

# THERAjoy

» **BEING ACTIVE ALTHOUGH  
LAYING IN BED.** «

Do some tours with the  
THERA-joy while lying in bed.  
Men's nature needs motion.



## » EVERY DAY WITHOUT MOTION IS A STEP BACK.«

### MOTION IS NECESSARY

Journeys show that a 9-day period of staying in bed reduces the efficiency of a healthy man by 20% and the size of the heart by 10%. The weaker the muscles are the more reduced motions are. A vicious circle starts.

### THE HEALTHY PRO FOR PEOPLE CONFINED TO BED

With THERA-joy you can positively influence symptoms like muscles decline, stiffness of the joints, edema, problems with bladder and bowel. The training with THERA-joy stabilizes the whole heart and circulation system and activates all processes in the body. An upcoming thrombosis can be efficiently prevented. Furthermore motion is fun and gives you joy of living and quality of life.

### EASY HANDLING, SOLID TECHNIQUES: AN EXERCISER THAT IS EASY TO UNDERSTAND

THERA-joy is a small and handy exerciser for active (with muscle power) training or passive (supported by motor power) training in bed respectively couch. Your feet get fixed in comfortable foot-rests. With help of an infrared remote control important functions like number of rotations, direction of rotations and resistance can be adjusted. The output can be seen on the training-computer.

### A TEST IS BETTER THAN THOUSAND WORDS

medica has specialised on the development of THERApeutical exercisers from the beginning. Today medica is the worldwide leader on this market. For us it is naturally that you can test the THERA-joy for free. Be convinced. You can call us for free under (+49) 08000 – 633 422.



Infrared remote control without cable with simple and clear symbols for direction of revolutions, number of revolutions and resistance.



A flexible bed-fixation for fast and easy adjustment to beds and couches.



Fixation to the wall to keep the light exerciser.



Transport grip and transport rolls for the flexible use in one bed or the other.