

A man with grey hair and a beard, wearing a red t-shirt, is using a robotic gait trainer. He is holding onto a horizontal bar above him with both hands. A woman in a grey long-sleeved shirt is standing behind him, adjusting a black strap that is part of the training equipment. The background is a bright, clinical setting with a window and some medical equipment.

**THERA**<sup>®</sup>  
TRAINER

# The most effective gait therapy

Robot-assisted gait training for  
optimal therapy results

# What makes gait therapy successful?

The fundamental goal of gait therapy is to allow patients to walk freely without assistance. Success is only possible through intensive exercise at the limit of each patient's ability, and with many repetitions.



"Physiotherapy and occupational therapy are currently undergoing a paradigm change due to the increasing number of high-quality intervention studies and successful therapy pathways in motor rehabilitation.

The focus today is on providing very active therapy that is close to everyday life. Many studies have shown a clear dose-response relationship. This means that exercise should not just be highly targeted, it should also be as intensive as possible. This is especially true of rehabilitation to restore patients' ability to walk."

**Sabine Lamprecht,  
M.Sc. Neurorehabilitation**

Head of Motor Skills Department, Kliniken Schmieder,  
in "Neurologie und Rehabilitation", issue 2/2016, pp. 80-81



✓ **High repetition**

By imitating the human gait pattern, THERA-Trainer lyra enables patients to make up to 20 times as many repetitions as treadmill-based or manual gait training.

✓ **Highest net therapy time**

The direct ground-level access allows quick and easy transfer, even for patients with severe disabilities. This allows maximum use of therapy time for active training.

✓ **Simple to use**

Only a few intuitive movements are required for patient-specific settings. New employees can be trained and certified to operate the THERA-Trainer in just half an hour.

✓ **Wireless connectivity**

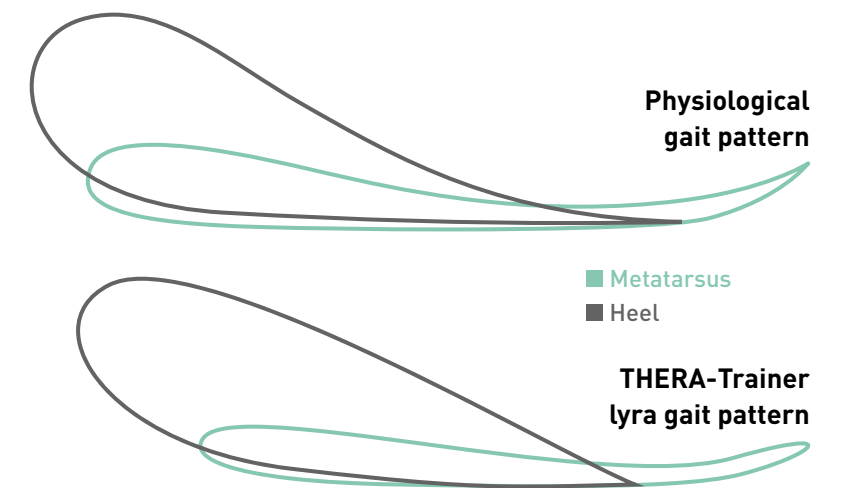
THERA-Trainer lyra documents training progress in full. This means that reports on the therapy process are available to pass on to medical staff or health insurance companies at any time.

# Simple Effective Affordable

THERA-Trainer lyra allows intensive gait training at the limit of patients abilities during every phase of the rehabilitation process. THERA-Trainer lyra creates optimal conditions to enable patients to return to independent living. Its ease of use and quick transfer capabilities ensure that it can be operated economically under everyday conditions.



