



New!

INNOWALK

Up, Stand and Move
for adults with motor disabilities

Movement
improves mental
and physical
health

 made for
movement



SEDENTARY ADULTS

Adults with motor disabilities often have a daily life characterised by sedentary behaviour – much more than most people. This inactivity increasingly causes health problems such as fatigue, muscle and skeletal pain, type 2 diabetes and heart diseases.

Sedentary behaviour can lead to feelings of isolation and affect both mood and energy levels. Many people who feel that their independence is reduced due to mobility, fear becoming a burden to those around them. At the same time, it is challenging to find physical activities that can be performed on a daily basis.

Adapted physical activity is important for preventing a variety of diseases and conditions, and is very important for compensating for a disability.

Today, the WHO recommends a minimum of 60 minutes of physical activity daily.

(Saxton JM et al., 2012; Mark D. Peterson et al. 2015).

MOTOR IMPAIRMENT? **NOT AN OBSTACLE!**

Made for Movement has developed Innowalk, an assistive device that is adapted to the individual user, which can be used regardless of their functionality level.

The helping aid provides the necessary and safe support in order to assume an upright position while providing assisted, guided and repetitive movements.

The speed can be adjusted easily and there are accessories you can attach to enable arm motions, which allow for activity for even larger parts of the body.

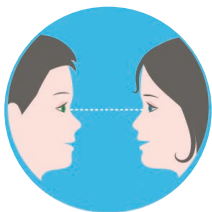
Innowalk facilitates and allows for light physical activity that helps to:

- **Improve everyday life**
 - Reduce pain
 - Improve digestion
 - Improve sleep
 - Improve mental health
- **Maintain and/or improve functions**
- **Prevent heart problems**





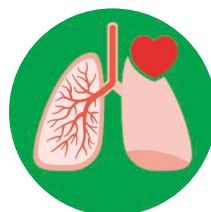
Recent research shows profound health benefits when sedentary behaviour is replaced with physical activity (Saxton JM et al., 2012; Mark D. Peterson et al. 2015. Verschuren et al., 2016; Katzmarzyk, 2010).



SOCIAL INTERACTION participation and communication with others at eye level



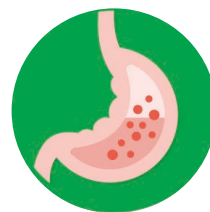
SKIN INTEGRITY issues are prevented through pressure relief and increased blood flow



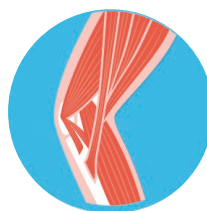
RESPIRATION AND CIRCULATION are positively affected by vertical positioning and activity



ACTIVE STANDING POSITION is physical activity



GASTROINTESTINAL FUNCTION is stimulated in an active standing position



ACTIVE STRETCHING OF MUSCLES AND JOINTS
Prevents contractions and deformities, as well as reducing muscle tone



MENTAL FUNCTION is positively affected in an active standing position



BONE MINERAL DENSITY is developed through good nutrition, weight-bearing and muscle use

Research has proven that there are **several benefits of active standing**

FINANCING THE INNOWALK

Affording an assistive device to improve participation in home, work, school and community settings may be difficult for individuals with disabilities and their families. Reimbursement options differ from one country to the next, so before applying, take a moment to assess the lay of the land where you are.

There are many possible funding sources, and here are some examples:

- health insurance companies
- vocational rehabilitation programs
- disability-focused local or national organizations known for funding assistive devices
- private funding
- fundraising activity
- loan programs that grants low-interest loans to people with disabilities

Our consultants are well trained to deal with any concerns you may have at any stage of the application process. Please contact us if you need advice.

Who can benefit from activity in the Innowalk?

