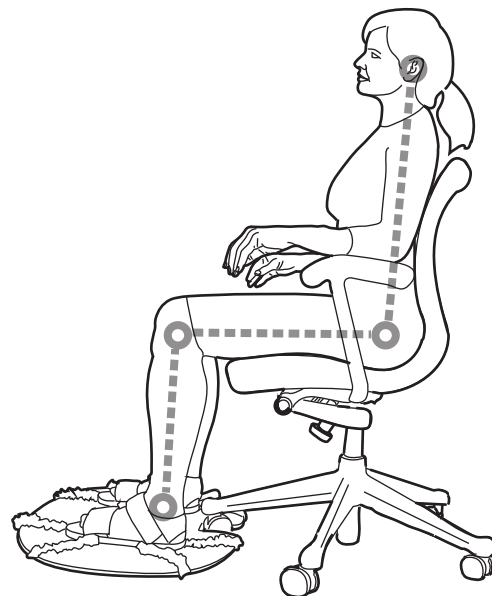
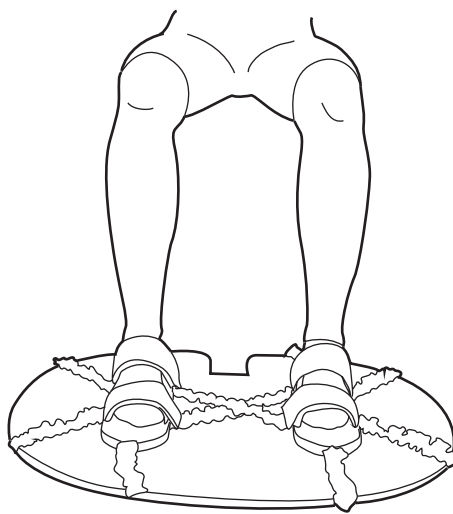
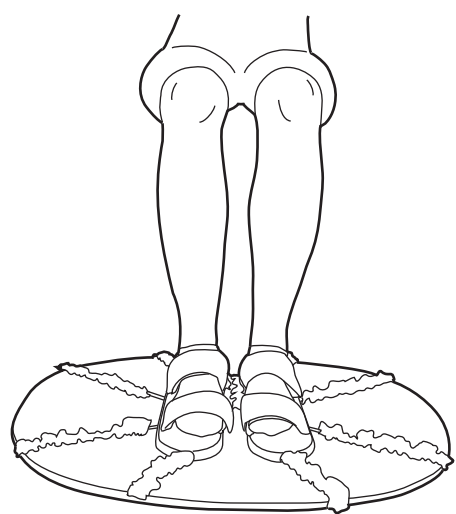
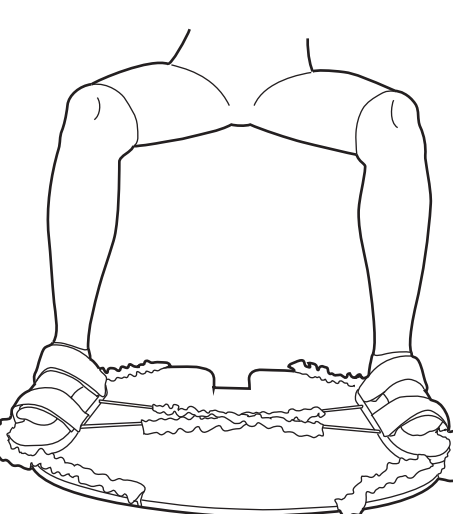