THERA-Trainer lyra



Physiological  
gait pattern

■ Metatarsus  
■ Heel

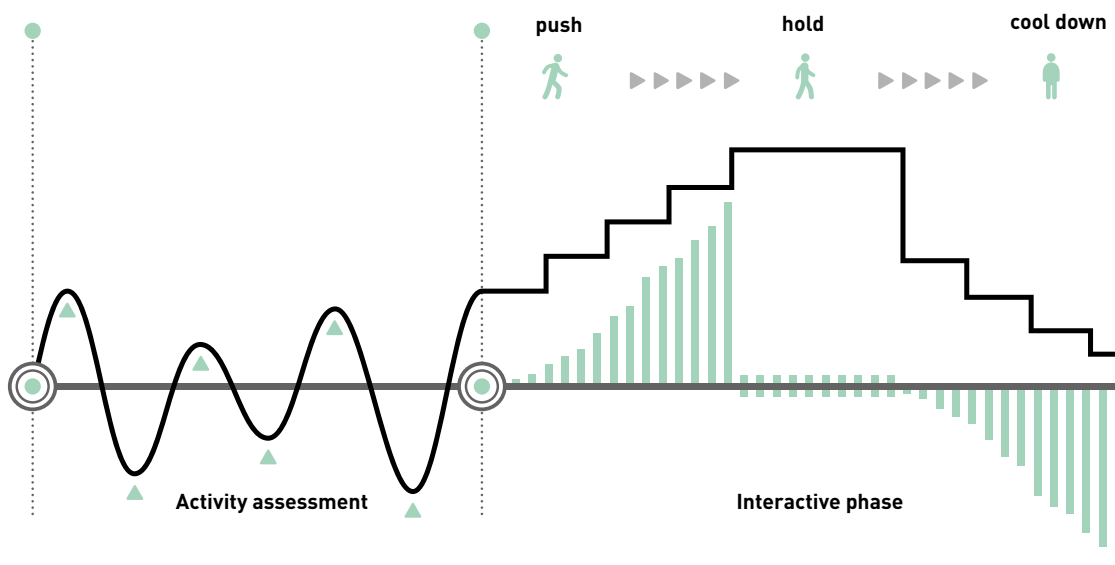
THERA-Trainer  
lyra gait pattern



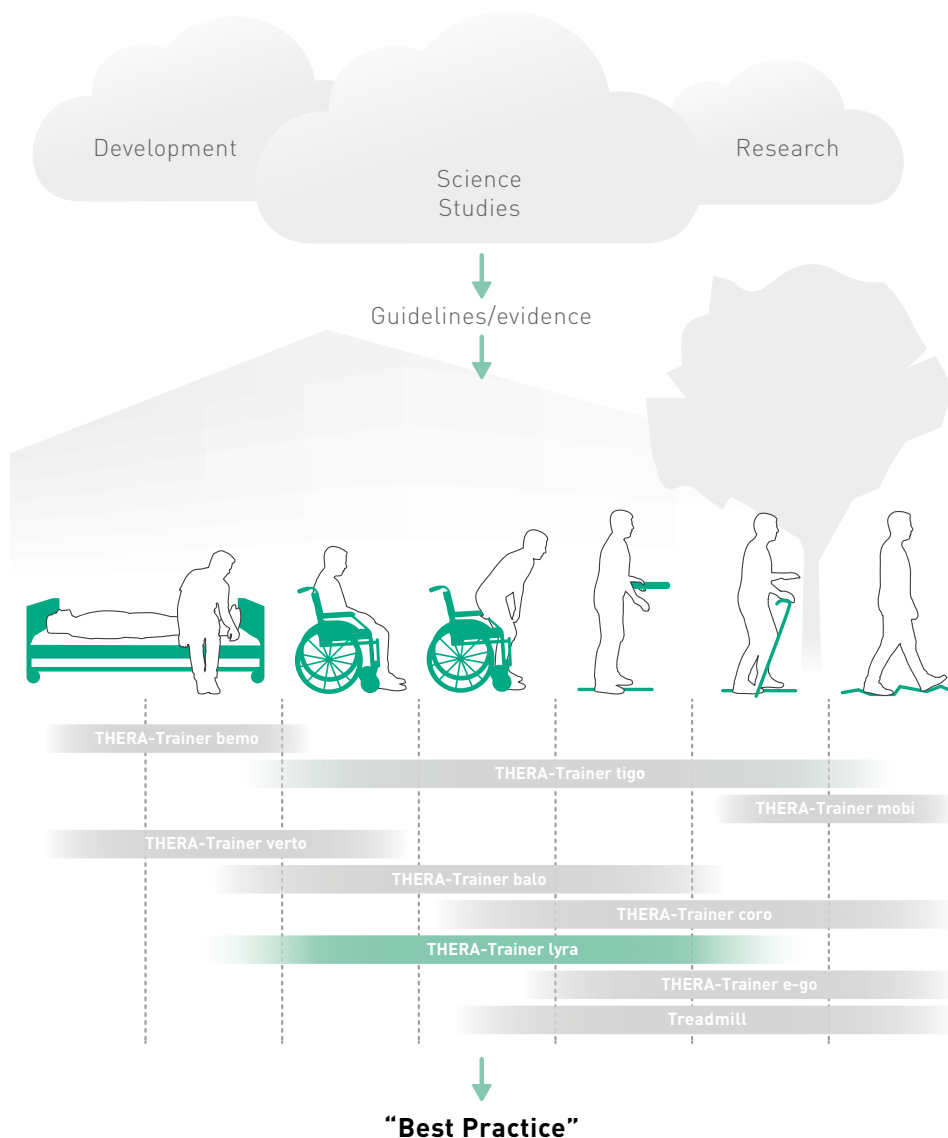
# Motivation and documentation

The biofeedback feature of THERA-Trainer lyra identifies exercise intensity and analyses the individual activity level of the patient. This lets patients adjust the exercise intensity themselves by increasing, reducing or maintaining a steady level of activity.

The data recorded is then directly transferred to a smartphone or tablet.



We offer products and solutions for all phases of rehabilitation and incorporate the latest scientific findings into day-to-day therapy.



**Request information now, with no commitment!**

Tel +49 7355-93 14-0 | [info@thera-trainer.de](mailto:info@thera-trainer.de) | [www.thera-trainer.de](http://www.thera-trainer.de)

medica Medizintechnik GmbH | Blumenweg 8 | 88454 Hochdorf | Germany