



MOTION rehab

reach your potential

**Intensive Outpatient Neurological
Rehabilitation Centre**



MOTIONrehab Intensive Outpatient Neurological Rehabilitation

MOTIONrehab at Asquith House, Leeds, is the UK's first Intensive Outpatient* Neurological Rehabilitation Facility augmented by Robotics and Virtual Reality. The Centre of Excellence includes a range of upper and lower limb robotics and virtual reality technology. The **MOTIONrehab** centre will be the only location within the UK to combine these particular devices under one roof, giving the clinic International Reference Centre Status for treatment, teaching and research.

The new concept offers patients specialist one to one hands-on therapy from experienced and highly skilled clinicians. Uniquely, **MOTIONrehab** clients will also spend time training with the robotic and virtual reality devices individually and in groups. This allows patients to practise high repetitions of movements which is critical to neuroplasticity and the optimisation of outcomes.

What is Neuroplasticity?

The human brain is amazing! It is a highly organised and extremely skilled 'computer' that manages and controls all aspects of human movement and behaviour. Scientists and clinicians have known for years that certain parts of the brain are dedicated to certain functions. This is especially true when it comes to movement and activities. We also know that the more you repeat or practise a movement the bigger the area of the brain dedicated to that movement becomes ... Practise makes perfect!

This ability to learn and re-shape the brain and nervous system is called **Neuroplasticity**.





It is crucial that individuals have an opportunity to repeat and practise movement to cement the new connections

For re-learning to take place, movements need to be repeated and practised just as you would expect when learning to play a musical instrument or a new sport. This re-shaping and forming new connections in the brain happens throughout our lifetime. After injury or illness to the nervous system there is a window of opportunity where the brain reorganises itself at a rapid rate to compensate for the damaged areas. It is commonly believed this is in the first 2 years or so. However, after this time period the brain continues to make new connections, only at a slower rate.

So why is Neuroplasticity important?

After injury or illness of the brain or spinal cord the aim of rehabilitation is to promote the re-wiring of the nervous system (neuroplasticity) to "re-learn" the lost or damaged movements. The role of Neurological Physiotherapy aims to help individuals re-learn the lost or impaired movements. However the key to adopting the newly learnt movements is practise. It is therefore crucial that individuals have an opportunity to repeat and practise movements to cement the new connections. This is difficult to achieve with traditional physiotherapy and exercise alone! Increasingly, over the last decade or so Rehabilitation Technology has provided the means for mass practise and repetition. **MOTIONrehab's** International Reference Centre is the UK's first Intensive Outpatient Neurological Rehabilitation Facility to truly provide high repetition rehabilitation.

*Residential option available locally offsite

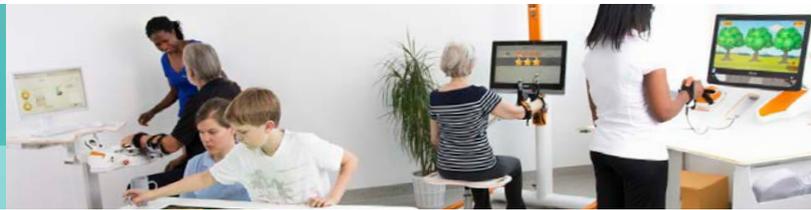


Why Chose High-Intensity Neurological Rehabilitation?

The aim of neurological rehabilitation following a stroke, spinal cord injury, head injury or other neurological conditions is to help the nervous system to re-learn the lost or damaged movements. Research suggests that the more we repeat and practise a task, the more likely the brain is to re-learn and reorganise to allow this movement pattern to be restored. This relearning is a natural process which happens throughout our lifetime but after neurological injuries studies have demonstrated that the speed of this restructure is fastest in the first 2 years. After this, progress can still be made but at a slower rate.