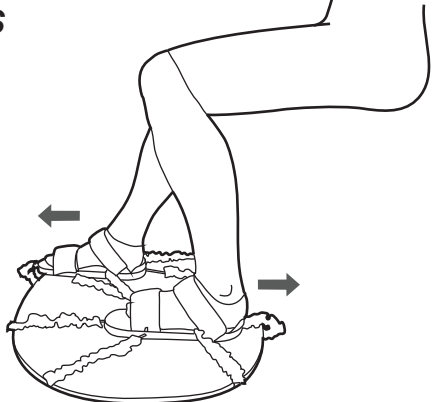
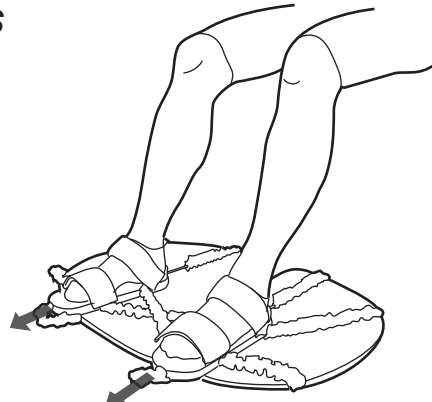
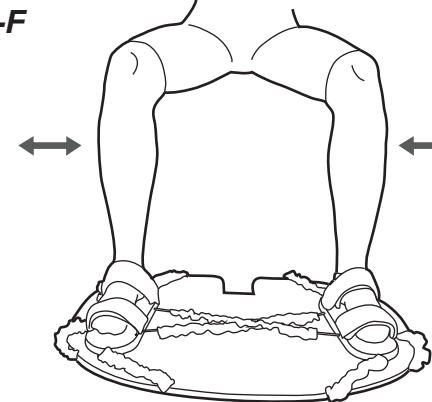
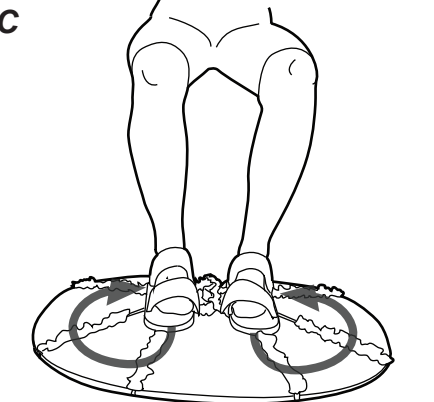
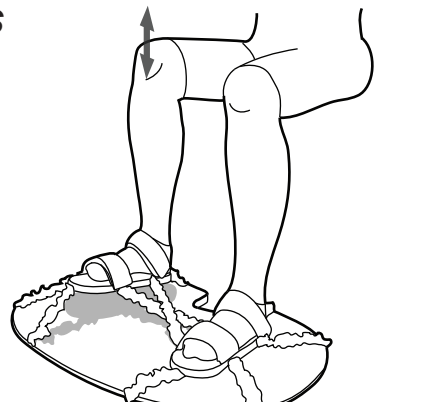
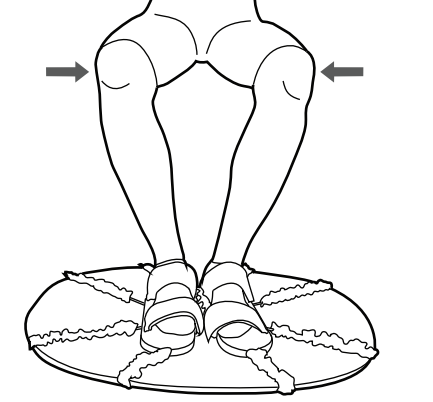

