

**Our topics:**

- ❖ Dementia- Study
- ❖ our foot-fixing



## THERA-vital suitable for dementia patients!

The study was conducted in the Aerpah Clinic, a Geriatric Center consisting of Geriatric Clinic and a Skilled Nursing Facility, situated in the south of Germany. The aim of the study was to analyze if THERA-vital movement exercisers are suitable for dementia patients.

### Group qualified for the study:

- 24 patients (15 male, 9 female), including 14 patients diagnosed with dementia
- patients aged between : 60 and 93 years old ( $\bar{x}$  = 79,7 years old)
- able to follow therapeutic commands
- able to be transported and positioned safely in the arm movement exerciser

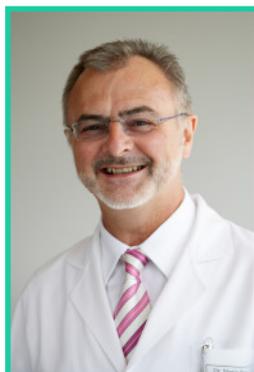
### Method:

- arm cycling with active-passive movement exerciser THERA-vital
- every patient had to perform three sessions of active arm cycling (10 minutes each session) three different days in one week
- each session was supervised by therapist and if needed verbal encouragement was given to patients who interrupted active performance



### Target of the study:

- establishing if dementia patients are able to perform arm cycling exercises
- defining if any side effects may occur to dementia patients during performing
- defining the kind and frequency of possible verbal encouragements that have to be given to dementia patients during performing
- defining possible differences in performing on THERA-vital movement exerciser between patients with and without dementia



Dr. med. Martin Runge (leading doctor of the Aerpah-Klinik), which was managing the study

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**Results:**

- 70 from 72 planned sessions were realized, 2 participants (one with, another one without dementia) have cancelled the third training session
- all patients without dementia completed the full time of 10 minutes session
- 4 of 14 dementia patients did not finish all of the 10 minutes sessions (all female)
- all dementia patients needed in average 3 verbal encouragements to complete each training session
- non dementia patients did not need any verbal encouragement to complete the training session
- there were no massive physical side effects for the patients

**Conclusion :**

**Aerpah-Clinic concludes that THERA-vital is very much suitable for dementia patients. Admittedly more man power is needed to supervise exercising dementia patients, and dementia patients need longer time for instructions and verbal encouragement. Parallel exercising helps to improve their cardiovascular, metabolic and motor deficits. Additionally exercise devices can support motor learning of dementia patients. They can reduce the time which is necessary for instructions, can improve the safety of exercises, their dosage and evaluation.**

## The patented foot-fixing by the company medica

One of the many innovations of the THERA-Trainer Redesign is the new and patented foot-fixing.

The new foot-fixing serves a lot of advantages and is very comfortable in handling:

- The foot could be fixed with one hand by a light pressure in the bow of the foot-fixing.
- The foot could be removed from the foot-fixing the same easily as the fixing. Just give a pressure on the release lever.
- The cushion is soft and could be adjusted to the needs of the user by a velcro.
- The new foot-fixing guarantees highest hygiene by the washable cushion.