Higher intensity rehabilitation enables you to reach your potential

It is therefore crucial that individuals have an opportunity to repeat and practise movement to cement the new connections. This is difficult to achieve with traditional physiotherapy and exercise alone. Increasingly, over the last decade or so Rehabilitation Technology has provided the means for mass practise and repetition, however **MOTIONrehab** is the first clinic to truly use technology. High intensity training at the **MOTIONrehab**, Leeds clinic is the first and only facility in the UK to offer high intensity rehabilitation programmes with specialist 'hands-on' therapy augmented by robotics and virtual reality.



MOTIONrehab Packages

MOTIONrehab recognise that everybody is different and may come to us at different stages of their rehabilitation. Therefore, **MOTIONrehab** have three high intensity rehabilitation options. You will be advised which is the most clinically appropriate for you.

Package Costs

The package price is £6,400 for 80 hours of therapy. Payment is required in advance of commencing treatment. Full Terms & Conditions are available from info@motionrehab.co.uk

Residential Option

The **MOTIONrehab** clinic is based at Asquith House, Cliffe Park, Leeds LS27 0RY. It is easily accessible from Junction 27 of M62. There is assigned parking and the clinic is fully accessible. For patients who are travelling from further afield, **MOTIONrehab** has collaborated with the Village hotel, South Leeds, to provide accommodation, breakfast and evening meal packages for the duration of your treatment period at a discounted price. This accommodation option is an additional cost to the treatment package and is paid directly to Village, stating a discount code available from **MOTIONrehab** at the time of booking.

 MOTIONrehab	Hands On 1-2-1 Therapy	Robotics & VR Therapy	Number of days per week	Number of therapy hours per week	Number of weeks of rehabilitation	Total hours of rehabilitation	Lunch	Refreshment Breaks
OPTION 1	✓	✓	5	20	4	80		
OPTION 2	✓	✓	4	16	5	80		
OPTION 3	✓	✓	3	12	7	80		



Improving the ability to walk with **MOTIONrehab** and **THERA-Trainer LYRA**

MOTIONrehab are the only centre in the UK that can offer walking rehabilitation with The **THERA-Trainer Lyra** robotic gait trainer. An individual's ability to participate in their day to day activities is often reliant on their ability to walk. Regaining the ability to walk is one of the main goals for individuals after a stroke, head injury or spinal cord injury. For people living with MS, Parkinson's or other related neurological conditions maintaining the ability to stay on their feet and keep their independence is also a great concern. The more problems people

have with walking, the more devastating the consequences of their illness.

MOTIONrehab can change this. The **THERA-Trainer Lyra** is based on the scientifically established principles that high repetition and specific gait training results in greater therapy outcomes with 20% more patients being able to walk compared to traditional therapy approaches.





The LYRA enables controlled cardiovascular training and strengthening of muscles needed for walking.

When using the **THERA-Trainer Lyra**, an individual's feet are held in place on mobile foot plates. The movement of the footplates replicates natural walking patterns. This enables clients to make up to 40 times as many steps compared to treadmill training or manual walking practise. The Lyra provides body weight support which

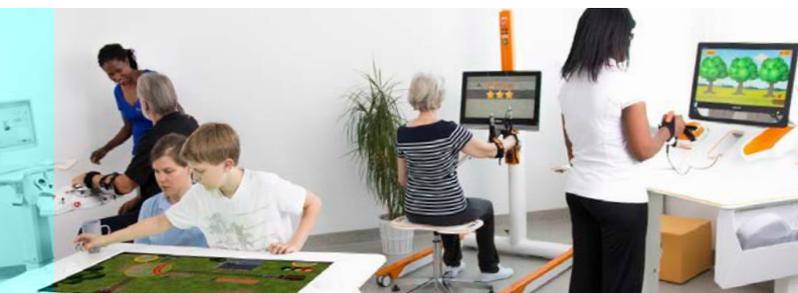
opens up the possibility of walking therapy for those people who are currently unable to walk or find walking difficult and can provide intensive training in a safe and effective environment.

Whatever your ability the **THERA-Trainer Lyra** provides highly effective walking practise. It enables controlled cardiovascular training and strengthening of muscles needed for walking.

Rehabilitation with **MOTIONrehab** and the **THERA-Trainer Lyra** can help people to be gently guided back into daily life, step by step.

