

Valedo® Therapy Concept

For a Healthy Back



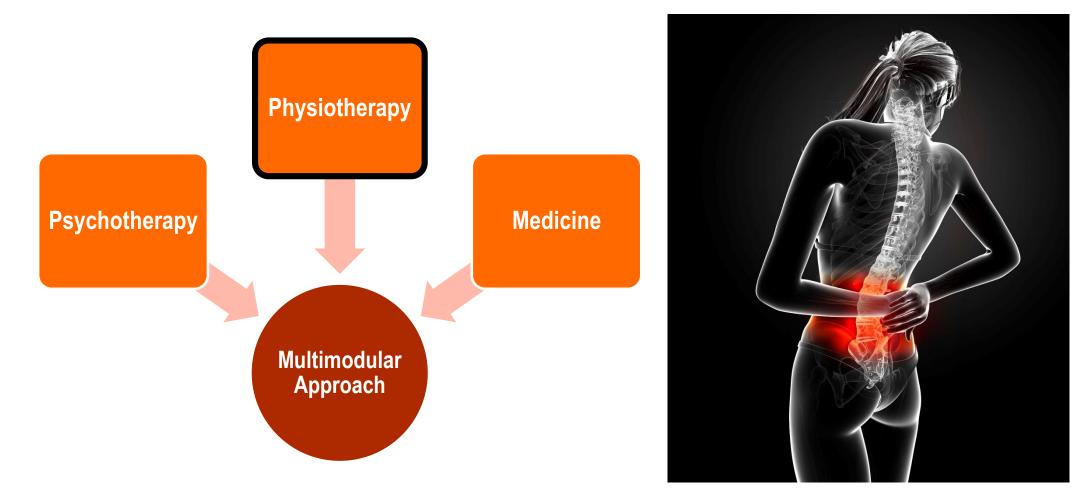
What Does Back Pain Therapy Look Like In Your Clinic?





Exercise Therapy Recommended By European Guidelines

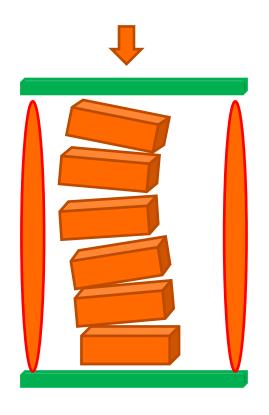




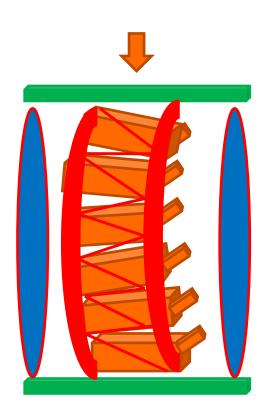
Airaksinen, O., Brox, J. I., Cedraschi, C., Hildebrandt, J., Klaber-Moffett, J., Kovacs, F., . . . Zanoli, G. (2006). Chapter 4. European guidelines for the management of chronic nonspecific low back pain. *Eur Spine J*, 15

The Secret to a Healthy and Stable Back Lies within the Small Core Muscles. Why?





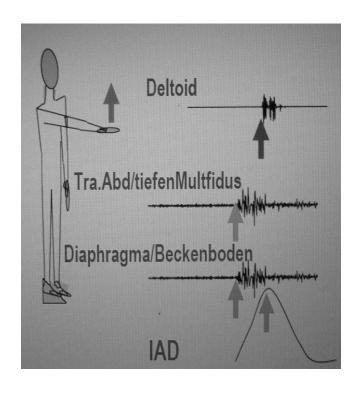
Global Stabilisation



Segmental Stabilisation

Correlation of Segmental Stabilisation and Back Pain





TIMING!

In back pain patients, the transversus abdominis is delayed by ca. 120 milliseconds.

In 75% of back pain patients the segmental control is impaired. That means, the «deep corsett» is only activated AFTER the activation of the global muscles.

By specifically training segmental stabilization, the frequency and extent of chronic back pain declines significantly.

STRENGTH IS NOTHING WITHOUT CONTROL!

Hodges et al. 1996; Macdonald et al. 2006; Smith et al. 2007; Marshall 2009

What Is Done in Conventional Back Therapy?





What Are the Challenges?