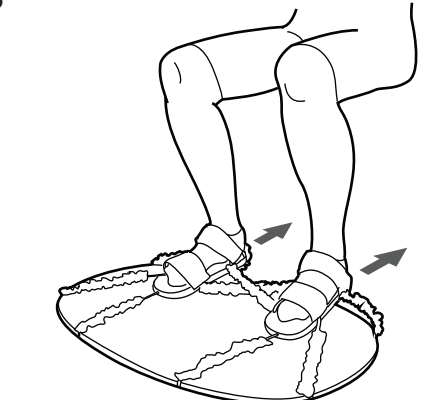

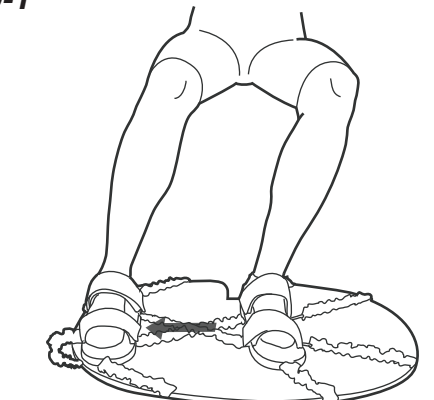
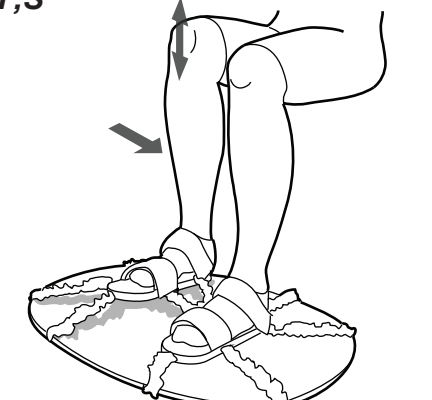
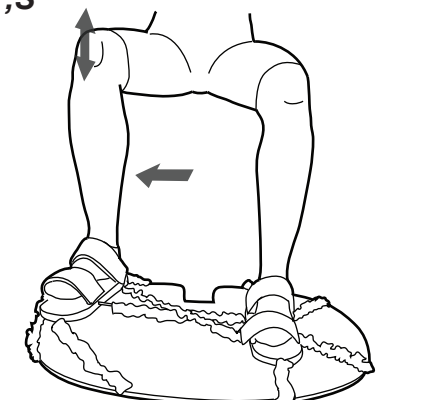
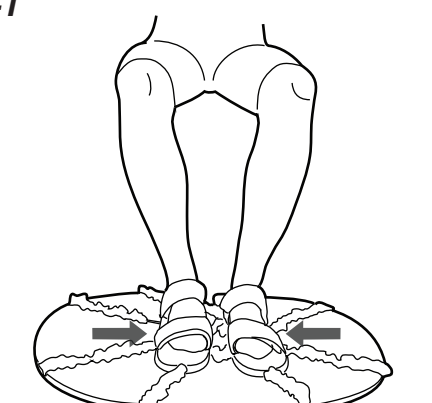
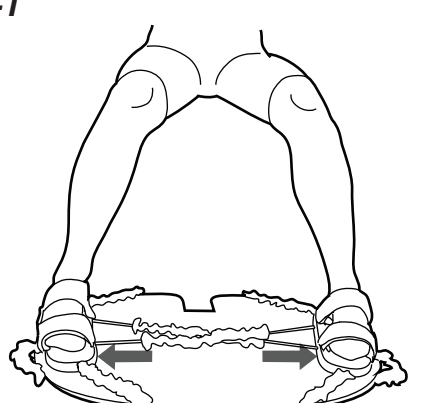
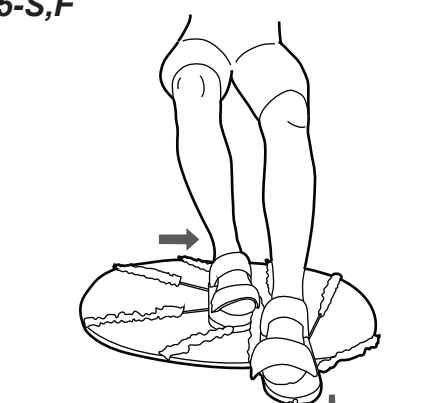
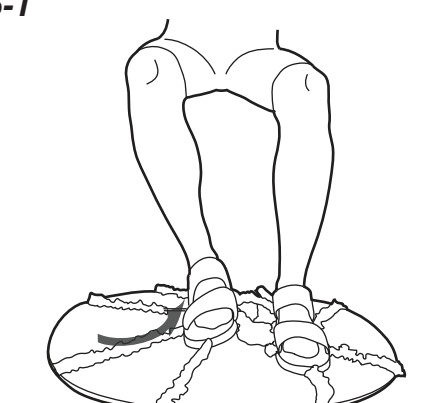
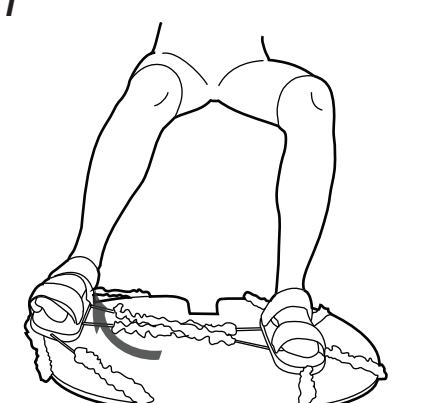
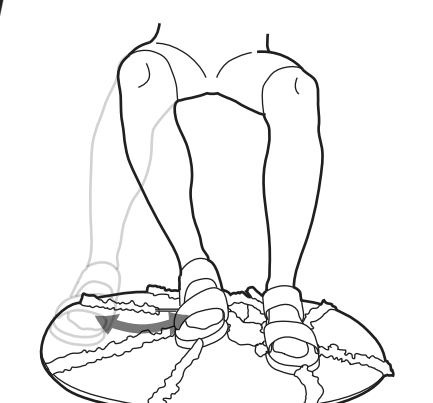
EXERCISE GUIDE

MOBILITY TRAINER

Multiplanar resistance training designed to
build lower body flexibility and strength
to optimize balance and mobility