THERA
TRAINER





Are you struggling to use your hand and arm following a stroke, spinal cord injury, head injury or any other neurological condition?

Loss of hand and arm function can be one of the most debilitating symptoms after a stroke or head injury. Complete or partial paralysis of the arm limits an individual's ability to carry out everyday tasks making them reliant on others for simple tasks. Following a spinal cord injury or for people living with other related neurological conditions such as MS and Parkinson's, maximising arm strength and function is essential for independence in day to day activities. Traditionally the arm and hand have been seen as a challenge for Physiotherapists. Recovery and rehabilitation is often slow and exercises are usually uninteresting and it is difficult to motivate the patient. Scientific research has identified that high-intensity rehabilitation helps promote the best possible outcomes for hand and arm rehabilitation. Individuals should perform a high numbers of exercises that are motivating and challenging.

The **MOTIONrehab** Centre at Asquith House, Leeds is proud to be the first and only private rehabilitation clinic in the UK to have the complete **TYROSOLUTION**. The **TYROSOLUTION** comprises of 5 devices designed to treat all aspects of upper body, arm and hand rehabilitation using robotics and virtual reality. **MOTIONrehab** integrate the **TYROSOLUTION** with traditional physiotherapy so that individuals at any stage of their rehabilitation and with any level of disability can participate in motivating and challenging therapy. The sessions are uniquely tailored to specific individual needs to promote the best possible functional outcomes in the arm and hand so that people can participate to the maximum in their day to day lives.



THE TYROSOLUTION

AMADEO

AMADEO is the only device that is specifically designed for rehabilitation of the hand, fingers and thumb. It has the unique ability to achieve a high intensive repetition of hand movement to work on the flexibility of the joints and muscles and help individuals regain hand function. The AMADEO can be used for both adults and children and can target the whole hand or individual fingers.

DIEGO

The DIEGO is a robotic-assisted device that removes the effects of gravity on one or both arms. The 'Intelligent Gravity Compensation' is designed so that individuals can replicate the 3 dimensional movements we use in daily activities. This allows even the weakest of arms to be supported to carry out challenging therapy exercises. Therefore, whatever stage of rehabilitation individuals can start to improve the strength and control around the upper body, shoulder and elbow with motivating and engaging activities.

PABLO

The PABLO is a motion sensor and biofeedback (gives you information on your performance) device that enables relearning of upper body, arm, hand and finger movements including grasping, reaching, pinching, and lifting.

The PABLO's unique design allows individuals to exercise in a range of positions and postures including kneeling, sitting and standing, thereby helping with balance and stability. The diversity of the PABLO allows full body exercise and provides motivating and increasingly challenging games to enhance rehabilitation outcomes.

MYRO

The MYRO is a large scale interactive touch and pressure screen which provides a unique therapy surface which can be used in a multitude of ways. The MYRO is height-adjustable and the work-surface can be tilted through 90 degrees. The MYRO exercises incorporate the use of everyday objects such as cups, keys and pens on a surface that responds to movement and pressure. The MYRO provides an opportunity for individuals to work on specific movement accuracy as well as cognitive training for memory, planning and concentration.

TYMO

The TYMO is uniquely designed to allow a large variety of treatment uses. It can be used in any position including side lying, kneeling, sitting and standing. It allows individuals to specifically target muscles in the arms, legs and core to improve strength, control and balance.





Regain the ability to stand and balance with **MOTIONrehab & THERA-Trainer BALO**

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Standing, walking, hand and arm function all require one key skill, Balance! **MOTIONrehab** have integrated the **THERA-Trainer Balo** in their treatment approach to enable individuals to exercise the upper body and pelvis muscles with repetitive exercises in an environment that challenges their balance but protects them from falling.

Following a neurological injury such as stroke, spinal cord injury or illnesses like Parkinson's and other related neurological conditions, the loss of balance can be devastating. It limits an individual's ability to perform day to day activities.

