

WE MOVE YOU



Top 10 Exercises with the Andago®

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- The Andago is a robotic device that supports your patients during overground gait and balance training.
 - The following shows a brief glimpse, highlighting 10 of the many versatile exercises practiced regularly by some Andago users.
 - Andago users incorporate diverse accessories from their clinics to provide versatile exercises for patients, to challenge them and keep them continually motivated and enjoying their Andago therapy.

Exercise 1

Squat on an unstable surface, to train:

- Quadricep strength
- Dynamic postural balance
- Muscle activation
- Core stability
- Balance reactions



Picture: NRC, Fort Worth, USA.

Jennifer Zoll, PT Director
Neurological Recovery Center, Fort Worth, USA

Exercise 2

Upright stance while reaching and assembling objects, to train:

- Core stability
- Static postural balance
- Weight shifting
- Reaching



Picture: NRC, Fort Worth, USA.

Jennifer Zoll, PT Director
Neurological Recovery Center, Fort Worth, USA

Exercise 3

Sit on an unstable surface, lean backwards and forwards, to train:

- Trunk stability
- Trunk control
- Core strength
- Balance reactions



Picture: NRC, Fort Worth, USA.

Jennifer Zoll, PT Director
Neurological Recovery Center, Fort Worth, USA

Exercise 4

Kneel while leaning backwards and forwards, to train:

- Kneeling balance
- Muscle activation
- Core stability
- Trunk control



Picture: NRC, Fort Worth, USA.

Jennifer Zoll, PT Director
Neurological Recovery Center, Fort Worth, USA

Exercise 5

Take small steps, with slightly flexed knee, to train:

- Step initiation
- Weight shifting
- Knee joint stability
- Quadriceps activation
- Progressive loading



Picture: Guttman NeuroPersonalClinic, Badalona, Spain.

Lara Martín, PT

Guttmann NeuroPersonalClinic, Badalona, Spain

Exercise 6

Stand with flexed knees on an unstable surface, while (laterally) moving objects, to train:

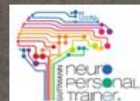
- Static postural balance
- Balance reactions
- Quadriceps strength
- Knee joint stability
- Reaching
- Coordination

Lara Martín, PT

Guttmann NeuroPersonalClinic, Badalona, Spain



Picture: Guttman NeuroPersonalClinic, Badalona, Spain.



Exercise 7

Walk over obstacles with variable distances and heights, to train:

- Step length
- Coordination
- Step height
- Dynamic postural balance



Picture: Hocoma, Switzerland.

Ursula Costa PhD, PT
Hocoma AG, Volketswil, Switzerland

Exercise 8



Picture: Hocoma, Switzerland.

Slalom walk around obstacles while carrying objects, to train:

- Coordination
- Spinal navigation
- Dual task
- Trunk control

Ursula Costa PhD, PT
Hocoma AG, Volketswil, Switzerland

Exercise 9

Step to unstable obstacles during stance, to train:

- Dynamic postural balance
- Leg muscle activation
- Coordination
- Step length



Picture: Hocoma, Switzerland.

Ursula Costa PhD, PT
Hocoma AG, Volketswil, Switzerland

Exercise 10

Walk over unstable obstacles, to train:

- Dynamic postural balance
- Step length
- Coordination
- Leg muscle activation



Picture: Hocoma, Switzerland.

Ursula Costa PhD, PT
Hocoma AG, Volketswil, Switzerland

NOTE

These Top 10 Exercises with the Andago serve as an example of how the Andago can be used during a rehabilitation program. They are not necessarily a standard recommendation from Hocoma.

Depending on the patient and the underlying condition some of these exercises might be contraindicated. It is the responsibility of the treating therapist and/or physician to select the proper exercises and to decide whether the training in the Andago is indicated or contraindicated.