For Patients

- Motivation to exercise?
- No compliance at home



For Therapists

- Difficult to provide real-time feedback
- Lack of objective information

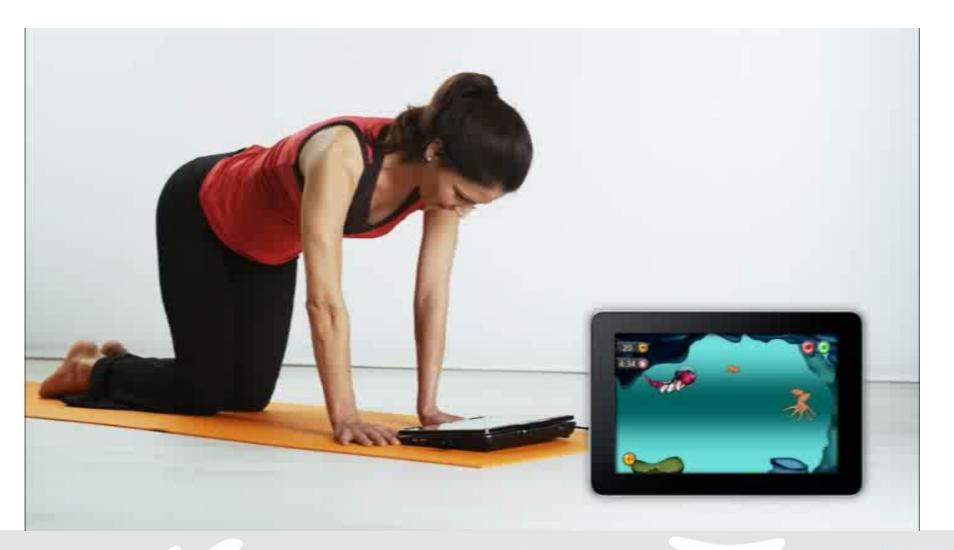
Prof. Dr. Jan Kool about the Valedo®Motion





Valedo®Motion Provides Real-Time-Feedback





Valedo®Motion – Back Therapy in Motion



- Clinical Assessment and Reporting
- Customized Therapy Plans
- Accurate Real-Time Feedback
- Motivating Exercises
- Treat More Patients





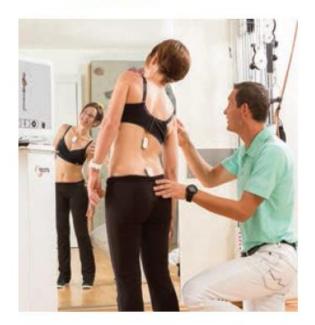
Valedo®Motion – How It Works



Start software & apply sensors



Perform assessments & exercises

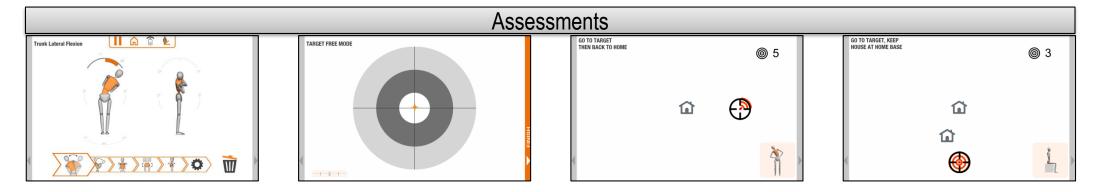


3 Analyze the progress



Valedo®Motion – Assessments and Exercises for Several Therapy Benefits (Examples)