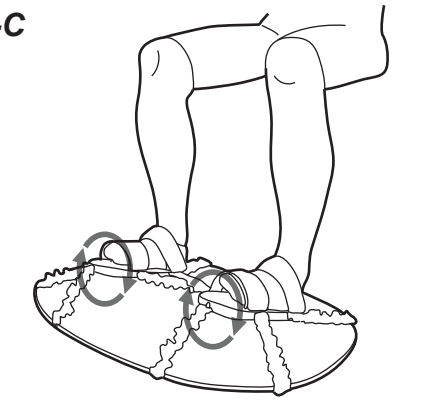
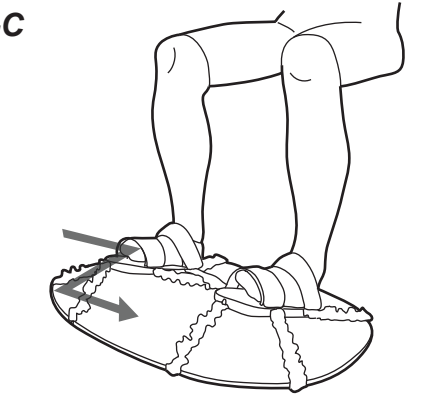
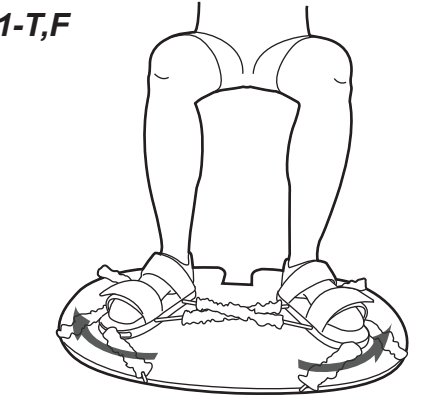
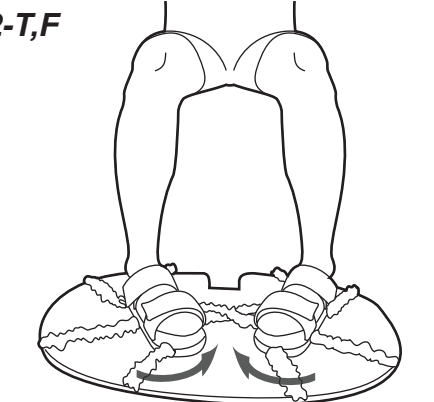
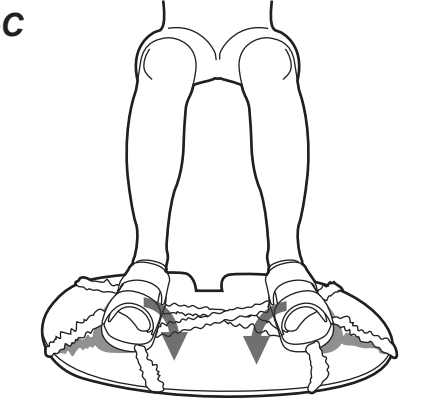
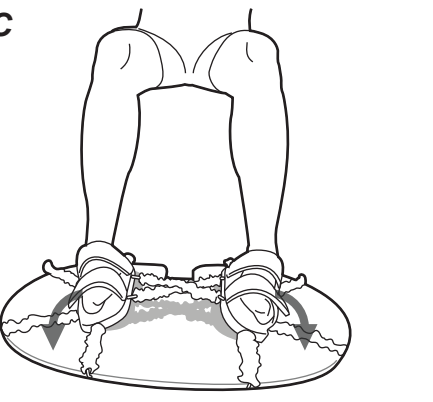
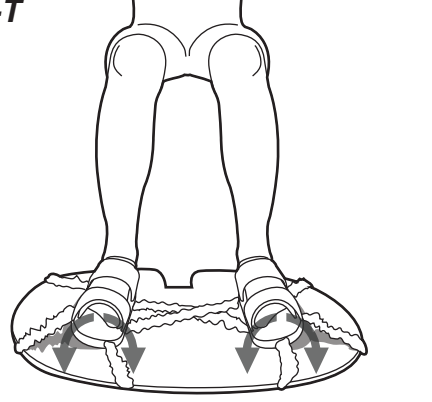
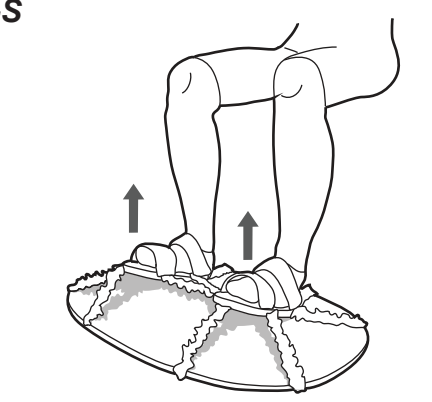
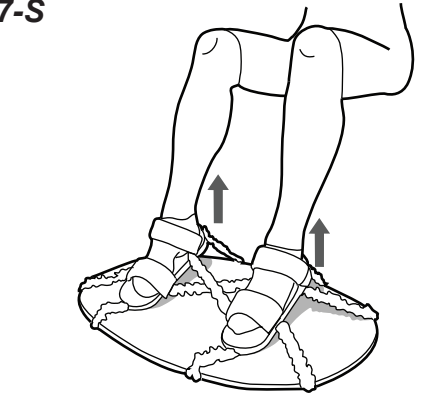
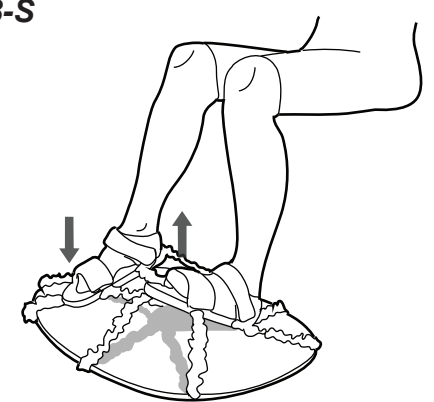
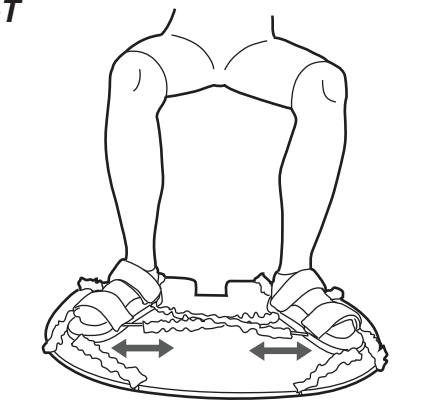
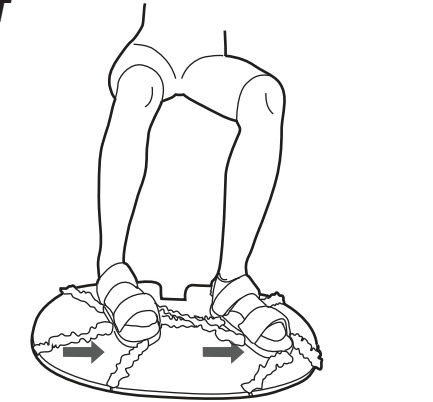
Mobility Training		STARTING POSITIONS			General Tips											
<p>Start in a slow and controlled manner.</p> <p>Move with an upright posture and within a pain-free range of motion.</p> <p>Breathe comfortably throughout exercise.</p> <p>Boost benefits by performing exercises from each plane of motion.</p> <table><tr><th>Plane</th><th>Motion</th></tr><tr><td>(S) Sagittal</td><td>Extension/Flexion (Front/Back)</td></tr><tr><td>(F) Frontal</td><td>Adduction/Abduction (Side-to-Side)</td></tr><tr><td>(T) Transverse</td><td>Rotation (Right/Left)</td></tr><tr><td>(C) Combo SFT</td><td>Circumduction (Circular/Triplanar)</td></tr></table>		Plane	Motion	(S) Sagittal	Extension/Flexion (Front/Back)	(F) Frontal	Adduction/Abduction (Side-to-Side)	(T) Transverse	Rotation (Right/Left)	(C) Combo SFT	Circumduction (Circular/Triplanar)	<p>Sit Tall with Good Posture</p> 	<p>Level 1 Neutral</p> 	<p>Level 2 Adduction</p> 	<p>Level 3 Abduction</p> 	<p>Exercise: 1-3 sets of 8-15 repetitions</p> <p>Activity: 1-10+ minute intervals</p> <p>Rest: