

pedalo®



Vestimed®

653 355

play, sport and therapeutic equipment

Holz-Hoerz

... the Makers of pedalo®

Vestimed®

The special feature of Vestimed is the spring system, which allows all exercises to be carried out in an instable stand. The impulses to the nervous system and muscles are intensified and the training becomes more effective. Posture and movement coordination will be improved noticeable. Vestimed is for prevention and for rehabilitation (e. g. Parkinson, stroke, MS) and improves the following skills: Balance, differentiation, orientation, rhythm, reaction, shifting, coordination, strength and endurance. Training is done while standing up, sitting or in quadruped position and with or without the use of hand and foot straps. Vestimed can be used either for leisure, health, or pro-sports, as well as in therapy after injuries to the loco-motor system. For people with neurological deficiencies as in Parkinson, the brain function and nervous system get lots of impulses and are therefore trained. Preselected spring strenghts, adapted to body weight, provide optimal effect. By the use of the new hooking-in system, an individual pre-tension of hand and leg straps, adapted to users' physical capability, can be adjusted.



Specification:

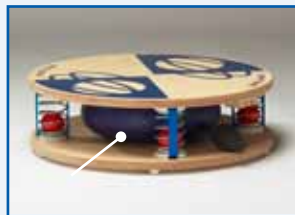
ø 55 cm, height 19 cm, multiplex birch wood, slip and water resistant surface, 4 Resistance-Tubes, 4 fixing loops, each 1 pair of hand and leg straps. Weight 7.4 kg.

Recommended accessories:

Vestimed® air cushion

With the Vestimed® air cushion the resistance of the platform can be infinitely adjusted on the weight and physical capability of user. Less air = unstable, soft platform. When using the air cushion in combination with the Vestimed®, we recommend to use the Spring Board with the lightest spring tension.

Item-no. 653 391



Holding Rack with platform - please see catalogue

Item-no. 653 089

Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Looking ahead

PRACTICE:

Find your balance and try to stand motionless. Your movement correction will become more and more precise. The stand surface should be horizontal and not instable. Stand quite relaxed for 30 sec., repeat 2 times.

VARIANTS:

- Do up-downs (repeat 10 times)
- Keep downhill squat for 10 sec. each (repeat 3 times)
- Keep toe stand for 5 sec. each (repeat 6 times)
- Keep heel stand for 5 sec. each (repeat 6 times)



Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bent knees. Looking ahead.

PRACTICE:

Find your balance and try to stand motionless. Stretch your arms sidwise and turn your head for 5 seconds left, looking on your hand, then do so to the right. Your movement correction will become more and more precise. The stand surface should be horizontal and not instable. Stand quite relaxed for 30 sec., repeat 2 times.

VARIANTS:

- as before, but with having a ball in the hand of viewing direction
- as before, but with closed eyes

Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Looking ahead.

PRACTICE:

Find your balance and try to stand motionless, quite relaxed. Throw your head back and look up. Keep your balance. Afterwards looking ahead for 5 sec. Repeat 3 times.

VARIANTS:

- a) Circle your head
- b) practices with closed eyes

Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Looking ahead..

PRACTICE:

Find your balance and try to stand motionless. Stretch your arms sidewise and turn your head for 5 seconds left, looking on your hand, then do so to the right. Your movement correction will become more and more precise. The stand surface should be horizontal and not instable. Now close your eyes for 20 seconds. Try to keep your balance through finest movement corrections. Repeat 2 times.

VARIANTS:

- Do up-downs (repeat 10 times)
- Keep downhill squat for 10 sec. each (repeat 3 times)
- Keep toe stand for 5 sec. each (repeat 6 times)
- Keep heel stand for 5 sec. each (repeat 6 times)

Vestimed®



INITIAL POSITION:

In standing position. Place your feet centric on the Vestimed® in an one-legged position with slightly bended knees. Your free leg touches the ground with the toes rear.

PRACTICE:

Shift your weight directly over your free leg and stabilise this position for 20 seconds. Now change the supporting leg. The stand surface should be horizontal and not instable. Repeat 1 time.

VARIANTS:

- a) Straighten your supporting leg briefly, back leg lifts off, then go back again
- b) Straighten your supporting leg, back leg lifts off. Pass over the Vestimed® ahead to place your foot in front of Vestimed® on the ground (to pass a pedestral)
- c) Straighten your supporting leg, back leg lifts off. Pass your leg along the Vestimed® sidewise ahead and come back over the Vestimed® into initial position
- d) same as c) but opposed

Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Looking ahead.

PRACTICE:

Lead your lifted leg in an angle in front of you. Find your balance and try to stand motionless. Your movement correction will become more and more precise. The stand surface should be horizontal and not instable. Do so for 15 seconds, get down, then do so for 15 sec with the other leg.