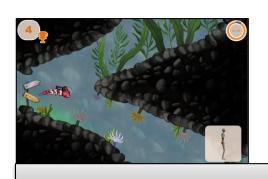


Mobilisation

Stabilisation

Movement Awareness

Isolated Movement

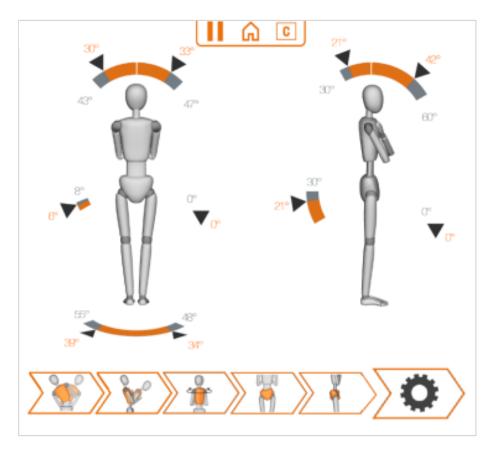


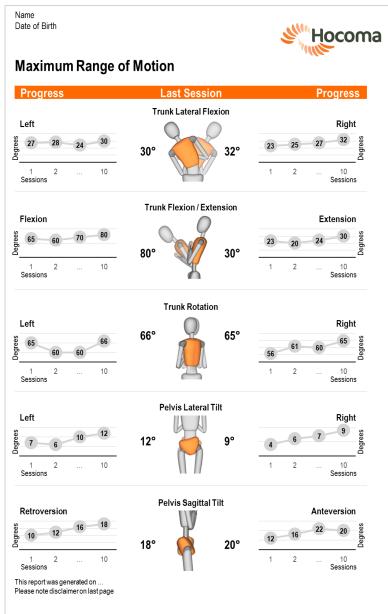






Exercises







V-GOAL



Repetitions

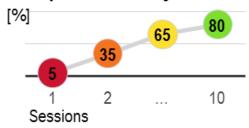


Trunk Flexion / Extension

1

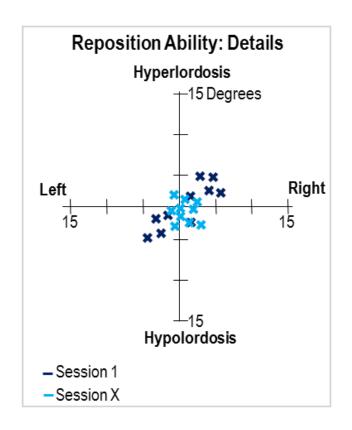
Last session: 4
Total: 32

Reposition Ability



Smoothness

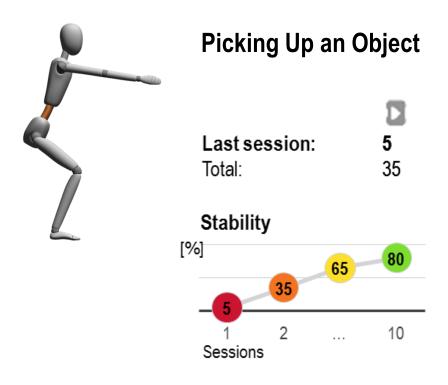


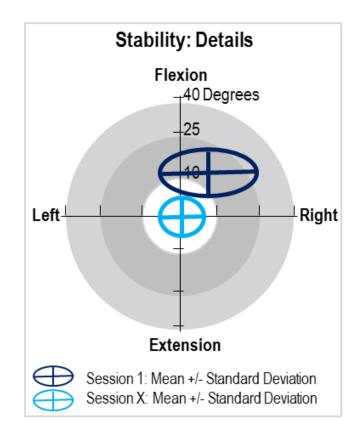


Target



Repetitions





What is New in ValedoMotion 2.0?



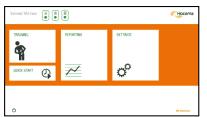




• 3 sensors on body for additional exercises (e.g. rotation)



- Shorter setup time
- Improved workflow



- New software with professional focus
- Many more assessments, clinical reporting, new exercises



Flexible – therapists can use own notebook *

^{*} Minimum requirements for hardware and software



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Clinical Examples



Clinical Experience of a Valedo®Motion Pioneer



"As the sensitive sensors of the ValedoMotion capture even the smallest movements, the feedback to patients is excellent. As a result, the ValedoMotion is a huge communication aid when practicing, carrying out and measuring the success of more precise movements with patients."

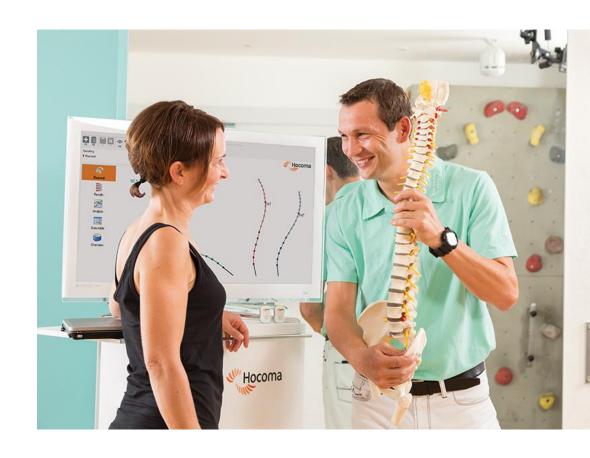
Kevin Eisele Schwäbisch Gmünd Rehabilitation Center, Germany



Isabell Eisele – Running Again



- Suffering from two herniated discs since 2013
- Severe restriction in her mobility due to lower back pain when running
- Training with ValedoMotion together with a therapist
- Able to run more than 3km without feeling any pain



"With the ValedoMotion I can target a specific movement and concentrate on improving it."