Between sets and intervals</p> <p>Vary Movement</p> <ul style="list-style-type: none">• Pace: <i>Slow to Fast</i>• Range of Motion: <i>Small to Large</i>• Dynamic: <i>Movement about a joint</i>• Static: <i>Hold position in place</i>• Combine: <i>Dynamic moves with static Start Positions (Level 2 and 3)</i>• Explore Joint Angles: <i>Such as Slide Walking or Marching while moving between adduction and abduction; perform Toe Lifts while tapping left and right, hip abduction while pointing toes outwards.</i> <p>Stretch muscles to enhance flexibility.</p>
Plane	Motion															
(S) Sagittal	Extension/Flexion (Front/Back)															
(F) Frontal	Adduction/Abduction (Side-to-Side)															
(T) Transverse	Rotation (Right/Left)															
(C) Combo SFT	Circumduction (Circular/Triplanar)															
		<p>Sit with an upright back and neutral spine. Shoulders are back and down, ears are in line with shoulders and hips. Thighs are parallel to the floor or hips are slightly higher than knees. Ankles are under knees or slightly forward.</p>	<p>START & REST POSITION Knees and feet are hip distance apart.</p> <p>Muscles Activated: <i>All relaxed</i></p>	<p>INTERMEDIATE CHALLENGE Bring knees and feet together</p> <p>Muscles Activated: <i>Inner Thighs; Hip Adductors; Gluteus Maximus (lower fibers)</i></p>	<p>ADVANCED CHALLENGE Bring knees and feet apart</p> <p>Muscles Activated: <i>Outer Thigh; Hip Abductors Gluteus Maximus (upper fibers) Gluteus Medius; Gluteus Minimus</i></p>											

