



**THERA**<sup>®</sup>  
TRAINER

# Train postural control effectively

Software supported balance training  
for your daily therapy

# What is the meaning of postural control?

Postural control forms the basis for all the activities of daily life and is the central focus of the rehabilitation.



“Postural control is an essential basic requirement for active participation in daily life – and therefore an integral part of a person’s independence and mobility. Successful postural control is influenced by many factors like individual preconditions (motor, sensory, cognitive), environmental factors (e.g. ground conditions) and aspects of the therapy carried out (e.g. anticipative, reactive, dual task, etc.). All these factors should be considered in modern, individual and differentiated therapy.”

**Martin Huber**  
Physiotherapist, MSc





# Effective Convincing Unique

**Static postural control** - Balancing of the body's center of mass over the support surface

**Anticipatory postural control** - Shifting the center of mass away from the body's centre in all directions

**Reactive postural control** - Training the ability to react to unanticipated interruptions

**Dual Task** - Standing under the influence of gravity while simultaneously completing motor and cognitive tasks

**Muscle power** - Strength training in connection with the training of the postural control as an important aspect of fall prevention

✓ **Relief  
for therapists**

THERA-Trainers relieve therapists in their daily workload and make it possible for them to concentrate on the important aspects of the therapy

✓ **Suitable  
for all patients**

THERA-Trainers are suitable for all patient groups and enable a safe training in every phase of the rehabilitation in a standing position without additional support



**Early  
verticalisation**

**THERA-Trainer verto**  
Mobilisation out of bed or wheelchair in less than three minutes directly into a standing position



**Dynamic,  
safe training**

**THERA-Trainer balo**  
Safe balance training, also for patients unable to stand



**Maximum freedom –  
minimal risk**

**THERA-Trainer coro**  
Fall-safe balance training with maximum freedom of motion

✔ **Backed-up  
by evidence**

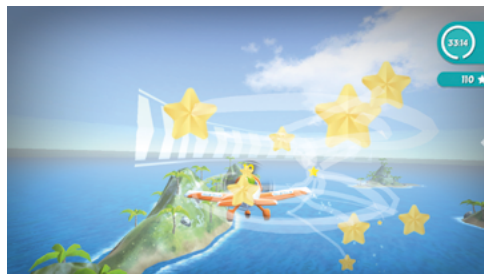
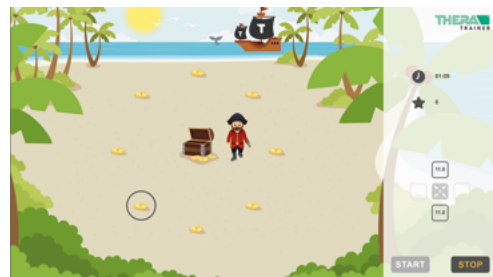
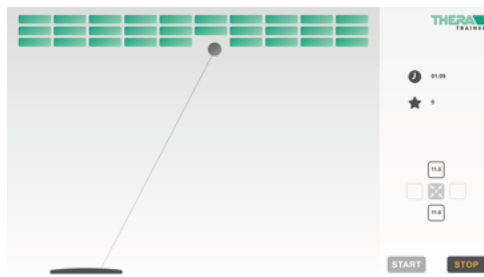
Task oriented training  
at individual, patient ability  
levels with external focus,  
high repetitions and direct  
feedback

✔ **Surely  
the right therapy**

THERA-Trainers enable  
unique standing and balance  
training with exact training  
control and evaluation

# Intuitive Motivating Variable

## THERA-soft® for standing & balancing

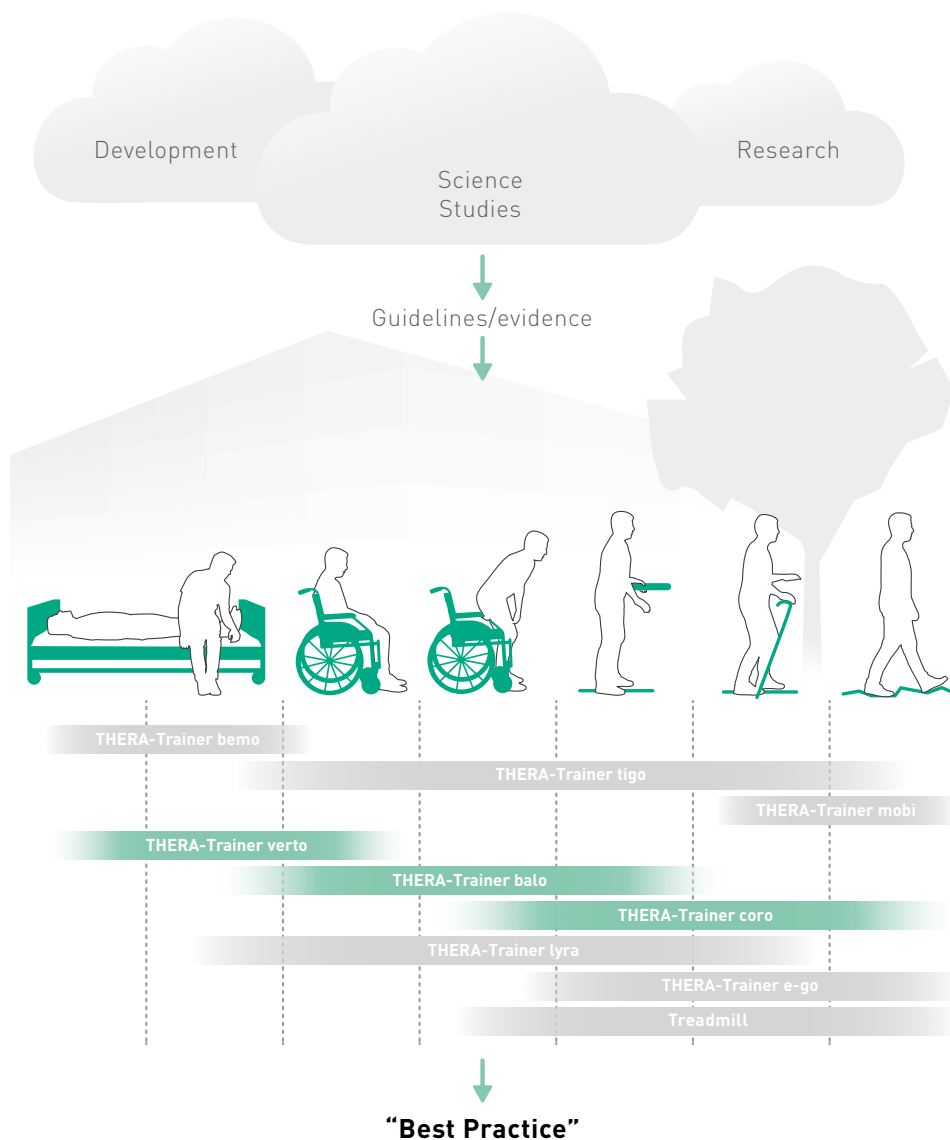


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12.05.16 11:22	Anterior - Posterior Level: **	01:20	1888	☹	i

THERA-soft enables **task oriented training** with specific interventions according to the latest scientific developments.

With the software, the **saving, documentation and evaluation** of all training data is possible.

We offer products and solutions for all phases of rehabilitation and transfer current scientific findings into therapeutic daily routine.



**Get now non-binding information!**

**medica Medizintechnik GmbH** | Blumenweg 8 | 88454 Hochdorf | Germany  
Tel +49 7355-93 14-0 | info@thera-trainer.de | www.thera-trainer.de