Improved Efficiency with Group Settings





Clinics Increase Therapy Efficiency With The Valedo®Motion

Rehabilitation Center Zihlschlacht







Successful Integration of the Valedo® Therapy Concept



"For me as a physiotherapist, it is extremely important that my patients also exercise at home. If they don't, we make very slow progress in remedying their back pain."

"I initially thought that this therapy would only be of interest to young male patients. However, I found out that the ValedoMotion and the Valedo are equally suitable and highly motivating for all my patients."

Wilbert Derksen

Clinic in Rorschach, Switzerland



Marian Keller – Regaining her Zest for Life



- Marian diagnosed with Multiple Sclerosis 38 years ago
- Poor movement patterns due to her illness
- Training with ValedoMotion together with a therapist and Valedo at home

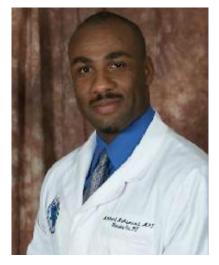


"I not only improved my mobility, but also my zest for life!"

What Clinicians Say

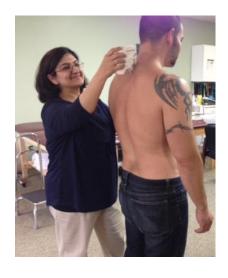


"ValedoMotion and ValedoShape are great "tools" to have in your physical therapy tool box. It is a great tool for use with a wide variety of patient conditions such as post-operative patients who are not yet able to make large motions of the spine and require stability or geriatric patients who require more controlled motion of the spine. It is also useful for assessing progress and allowing patients to visualize the progress in real time."



Dr. Muhammad Hands-On Physical Terhapy and Athletic Center, USA

"The ValedoMotion und ValedoShape are excellent additions to my practice. I find the objective data useful in determining therapy goals with patients and to monitor progress. The device is very helpful to teach stabilization and mobilization while providing patient real specific feedback. There is nothing out there that offers this type of feedback."



Dimple SinghPT Chesterton,
USA



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Case Study



Meet Miss Meyer, Employee in a Supermarket

45 Years, Chronic Back Pain for 3 Years





Quelle: http://www.focus.de/kultur/kino_tv/focus-fernsehclub/37-grad-traumjob-kassiererin-abkassiert_aid_407578.htn



