

Benefits for children

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

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

Frequency range of the Galileo[®] Mano Dumbbell



Recommendation training plan per week daily Break between exercises

Stretching (a) Strengthening (b)

18-22 26-32 1-2 min W 0-2



K901 Straight arm lift up and down
Dumbbell is **horizontal** – With or without support.
Upper body straight. Arm extended forward.
(elbow remains extended)
4 seconds up, 4 seconds down.

Stretching (a) Strengthening (b)

18-22 26-32 1-2 min W 0-2



K902 Straight arm lift up and down
Dumbbell is **vertical** – With or without support.
Upper body straight. Arm extended forward.
(elbow remains extended)
4 seconds up, 4 seconds down.

Stretching (a) Strengthening (b)

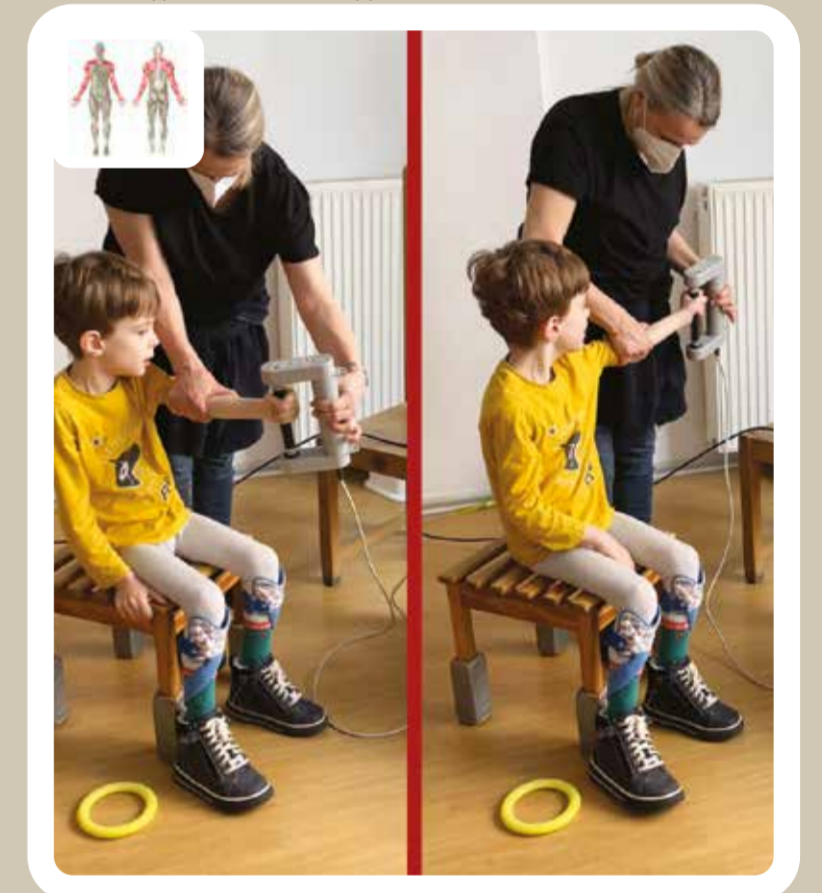
18-22 26-32 1-2 min W 0-2



K903 Arm curls
Dumbbell is **horizontal** – With or without support.
Upper body straight. Forearm bent 90°.
Move forearm up and down.
4 seconds up, 4 seconds down.

Stretching (a) Strengthening (b)

18-22 26-32 1-2 min W 0-2



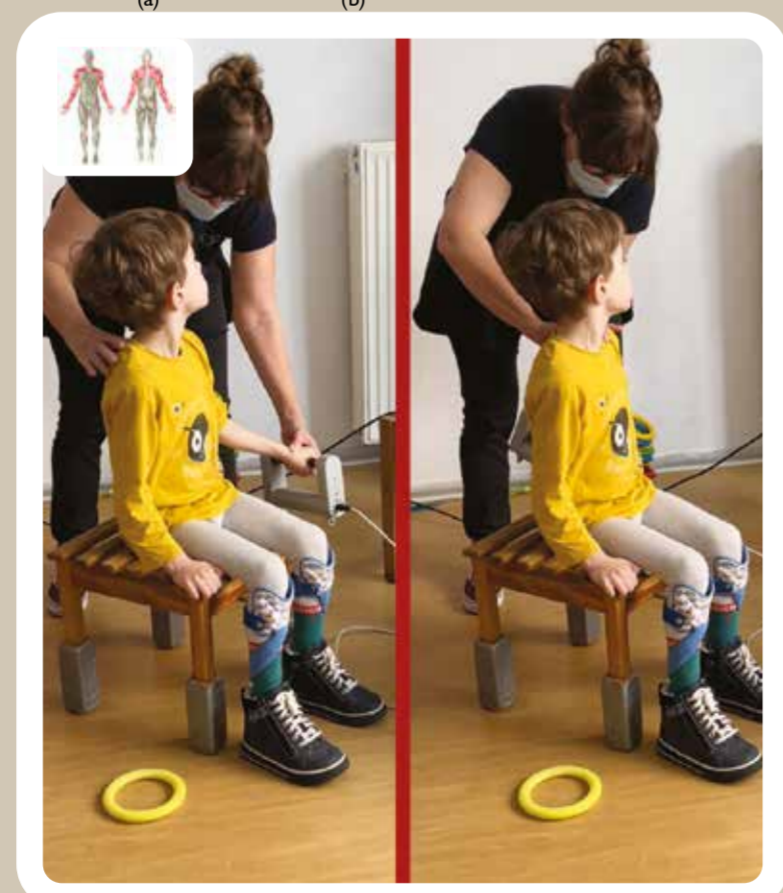
K904 Rotate arm sideways
Dumbbell is **vertical** – With or without support.
Upper body straight. Arm extended horizontally, elbow remains extended.
Rotate arm sideways.
4 seconds outward, 4 seconds inward.