Patients with:

- Traumatic Injuries
- Spinal cord injury
- Diseases and Congenital Conditions, such as:
 - Cerebral palsy
 - Muscular dystrophy
 - Multiple sclerosis
 - Spina bifida
 - ALS (Lou Gehrig's Disease)
 - Arthritis
 - Parkinson's disease
 - Essential tremor

INNOWALK SIZES FOR ADULTS



Innowalk Medium

User height: 125-170 cm

User weight: max 65 kg

Measurements

Width	76 cm
Length	150 cm
Height	210 cm
Weight	111 kg



Innowalk Large

User height: 160-200 cm

User weight: max 95 kg

Measurements

Width	76 cm
Length	170 cm
Height	210 cm
Weight	118 kg

AVAILABLE ACCESSORIES



- Provides extra support for the head

Neck support (M, L)

Art.no

M 105066

L 105065



- Can be individually adapted

Head-support

Art.no

Wide padding 301646



- Stimulate arm and hand function
- Increased training effect

Arm-movement handles

Art.no

M 103335

L 301389



- Number of steps
- Time
- Speed
- Progress reporting

Display

Art.no

105402









Shoulder-straps		<ul style="list-style-type: none"> • Upper body support 
	Art.no	
M complete	103569	
L complete	301404	

Table		<ul style="list-style-type: none"> • Social interaction • Support of hands and forearms for better stability • Increases the feeling of security 
	Art.no	
M	103571	

Side-support w/ belt		<ul style="list-style-type: none"> • Prevents asymmetry • Supports alignment 
	Art.no	
M/L		
W 18 - 25	301801	
W 24 - 31	301806	
W 28 - 35	301807	
W 34 - 41	301808	
W 34 - 41	301811	
W 40 - 42	301812	

Transport trolley		<ul style="list-style-type: none"> • Enables safe transport 
	Art.no	
M/L	301413	

MEET MAY-BRITT

May-Britt is a 46-year-old mother of two who lives with her children in a bright and cosy home. We visited her and had a chance to chat with this nice, highly enthusiastic lady.

May-Britt was diagnosed with multiple sclerosis (MS) ten years ago. Since then, her function level has gradually deteriorated and she currently relies on a wheelchair to get around.

Being in a good mood to train

Once inside the apartment, we can't make out anything less than a good mood. The assistant Hilde (one of May-Britt's three personal assistants) is visiting her, and May-Britt's daughter is also home with her on that day. It is clear that they have good cohesion between them because there is an abundance of laughter and the house is characterised by a relaxed atmosphere.

"I've got great help," says May-Britt while she shows the various adaptations in the apartment, such as electric window and door openers.

Multiple Sclerosis (MS):

Multiple sclerosis (MS) is a chronic disease that attacks the central nervous system (brain and spinal cord). The disease appears in the form of relapses, which causes different symptoms. Some people only get symptoms once, while others may become severely handicapped. Approx. 140 000 people have MS in Germany. The diagnosis is 2.5 times more frequent in women than in men.





"My assistant helps me at home and handles things for me, and then I have someone else who comes three times a week to assist me with the Innowalk. It works extremely well for me."

It is clear that these three days are important for May-Britt. Much of her everyday life is spent in a sitting position, so she gets great pleasure in moving and being active in a standing position.

"I simply love the Innowalk. It gives me such an incredibly good feeling and, to say the least, many health benefits. My digestion improves, not to mention my back. The movement also helps my hips, which are very stiff."

In addition, she mentions the mental benefits of using Innowalk.

"Being able to move puts me in a good mood. Being up and moving is absolutely incredible," says the mother of two.

May-Britt relies on assistance to get into the Innowalk. She used to get more training just a few years ago, however, she gets less training since she has a reduced level of function and her access to help has decreased. Therefore, she is very happy to have discovered Innowalk.

"I sat and did some googling, and then I found Innowalk online. I got help at the Technical Aids Centre, but I had to do a large part of the application work myself," she says.

She adds that not everyone knows about the assistive devices out there and what benefits they have.

Choosing to focus on the positive

It is clear that May-Britt chooses to look on the bright side of life.

"I won't do it otherwise. I had set a goal to get up and walk again." At least she now is able to get upright and move with some assistance.

She re-emphasises the importance of good mental health.

"The mental bit is imperative when you have MS, so I try to avoid brooding over things. The most important thing is to keep myself active; keep myself compliant. The positive, good feeling I get from walking – I enjoy it all."