HIPS & KNEES

<p>1-S</p>  <p>SLIDE WALK Slide one foot forward, pull one back, alternate.</p>	<p>2-S</p>  <p>DOUBLE KICKS Slide feet forward and back.</p>	<p>3-F</p>  <p>HIP OPEN & CLOSE Slide feet and knees out to the sides, squeeze back to center.</p>	<p>4-C</p>  <p>MERRY-GO-ROUND Circle feet upward and outward. Repeat circles in opposite direction.</p>	<p>5-S</p>  <p>MARCH Lift and lower one knee, alternate.</p>	<p>6-T</p>  <p>THE CLAM Slide ankles and knees together, open and close knees.</p>
<p>7-S</p>  <p>HAMSTRING HUG Pull feet behind knees, pulse heels slightly forward and back.</p>	<p>8-S</p>  <p>HAMSTRING HOLD Pull feet behind knees, heels naturally lift, hold.</p>	<p>9-S</p>  <p>HIP LIFT & PRESS Lift and lower one knee while pressing opposite foot down, alternate.</p>	<p>10-T</p>  <p>CHAIR SKATING Slide lower leg outward, push off, alternate.</p>	<p>11-F,S</p>  <p>INTERNAL HIP LIFT Slide one leg to center, lift and lower inward leg, press opposite foot down.</p>	<p>12-F,S</p>  <p>EXTERNAL HIP LIFT Slide one leg outward, lift and lower knee, pressing opposite foot down.</p>
<p>13-T</p>  <p>SWEEP IN Slide feet inward, knees rotate slightly outward.</p>	<p>14-T</p>  <p>SWEEP OUT Slide feet outward, knees rotate slightly inward.</p>	<p>15-S,F</p>  <p>MIDLINE CROSS Extend one foot forward, slide opposite knee and foot inward.</p>	<p>16-T</p>  <p>KICK IN Rotate lower leg inward, knee rotates slightly outward.</p>	<p>17-T</p>  <p>KICK OUT Slide lower leg and ankle outward, knee rotates slightly inward.</p>	<p>18-T</p>  <p>KICK IN & OUT Slide lower leg inward and outward as knee rotates in and out slightly.</p>

ANKLES & FEET

Focus on moving ankles while keeping knees aligned with hips

<p>19-C</p>  <p>ANKLE O's Lift toes, make clockwise circles. Repeat with counter-clockwise circles.</p>	<p>20-C</p>  <p>ALPHABET WRITING Lift toes, write the alphabet.</p>	<p>21-T,F</p>  <p>ABDUCTION & EVERSION Rotate toes outward, lift soles outward, return to center.</p>	<p>22-T,F</p>  <p>ADDUCTION & INVERSION Rotate toes inward, lift soles inward, return to center.</p>	<p>23-C</p>  <p>PRONATION ROLL Roll ankles inward onto inside edge of foot.</p>	<p>24-C</p>  <p>SUPINATION ROLL Roll ankles outward onto outside edge of foot.</p>
<p>25-T</p>  <p>ANKLE ROLLS Roll ankles inward and outward.</p>	<p>26-S</p>  <p>TOE LIFTS Lift and lower toes.</p>	<p>27-S</p>  <p>HEEL LIFTS Lift and lower heels.</p>	<p>28-S</p>  <p>TOE & HEEL TAPS Lift toe of one foot, heel of the other, alternate.</p>	<p>29-T</p>  <p>TOE FANS Rotate toes outward and inward.</p>	<p>30-T</p>  <p>WINDSHIELD WIPERS Rotate toes left and right.</p>



EXERCISE GUIDE

Move Freely, Live Fully



Simplifying Rehabilitation & Fitness

Whether you are recovering from an injury, illness or immobility, regaining mobility and balance starts with joints that are flexible and strong. Over 10 independent clinical studies with older adults across the continuum of care consistently show MoveMor® effective in increasing strength, flexibility and balance in as little as 10 minutes per week. MoveMor® works by providing multi-planar resistance training of the lower body from one safely seated position.