Stehen









Konturlinie

Inklination 3D Wirbelsäule

Aufzeichnen





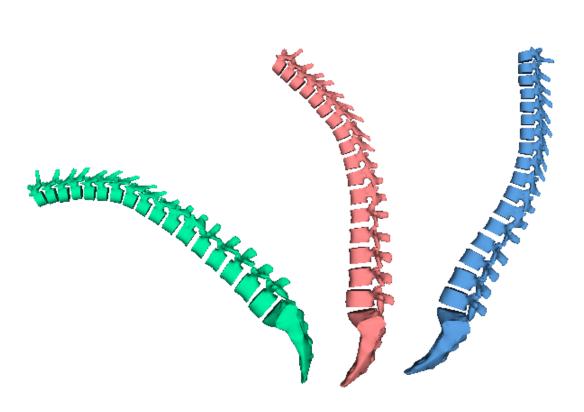




Datentabelle



Übersicht





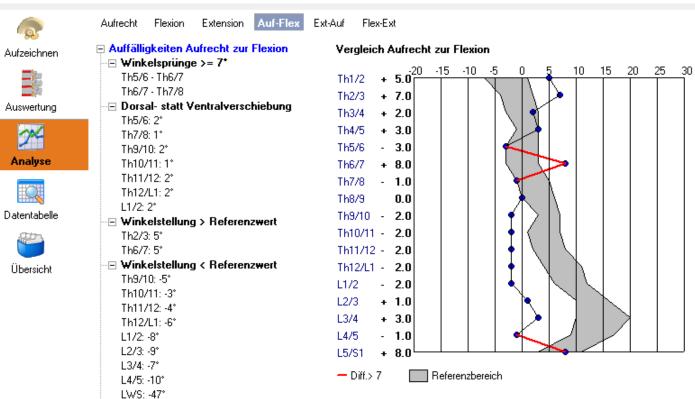
Inklination

Inklination unter Referenzwert: -52°

Stehen

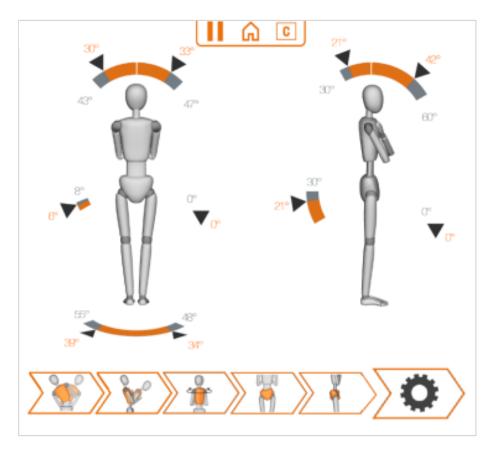


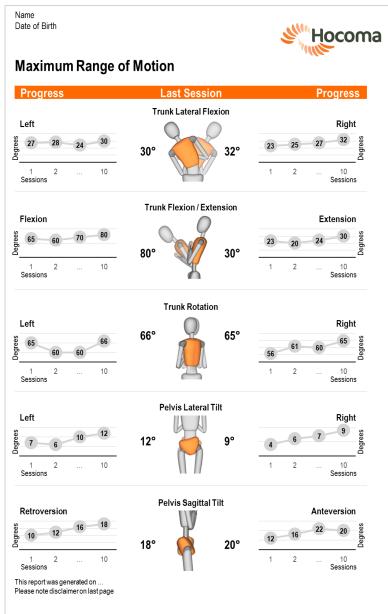




Illustrative

We move you







V-GOAL



Repetitions

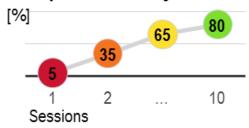


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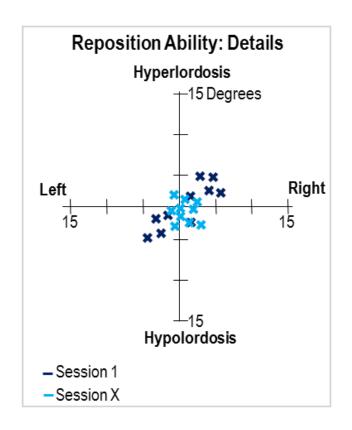
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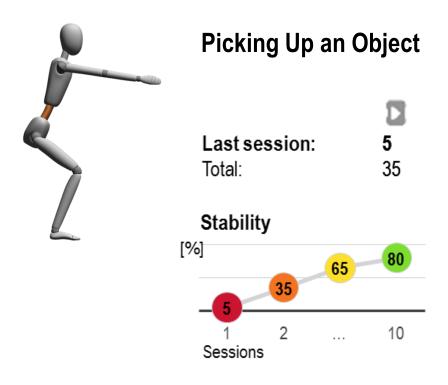