I wish everyone knew about Innowalk. Everyone in situations like mine should be able to experience what it's like to be in motion, with all the good benefits it brings.

MAY-BRITT

MEET SAMUEL KOCH!

Samuel Koch is a 31 years old former stuntman and acting student, who was seriously injured after jumping moving cars on the live German TV show *Wetten dass...?*

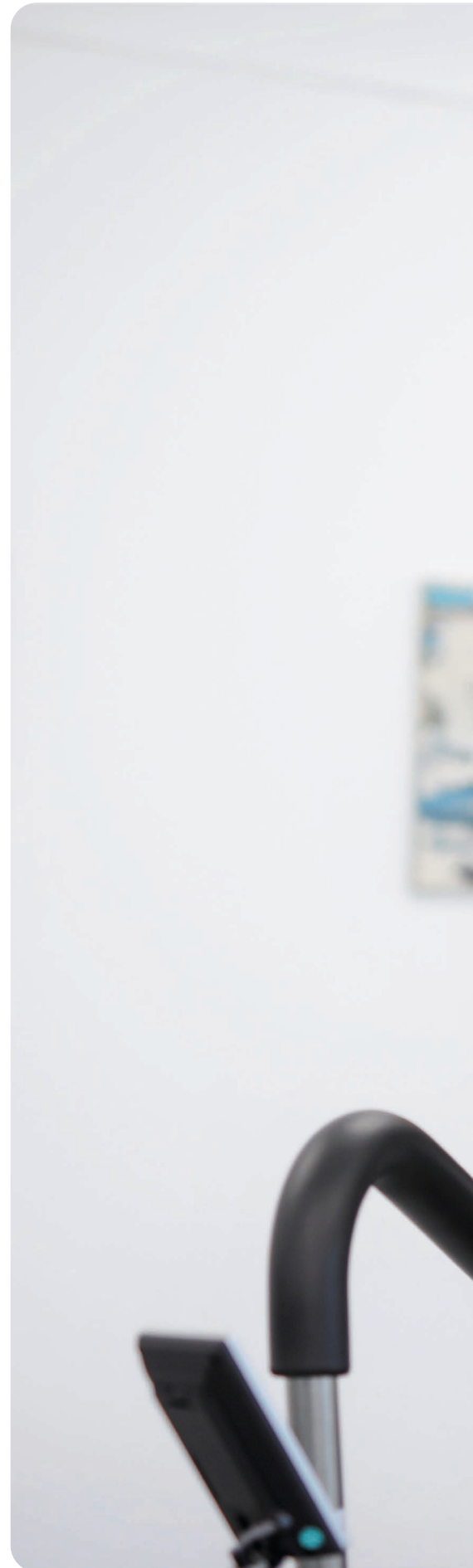
Samuel is now paralyzed from the neck down from an incomplete spinal cord injury, and he needs assistance with practically everything.

From extreme sports to a life in wheelchair

Samuel was one of the candidates on *Wetten, dass ...?*, presenting probably one of the riskiest stunts the show had ever seen. The German TV format is a platform for people to bet and is one of Europe's most seen shows.

"I had been doing that jump so often that I almost knew it in my sleep," writes Koch in his biography entitled *Zwei Leben* (Two Lives). However, millions of viewers were live witnesses when the stunt went terribly wrong.

While wearing 'kangaroo' spring stilts, he jumped over the first three, but he got caught by the fourth car and crashed to the floor.





LOOKING TOWARDS THE FUTURE

Being fit for fight

Despite the life-changing incident, Samuel has got back his sense of humour and looks at life in a positive way. He started studying acting again and is now starring in both theatre productions, TV series and movies.

