avoid planets coming from the right side. The spaceship moves up by active pedalling (more effort) and down (braking) by opposite force.

The base is the training program „Isokinetic".
>suitable for leg- and upper body training

You can find further information in the manual.

BIOFEEDBACK-ILLUSTRATIONS
(SOFTWARE PACKAGE)

Biofeedback „Symmetry Bars"
(Software package Cycling individual therapy 5,7", 7" and 10,4")

Displays the real activity left/right in percent. The user can realize directly relieving postures and antagonize them or respectively try to activate the affected leg.

The base is the training program „Neuro".
> suitable for leg training.

You can find further information in the manual.

Biofeedback „Symmetry Road"
(Software package Cycling individual therapy 5,7", 7" and 10,4")

The user must try to move the bicycle on the road and avoid obstacles by creating activity left/right. An external impulse must be transferred into controlled muscle movement. Speaking of coordination this is more challenging then „Symmetry Bars".

The base is the training program „Neuro".
>suitable for leg training.

You can find further information in the manual.

Biofeedback „Passive/Muscle Tone"
(Software package Cycling individual therapy 5,7", 7" and 10,4")

For patients without muscle activity:
It shows how much motor power is needed to move legs or arms respectively how high the muscle tone of the patient is.
Large bar = high muscle tone (motor needs more power)
Small bar = muscles are eased (motor needs less power)

For patients with muscle activity:
The biofeedback „Passive" can display excentric training by holding a certain resistance value (e. g. 10 Nm) and exercising against the motor.

The base is the training program „Neuro".
> suitable for leg- and upper body training.

You can find further information in the manual.

Biofeedback „Coordination"
(software package Cycling individual therapy 5,7", 7" and 10,4")

During upper body training it is not constructive to do a symmetry trai-
ning. On the contrary to training the legs you need a coordinated mo-
vement of one extremity in order to e. g. reach for a glass. You can display
this with the biofeedback coordination. The user gets an immediate fee-
dback if his movement is coordinated (green smiley) or not coordinated
(yellow smiley). Smooth pushing and pulling of the crank with constant
speed is the goal.

The base is the training program „Neuro".
>suitable for upper body trainng.

You can find further information in the manual.