Without any reconfiguration needed to perform pain-free exercises across all planes of motion, MoveMor® can help reduce injuries and fall risk for individuals and caregivers. Designed with 12-points of carefully designed resistance, moving through a comfortable, pain-free range of motion can simultaneously strengthen both the neuromuscular and proprioceptive sensory systems at hips, knees, ankles and feet to accelerate recovery when used as a single or integrated intervention.

Portable and proven effective, MoveMor® can improve functional mobility safely with minimal time and effort for individuals who are non-ambulatory to those living independently; and can be used from the hospital or clinic to the home.

Getting started and maintaining mobility is simple with complimentary exercise programs and videos provided on our website at Movemor.com.

MoveMor®: Move Freely, Live Fully™

Better Balance and Mobility Starts Here



The world's first 3-dimensional lower body trainer proven to rebuild joint flexibility & strength across all planes of motion for better balance, posture & performance, without the pain.

Resistance Dynamics, Inc.
Littleton, Colorado

ResistanceDynamics.com
MoveMor.com

info@MoveMor.com | 303.515.7070

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GUIDELINES FOR USE

- The MoveMor® Mobility Trainer is designed for use from any stable chair or wheelchair.
- MoveMor® can also be used while standing with adequate support available.
- Use with flat shoes, stocking or bare feet.
- Use with proper posture. (See “Sit Tall with Good Posture” on opposite side.)
- Position the board on the floor, centered in front of your chair.
- Chair height should allow feet to be flat on the foot beds, hips aligned with knees or slightly higher, and allow for good posture.
- If using an office chair, roll one caster into the board notch.
- Place feet onto the foot beds. Adjust the straps for a snug, comfortable fit.
- For a longer strap, attach the strap extenders (rough side down) to the Velcro® on the exterior strap. Attach the interior strap to the soft side of the strap extender and press down firmly.
- Start by moving in a slow, comfortable pain-free range of motion (ROM). Gradually increase the pace and ROM.
- Breathe deeply throughout exercise activity.
- Exercise activity should not cause or increase pain. If pain is experienced, make movements smaller and slower, or decrease the tubing resistance level.
- Do not stretch the resistance tubes over 3 times their length. For example, the center “X” tubes are 8 inches long and should not be stretched to more than 24 inches.
- When activity is completed, open the foot straps and remove feet from foot beds.
- With stocking feet, you may slip your feet out without opening the foot straps.
- When getting up, be careful and avoid stepping on the board’s surface as it may be slippery.
- Store the MoveMor® board upright, at room temperature, and away from direct sunlight, water or heat sources.

MoveMor® Mobility Trainer

IMPORTANT: BEFORE USING YOUR MOVEMOR® MOBILITY TRAINER, READ ALL INFORMATION PROVIDED TO OPTIMIZE BENEFITS AND REDUCE THE RISK OF INJURY.

! CAUTION: Before beginning any physical activity program, consult a physician or healthcare provider for appropriate exercise advice and safety precautions.

! WARNING: CHOKING HAZARD: Plastic Bags, Beads at Tube Ends and Small Parts Contained are not suitable for children or pets.

ALLERGIC REACTIONS can be caused by natural RUBBER LATEX resistance tubes.

- All persons with physical limitations, health concerns or requiring rehabilitation from an injury or illness should always consult a physician, physical therapist, chiropractor, athletic trainer or similar healthcare professional to help develop an exercise program specific to individual needs.
- If you experience sharp pain, dizziness, light-headedness or shortness of breath, stop the activity immediately and inform your healthcare provider.
- The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that may result in connection with the exercises and use of the MoveMor® Mobility Trainer.
- The information contained in the MoveMor® Mobility Trainer Exercise Guide is intended for end users. It is the responsibility of the instructor, facility or other persons who make the MoveMor® Mobility Trainer available to end users to provide the information contained in the MoveMor® Exercise Guide to all end users of the product.