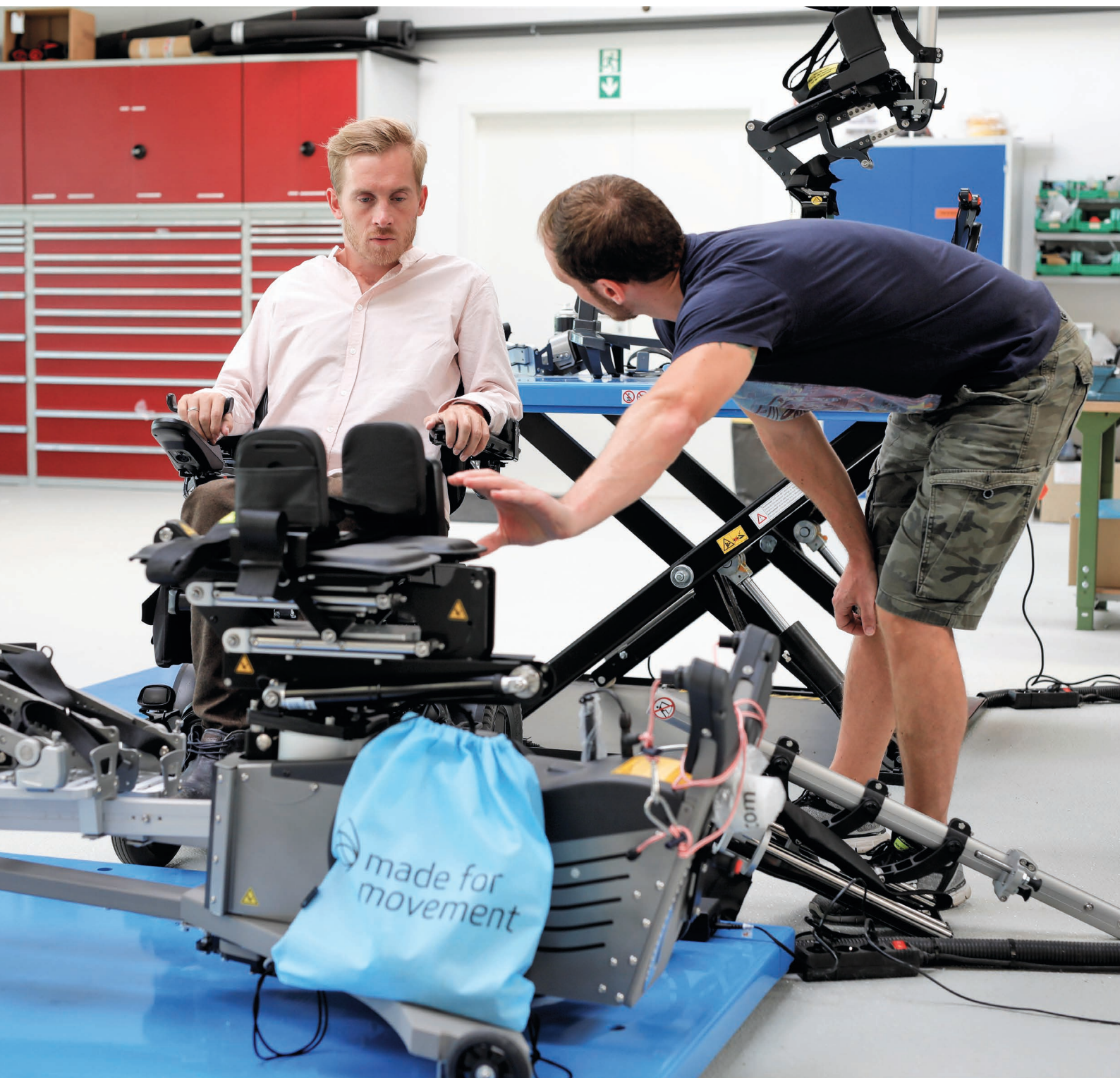
His work requires that he is in good shape, and being a former athlete, Samuel has been trying out a lot of different therapies to find the right training option.

The solution

At a rehabilitation clinic in Cologne he was introduced to the Innowalk Pro. He and his family were impressed by the simplicity, yet the flexible and highly efficient device.

In cooperation with his physiotherapist he is now exercising daily in the Innowalk Pro, and he really feels the effect of being in upright standing movement.





“ I have never used a device that provides such an intensive training of my body,
- I am actually out of breath. What a feeling!”

SAMUEL KOCH
ACTOR

For more information, please
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