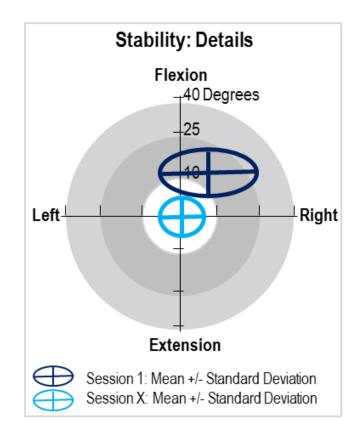


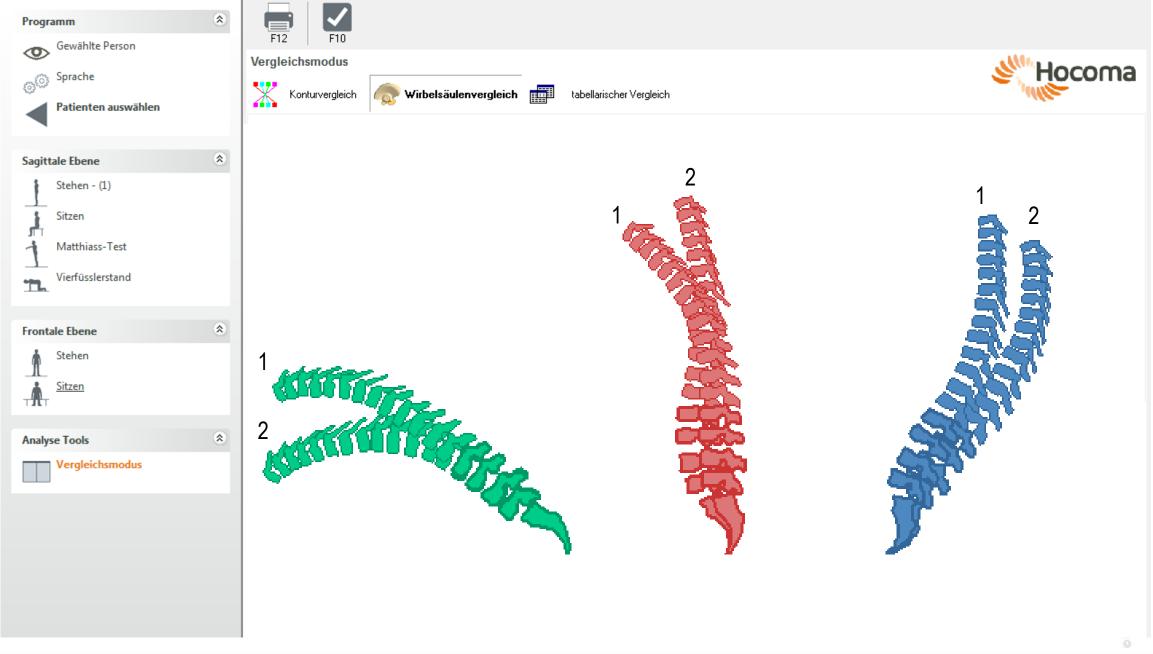
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Repetitions









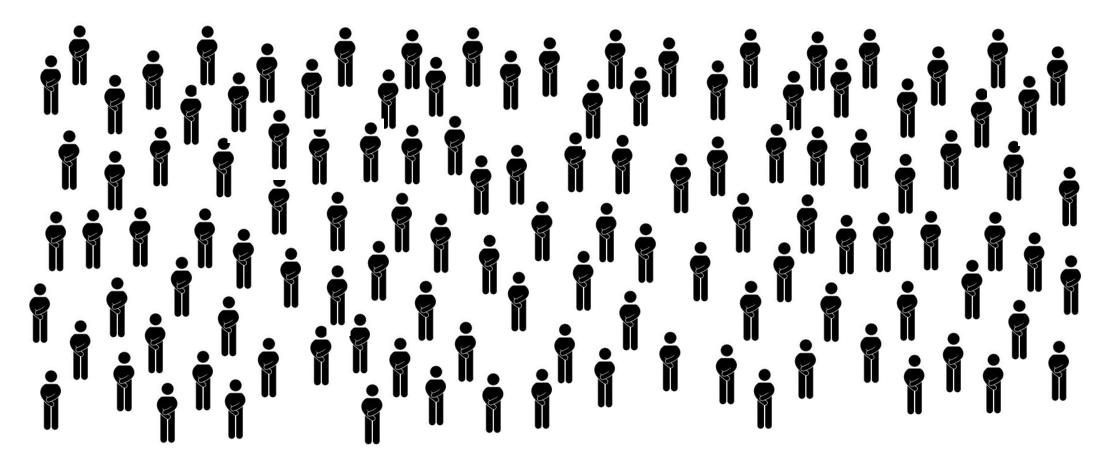
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Additional Slides



Who Has Experienced Back Pain?