Leo wishes you lots
of fun with Galileo



Stretching (a) Strengthening (b)

18-22 26-32 1-2 min W 0-2



K905 Move arm back and forth
Dumbbell is **vertical** – With or without support.
Upper body straight. Stretch arm sideways slightly away from body.
Move arm back and forth as far as possible.
4 seconds backward, 4 seconds forward.

Stretching (a) Strengthening (b)

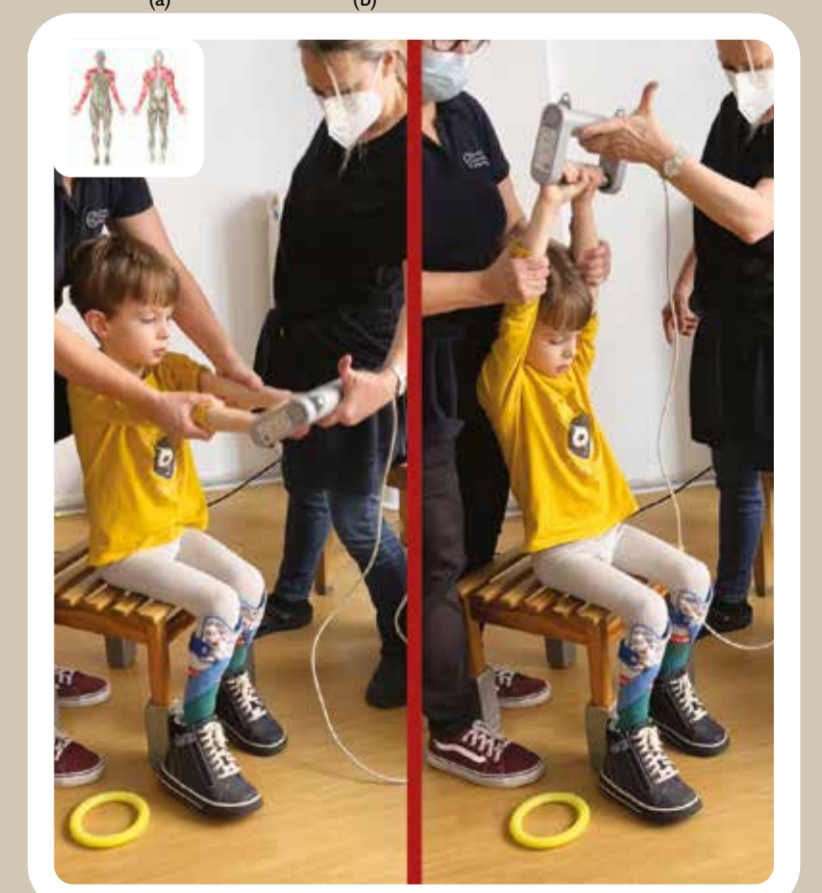
18-22 26-32 1-2 min W 0-2



K906 Rotate forearm
With or without support.
Upper body straight. Arm extended forward.
Rotate forearm (dumbbell is alternating from vertical to horizontal).
4 seconds vertical, 4 seconds horizontal.

Stretching (a) Strengthening (b)

18-22 26-32 1-2 min W 0-2



K907 Lift both arms
With or without support.
Upper body straight. Arms extended forward, dumbbell held with both hands.
Raise arms up and down.
4 seconds up, 4 seconds down.

Application Recommendation 10 times per week, 15 minutes session, selection of exercises depending on the training objective.

Repetition Frequency Duration in minutes 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 Galileo Mano 20, Age 2-10