VARIANTS:

- Splay out your lifted leg, bend your supporting leg as far as the toes of your lifted leg touch the ground. Repeat 5 times each leg
- Horizontal balance

Vestimed®

PRACTICE WITH THE CROSSED RESISTANCE TUBE



Variant a)

INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Hold the crossed resistance tubes in front of you.

PRACTICE:

Lead your crossed arms in front of you from top down. Keep shortly and come back into initial position. Repeat 10 times.

VARIANTS:

- a) Raise your arms up and down alternately (repeat 10 times)
- b) Same as a) but splay out your left leg (one-leg-stand) when pushing with your right arm and vice versa
- c) Do the former exercises with closed eyes



Vestimed®



Variant a)

INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Hold **one** of the resistance tubes with both hands.

PRACTICE:

Put your elbows in your hip. Bend now your forearms. Keep shortly and come back into initial position. Repeat 10 times.

VARIANTS:

- Raise your nearly straightened arms from the bottom up in front of your body. Keep this position shortly and come back into initial position
- Same as before but doing with 2 separately suspended tubes.

Vestimed®



INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. Hold **one** of the resistance tubes with both hands.

PRACTICE:

Lead your nearly straightened arms in front of you from the top down and move your free leg back simultaneously.

VARIANTS:

a) Do the same exercise with an additional resistance tube fastened on your leg



Vestimed®



Variant a)

INITIAL POSITION:

Standing on the Vestimed® in width of hip, upright position, knees are slightly bent. One of the leg straps is fixed on your free leg.

PRACTICE:

Lead your free leg in front of your supporting leg from inwards to outwards against the resistance. Keep tension for 3 sec. (abduction). Repeat 5 times each leg.

VARIANTS:

a) Lead your free leg from outside inwards against the resistance and cross your supporting leg in doing so. Keep tension for 3 sec. (adduction). Repeat 5 times each leg.

Vestimed®



Variant a)

INITIAL POSITION:

In standing position. Place your feet on the Vestimed® in width of hip, in an upright position with slightly bended knees. One of the leg straps is fixed on your moving leg.

PRACTICE:

Lead your free leg against the resistance from back to front (lift and straighten your leg).

VARIANTS:

a) Move your free leg against the resistance from front to back until your trunk and free leg build a line.

3D-VESTIBULAR-MOTOR-COORDINATION-COURSE

Coordinative muscletraining

For the stress in everyday life and in sports we do not need piles of muscles, but qualitative muscular capacity laid out for a safe movement. The better the interaction of all muscles works, the more effectively and confidently are our movements. The interaction between our muscles has gone lost through largely passivity. Unsystematic strength training is not enough to revitalize this ability. It requires sophisticated coordinative muscle training. That's why "intelligent" muscle training must not be oriented only in growing of muscles but have to enhance all components which are influencing muscles capacity.

The stabilization of the spine and joints is improved in the neutral position especially by a low pressure on the deeper small muscles. For large-scale movements (e. g., upper body rotation) it's up to the superficial large muscles and stabilizers to take over the stabilizing tasks.

For both fields the Coordination-Course, especially the Vestimed® as individual station, offers specific proprioceptive-coordinative exercises, which improve the muscular self-regulation and motor control additionally.

The more sensory motion information is recorded and stored, the more certain are the motion responses and the finer and economical are our movements. This will be reached by exercising on unstable surfaces with versatile movement patterns.

Thus the 3D-Vestibular-Motor-Coordination-Course is not only used for a healthy back, but also plays a central role in optimizing the physical capacity in recreational and youth sport, professional sport or for therapeutical issues and prevention.

Based on the know facts that a stable internal system means the base for the optimum function of the large muscles, we will achieve that dynamic stability we need for the everyday life and leisure time, by exercising with Vestimed®



Vestimed® in sport activities

3D-VESTIBULAR-MOTOR-COORDINATION-COURSE

... The comprehensive training along the body axes

Optimises:

- Reception and processing of information
- Ability to balance and react
- Concentration and attention span
- movement coordination and technical skills

this results in:

- Regaining and maintaining of motor skills
- Improvement of body perception, body awareness and movement safety (fall prevention)
- Stabilization of the whole posture for protecting the joints
- Increased efficiency
- Increased frequency of movement
- Shorter response times



Dear customer,
 the article you have chosen is made of natural wood. Differences in colour, structure, grain, small included knobs or scars prove the genuineness of our product. They are natural and therefore features of using original wood and no quality reduction.

Important warning information:

For the use of this device a certain degree in motor abilities and circumspection is assumed. In case of doubt first use device only with assistance



printed copies also partially are not allowed.



Stabilisation



Development



Balance



Fitness



Fun&games



Workout



Co-ordination



Prevention



Strengthening



Sport

8_1_10/09

Your specialized trade:

Holz-Hoerz

... the Makers of pedalo®

development, production
and sale

Made in Germany

Holz-Hoerz GmbH
Lichtensteinstr. 50
72525 Münsingen
(++49) 0 73 81-9 35 70
info@pedalo.de
www.pedalo.de