

PRO

**THERA**  
TRAINER



THERA-Trainer senso

# The perfect combination of motor and cognitive tasks

Highly efficient improvement of cognitive and physical performance

L I F E I N M O T I O N

# What is the point of cognitive motor training?

Every deliberate movement results from a complex interplay between sensory stimuli and motor execution, which are coordinated by the central nervous system.



The latest scientific findings show that combining physical tasks with cognitive tasks is far superior to physical exercise alone. The senso improves highly effective cognitive functions such as concentration and goal-oriented actions as well as physical capabilities such as postural control, reaction times and walking speed.

“The THERA-Trainer senso is extremely versatile and ensures that both the patients as well as the therapists in our practice stay motivated. With the challenging nature of the THERA-Trainer senso, even hard-to-motivate patients can benefit from evidence-based training.”

**Sabine Lamprecht**

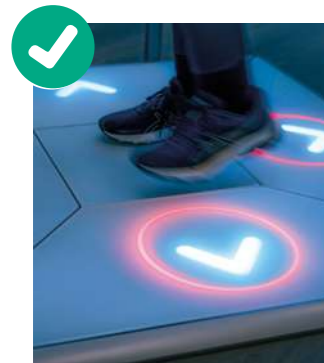
Physiotherapist

M.Sc. Neurorehabilitation



# The key to success: cognitive-motor interaction

## THERA-Trainer senso Motivational | Practical | Effective



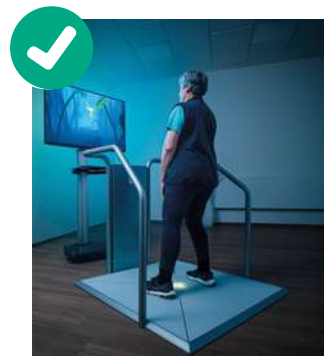
### Simple, intuitive operation

The THERA-Trainer senso is extremely simple and intuitive to use, by means of the pressure plates. Set-up takes less than two minutes to select the desired game and start training.



### Suitable for many patients

The THERA-Trainer senso is extremely versatile. Patients from the specialist areas of neurology, geriatrics, orthopaedics or traumatology can enjoy exercising and experience the successes.



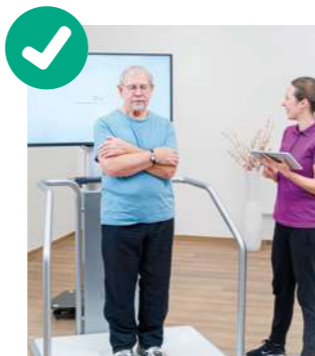
### Variety of training programmes

Numerous scientifically approved training programmes (games) are available and provide the optimal conditions for motivating and successful training.



### Management software

Treatment planning and monitoring can be done anywhere and at any time and be fully adapted to the individual needs of the patient.