All too frequently individuals have falls or their risk of falling is very high. The consequence of a fall can limit or take away independence. With this in mind, balance exercises seem even more important. Consequently the foundation of any rehabilitation programme starts with the ability to balance. Using **THERA-Trainer Balo** clients can perform dynamic balance activities that are more of a challenge and therefore more motivating.





BALO can prevent many secondary complications experienced by people living with neurological impairment

In addition to balance training the **THERA-Trainer Balo** allows individual's to access regular standing as part of their therapy. From a therapeutic point of view these exercises cannot be overrated as it can prevent many secondary complications experienced by people living with neurological impairment. For example, long periods of sitting

or lying can result in muscle weakness, muscle shortening and pain. Using the **THERA-Trainer Balo** and dynamic standing exercises we can help maintain sufficient hip and knee joint range of movement and muscle strength. Standing is also the best prevention against loss of flexibility in the ankles which can limit standing and weight bearing.

It is not just muscles and joints that benefit from regular standing exercises. Using the **THERA-Trainer Balo** can help with circulation, blood pressure, breathing, bowel and bladder function, bone strength and increase exercise tolerance.

THERA
TRAINER



Residential Option for MOTIONrehab's Intensive Rehabilitation Centre at Asquith House, Leeds.

The **MOTIONrehab** clinic based at Asquith House offers clients Intensive Outpatient Neurological Rehabilitation from experienced and highly skilled clinicians. Uniquely, **MOTIONrehab** clients will spend time receiving hands-on one to one physiotherapy, as well as specialist high intensity rehabilitation with robotic and virtual reality devices individually and in groups. This allows individuals to practice high repetitions of movements which in turn helps to speed up and maximise recovery.

Accommodation & Travel

MOTIONrehab have teamed up with Village Hotel, Leeds South. They are able to provide a residential option for our clients and their families/carers who are attending

the intensive rehabilitation programme. The hotel is just one mile away from Asquith House. **MOTIONrehab** clients and their families/carers can enjoy a 10% saving off all room bookings, half price breakfast, a discount on selected dinner menus and free cancellation up to 7pm the night prior to arrival.

Village Hotel has 115 en-suite bedrooms including disabled access bedrooms with wet rooms. The hotel offers clients and their families the space to relax during their rehabilitation stay.



Leisure

While our clients are working hard with their rehabilitation our accommodation option offers the perfect opportunity for families/carers to enjoy the facilities onsite including the Village gym and studios. There's a great selection of group fitness classes including Yoga, Pilates and Spinning. Whether you want to work up a sweat or just relax, you will be able to find the right class for you. Alternatively, enjoy a few lengths in the 25m pool before heading to the steam room and sauna for some well deserved relaxation time. You may also access spa days or treatments at the nearby Village Hotel, North Leeds.

Village Hotel visitors and residents can take advantage of complimentary high-speed Wi-Fi and free car parking.

Food and drink is available in the Grill Restaurant, Village Pub or Starbucks Coffee Shop.

Rooms can be booked directly with a dedicated reservation team or online with a promotional code available from **MOTIONrehab**. Telephone: 01925 377532
Website: www.village-hotels.co.uk/hotels/leeds-south/

Things to do nearby:

MOTIONrehab at Asquith House is ideally located, with The White Rose and Birstall retail parks within easy reach, offering shopping, dining and cinemas on the doorstep. There are lots of lovely things to do in and around Leeds, for more information and ideas just ask the **MOTIONrehab** team.

How to find us:

MOTIONrehab is located in Asquith House, Cliffe Park, Morley, Leeds, LS27 0RY and is easily accessible with excellent motorway links, just 1.5 miles from Junction 27 of M62. There is free parking and full disabled access.

Leeds City Centre	6 miles	10 mins (car)
Leeds Bradford Airport	15 miles	30 mins (car)
Bradford	7 miles	20 mins (car)
Harrogate	22 miles	40 mins (car)
Sheffield	35 miles	50 mins (car)
Manchester	35 miles	50 mins (train)
Newcastle	100 miles	2 hours (car)
Birmingham	120 miles	2 hours (car)
London	200 miles	3 hours (train)