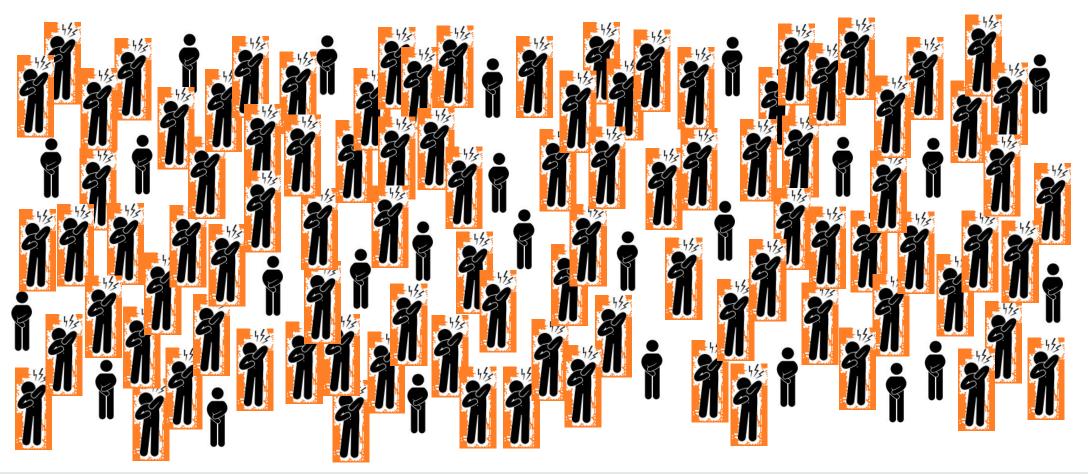


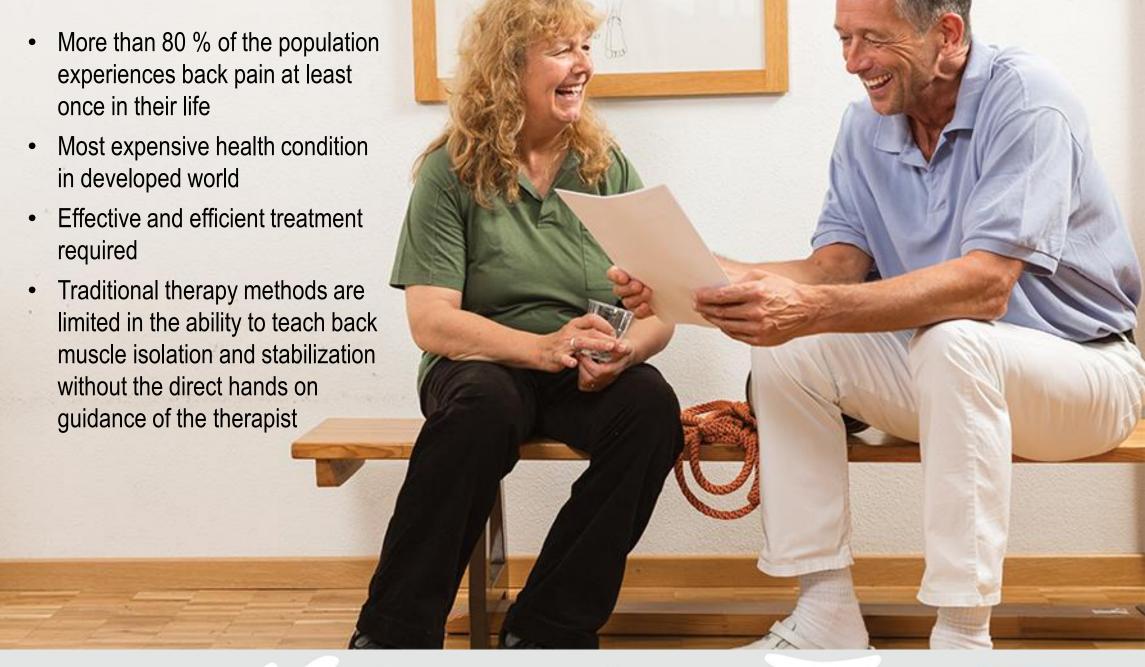


Almost Everybody!



80% will have back pain in their life



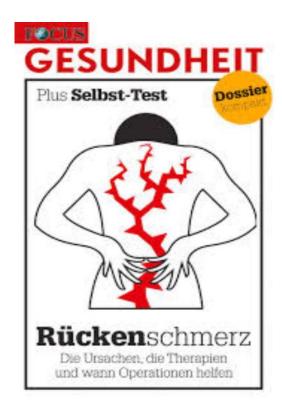


Back Pain Therapy Seems to be on Everyone's Lips









Valedo Recognized as Revolutionary







DeviceMed





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Thank you for your attention

For a Healthy Back

