

PRO

THERA  
TRAINER



THERA-Trainer bemo

# Wake up and move!

Mobilisation in early  
rehabilitation and ICU

LIFE IN MOTION

# Every day counts

International guidelines recommend that patients should be mobilised twice a day for at least 20 minutes within the first three days of admission to the ICU.



“Early mobilisation in intensive care units and in rehabilitation is an integral part of a successful treatment. It significantly improves the long-term prognosis, reduces the length of stay in hospital and reduces the mortality rate. Even a passive pedalling movement with a bed cycle promotes the rapid recovery of the neuromuscular system, slows down muscle loss, regulates tone and stimulates the cardiovascular system and metabolism. This leads to an improved ability to stand and walk. Research has proven the effectiveness of the training: The walking distance in the 6-minute walking test was significantly increased. Furthermore, the likelihood of being able to walk independently again, increases by almost a third. Due to its ease of use and the minimal effort required, I am increasingly able to offer more actual treatment time to the patients and can mobilise them according to the guidelines.”

## **Tobias Giebler**

State-Registered Physiotherapist  
University Clinic, Tübingen



THERA-soft®  
connectable +

## THERA-Trainer bemo Effective | Safe | Variable



### Suitable for all types of hospital beds

The THERA-Trainer bemo is flexible and can easily be moved from bed to bed. The patented shape means it can be used with almost every type of bed.



### Minimal set-up time

The THERA-Trainer bemo is extremely quick and easy to set up. Thanks to the electric height-adjustment it can be moved into position and up-and-running within 2 minutes.



### Intuitive to use

The THERA-Trainer bemo starts with just one click of a button. All the important training parameters, such as RPM, resistance or training time can be adjusted at any time.



### Variability in function & application

The THERA-Trainer bemo is versatile. Legs and arms can be exercised in almost all beds, lying down as well as in the sitting position.



### Safety is our number one priority

The THERA-Trainer bemo provides patients with the most modern safety features e.g. audio-visual safety signals.



### The bemo has hygiene in its DNA

Hygiene is of the utmost importance in the clinical environment, which is why the bemo's closed construction makes it easy to clean and disinfect.



### Clever quick-release system

Accessories can be changed in seconds due to the patented quick-release system and adjusted to suit the patients' needs.



### Innovative drive technology

The assistive motor drive was developed specifically for the THERA-Trainer bemo – extremely quiet, gentle, low-vibration and powerful.

# Early mobilisation is the key to success

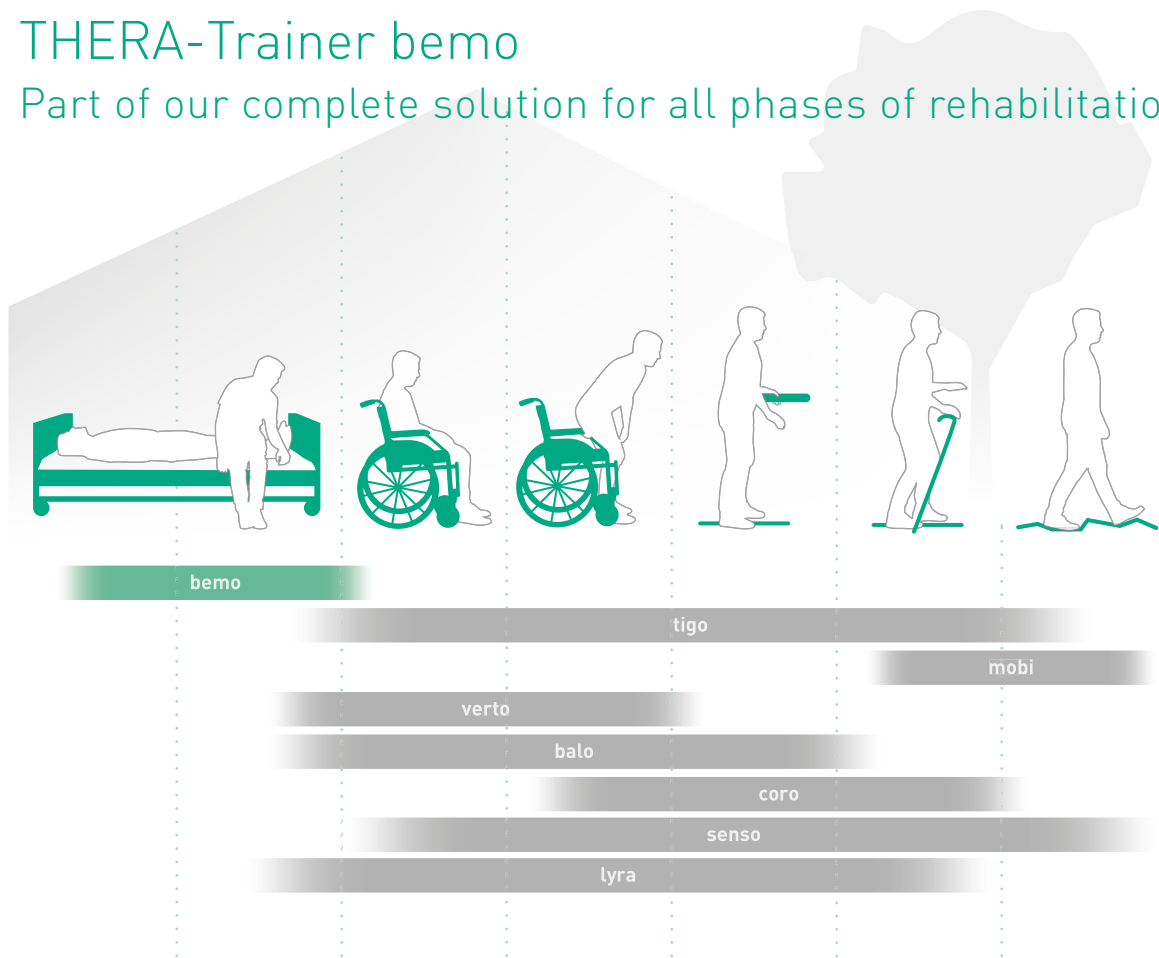
- ✓ Increases the mobility of bedridden patients and thereby reduces the time spent in bed
- ✓ Promotes rapid regeneration of the neuromuscular system
- ✓ Reduces rapid muscle-loss
- ✓ Stimulates the cardiovascular system, metabolism and muscle tone
- ✓ Increases patient alertness
- ✓ Increases the functional outcome in the long term

Depending on the ability of the patient, training can be active with muscle power, assistive or done passively with motor support.



# THERA-Trainer bemo

Part of our complete solution for all phases of rehabilitation



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