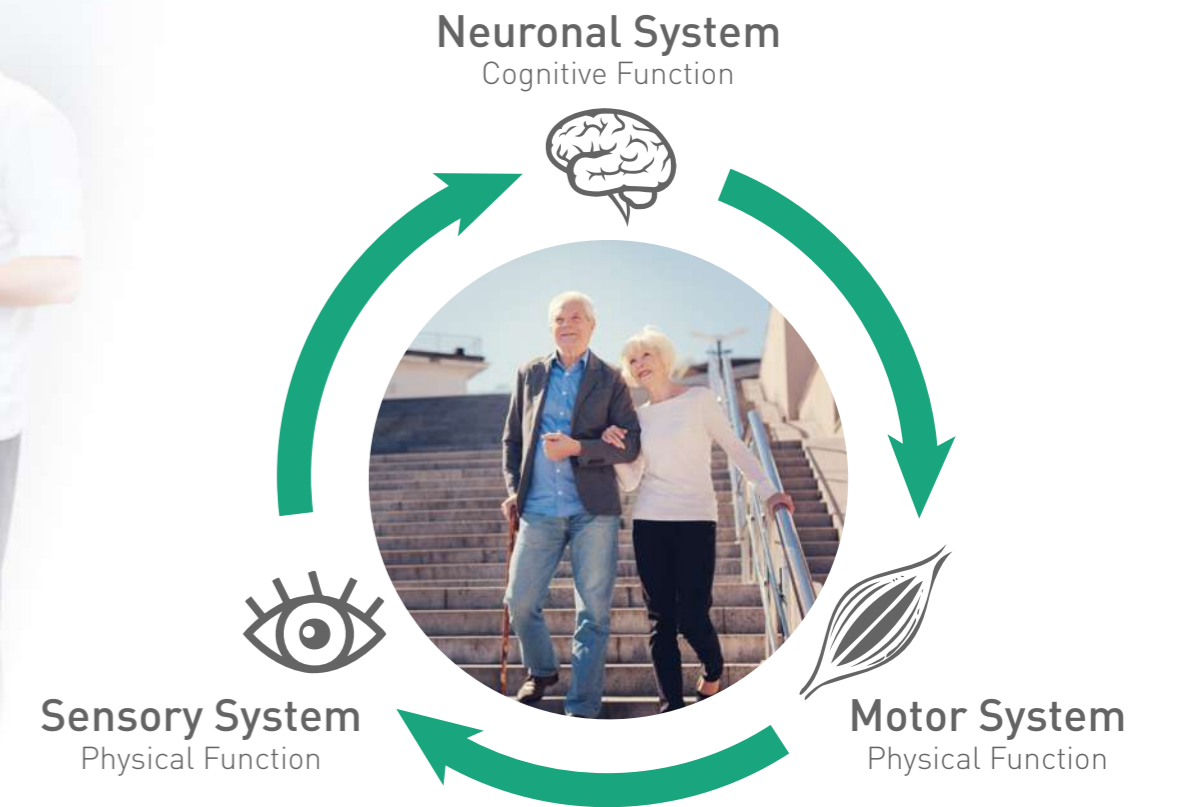
### Validated assessments

Scientifically validated assessments define the therapy goals and serve as a sound basis for goal-oriented training at the performance limit.



### Adaptive and progressive training

Intelligent algorithms adapt the games in real time to the individual's performance. Progressive training serves as the basis for successful training outcomes.



This sensitive regulatory cycle is often impaired by illness, accidents or the ageing process, usually with dramatic effects on many activities of everyday life (e.g. walking, standing up, climbing stairs).

### THERA-Trainer senso improves cognitive-motor activity:

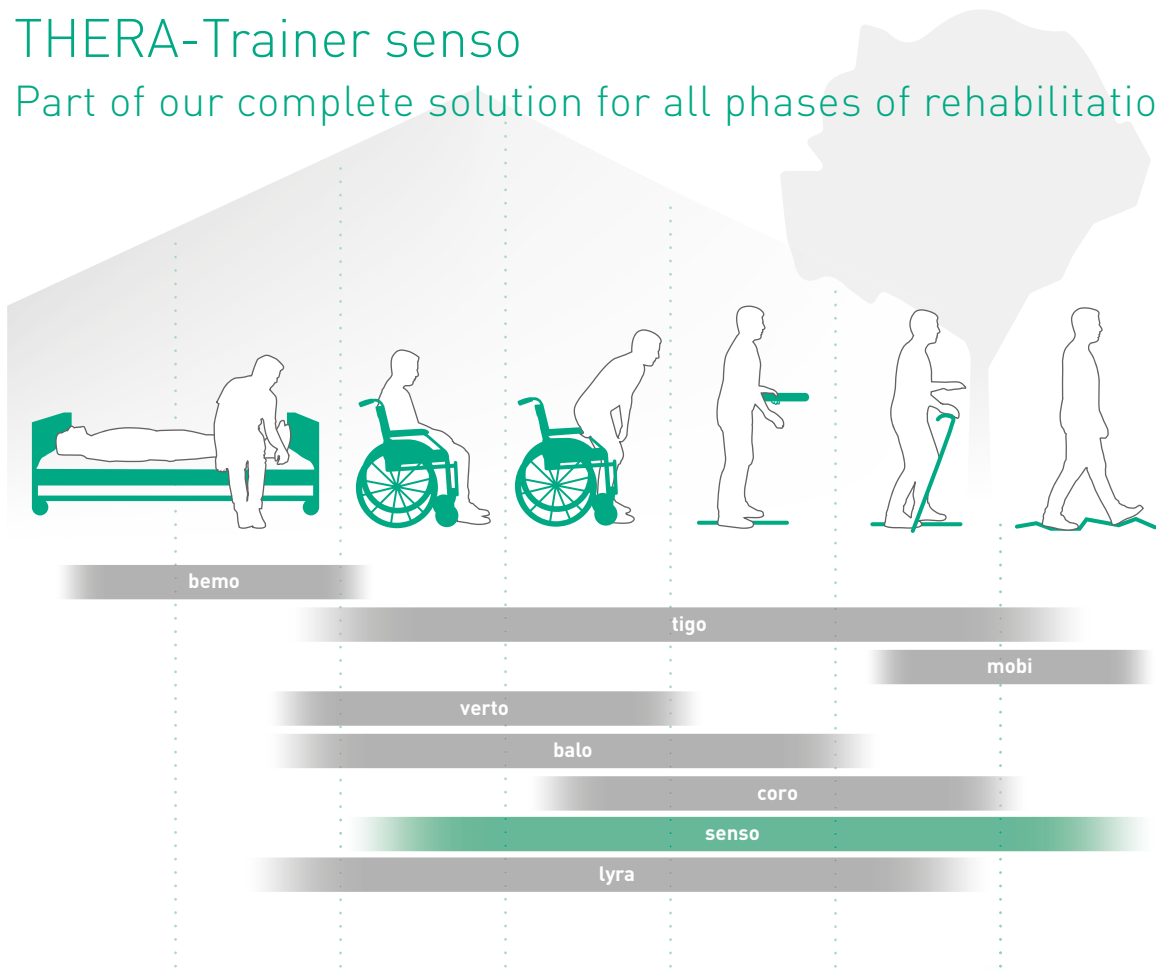
- ✓ Cognitive performance – e.g. concentration, attention, goal-oriented actions and coordination
- ✓ Motor skills – e.g. strength, endurance, balance, postural control, reaction times and walking speed

Therefore, cognitive-motor training is suitable for all those who want to improve their brain-body communication and minimise the risk of falls.



# THERA-Trainer senso

Part of our complete solution for all phases of rehabilitation



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