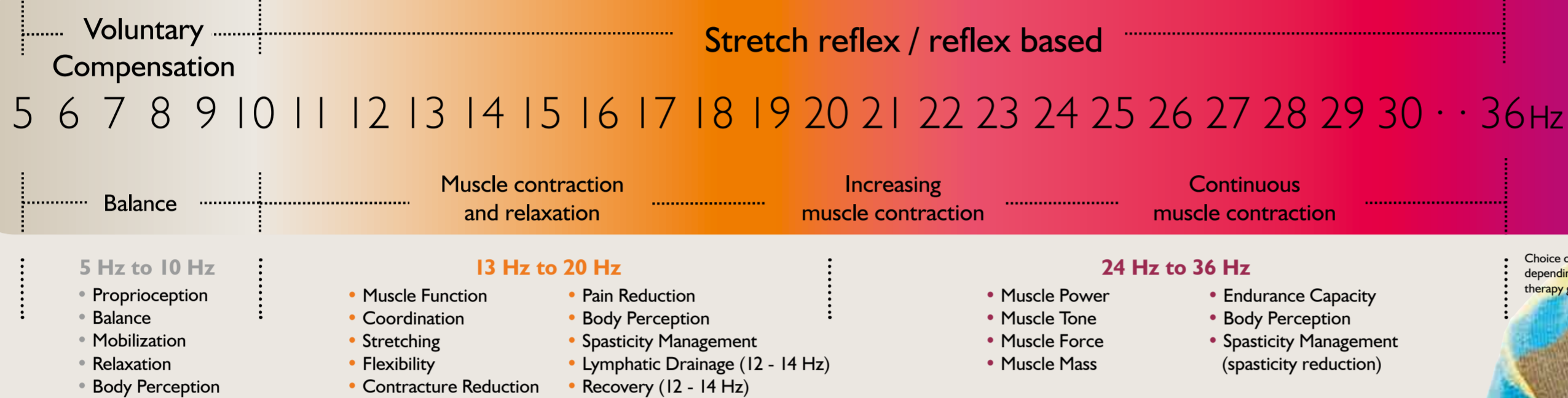


Benefits for children

- Stimulation of the neuromuscular system in a physiologically correct way
- Improves postural control, gait, walking speed, and mobility
- Improves muscle strength and power, coordination and function
- Increases sense of joint position, balance and proprioception
- Improves range of motion, flexibility and mobility
- Intramuscular coordination & neurological communication, optimizes plasticity
- Reduces spasticity in minutes with regular use
- Higher bone mass, muscle mass and osteoporosis prevention
- Reduces contractures with increased range of motion and flexibility
- Improves blood flow, micro-circulation and the lymphatic system

Before first use:
For contraindications, please refer to the technical manual.



Warm up

K870 Squat
 dynamic static
Static: Bend knee slightly and hold position.
Dynamic: Slow up and down movement. 4 sec up, 4 sec down. Pay attention to leg axis!

Strengthening (Power/Strength)

K870 Squat
 dynamic static
Static: Bend knee slightly and hold position.
Dynamic: Slow up and down movement. 4 sec up, 4 sec down. Pay attention to leg axis!

Strengthening

K874 Lying, sitting, dyn. trunk movement
 Legs pushed through.
Static: Lying or sitting.
Dynamic: Slowly move the upper body back and forward.

Strengthening

K875 Knee stand
 Use a soft mat.
 Place knees symmetrically on support.
 Keep upper body upright.

Stretching/Strengthening

K876 Trunk bend with stick
 Legs straight. Bend the upper body forward and hold in final position.
 Arms outstretched, use a stick as an aid if necessary.

Trunk control

K877 Sitting
 Align the body position symmetrically to the zero position. Pay attention to the leg axis.
 If necessary, use a cushion as an aid.

Trunk control

K878 Sitting with exercise routine
 Align the body position symmetrically to the zero position. Exercise sequence: Ring is placed in the left hand. The child passes the ring from left to right and places it on the stand.

Arms/Shoulders

K879 Push-up with support
 Push-up with arms outstretched.
 Depending on the leg position of the accompanying person or less body weight is transferred to the arms and shoulders.

Application recommended 10 times per week, 15 minutes session, choose exercises depending on your goal.

Repetition
 Frequency
 Duration in minutes
 TiltTable angle
 Position / Amplitude
 Wobble

Visit us on the internet at www.galileo-therapy.com

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 Get fit. Stay fit.

Application images courtesy of the practice for neurological rehabilitation Siebold, Berlin.

I – Children's TiltTable Delta Mini