PRODUCT SAFETY

- Use only while seated or standing with adequate support available.
- Do not stand or walk on the board’s slippery surface.
- The MoveMor® Mobility Trainer is not a toy and should never be used for any activity other than the specific exercises for which it was designed. Adult supervision is suggested at all times for anyone who is cognitively impaired, under the age of 13, or anyone who cannot use MoveMor® responsibly on their own.
- Inspect the equipment before each use. Check to see that tubes are connected securely.
- Replace any tubing that appears worn or damaged.
- For use with feet only. Do not put your head near the tubes to prevent an injury to face or eyes.
- Store at room temperature, out of direct sunlight and away from heat sources.
- Clean the board and footbeds with mild glass cleaner or hydrogen peroxide on a soft cloth.
- Do not use cleaner on tubes as chemicals cause damage. Wipe with soft damp cloth if needed.
- If the WARNING label becomes damaged or illegible, replace it by contacting info@movemor.com

CHOOSE RESISTANCE

MoveMor® is versatile and progressive to meet a myriad of ability levels, rehabilitation and fitness needs.

FITNESS LEVELS: *Beginner, Intermediate & Advanced*

Use the Fitness and Resistance Level Chart below to best match the resistance level to your current health condition and goals. Seven color-coded resistance tubing levels are available with two sets of resistance per fitness level (light and heavy). Extra light beginner tubing (amber) is available for individuals who are highly deconditioned. (Amber and replacement tubes available at MoveMor.com)

PROGRESSION

Before progressing to the next resistance challenge, you should be able to perform pain-free exercises through a full ROM with good form and posture. Quality and safety come first!

- Start with the lightest tubing of each fitness level: yellow, green, and black.
- Increase the tension underneath the foot bed from position #1 to position #2.
- If more tension is desired at the toes & heels, place tubes at position #3.
- Progress to the heavier resistance tubing and adjust tension underneath the footbeds as desired.
- Increase the tension underneath the foot bed before progressing to the next resistance level.

TUBE RESISTANCE

The resistance (force) is measured in pounds per tube. Resistance increases as the tube elongates and is cumulative of multiple tubes at any position (e.g. if an exercise engages 4 tubes, the force will be 4 times greater).

FITNESS & RESISTANCE LEVEL - 1

BEGINNER Base Conditioning

WHO

For people recovering from an injury, illness or immobility; experience weakness or stiffness in joints that may cause discomfort during physical activity; who want to move more freely to reduce injury or fall risk.

WHAT

A safe, convenient, impact-free way to begin multi-directional exercise activity that can help gently build balanced strength, flexibility, joint stability and mobility.

WHY

Benefits may include: Improved functional independence, range of motion, circulation, mobility and stability; regaining and maintaining strength in ankles, knees and hips; preventing and treating injury; help manage symptoms of conditions including, but not limited to arthritis, Multiple Sclerosis and Parkinson’s; elevated mental alertness, mood and energy levels.

Tube Color & Resistance

Yellow

1.9 lbs / tube

Orange

2.3 lbs / tube

FITNESS & RESISTANCE LEVEL - 2

INTERMEDIATE Physically Active

WHO

For proactive people who move and exercise without pain and are looking to attain and maintain a higher level of lower body strength and flexibility, the foundation of better balance, mobility, posture and performance.

WHAT

Supports an active lifestyle to improve joint function and health while reducing injury risk; a fitness solution for desk dwellers that provides light intensity activity to enhance metabolic health while seated.

WHY

Benefits may include: Improved physical function, strength, balance, posture and performance; enhanced circulation, joint function and health; greater joint mobility and stability; stress relief; injury, illness and fall prevention; improved mental focus, productivity and energy levels.

Tube Color & Resistance

Green

2.7 lbs / tube

Blue

3.1 lbs / tube

FITNESS & RESISTANCE LEVEL - 3

ADVANCED Athletes

WHO

For people who train without pain and want to increase sports performance, speed and balance while reducing the risk of lower body joint injuries, particularly ankle strains and sprains.

WHAT

Multi-planar resistance training can strengthen hard-to-reach muscles, tendons, and ligaments of the hips, knees, ankles and feet; can build a stronger and more balanced lower body.

WHY

Benefits may include: Improved proprioception, balance and motor control; increased joint mobility and stability; strengthen micro-muscles and connective tissue surrounding injury-prone joints, especially ankles and knees.

Tube Color & Resistance

Black

3.6 lbs / tube

Silver

3.9 lbs / tube

EXERCISE TIPS

- **Start** with the appropriate resistance level and perform only pain-free exercises. Certain exercises may not be appropriate for every individual, while other exercises may be suitable.
- **Exercise activity** should be performed as a part of a comprehensive program customized to your health, fitness level and goals.
- **Warm-up & cool-down** prior to and at the end of exercise with light dynamic activity, such as Toe and Heel Lifts or Slide Walking, at a comfortable pace and ROM that may be slower and smaller than during exercise activity.
- **Alternate ankle and foot exercises with hip and knee exercises** to prevent early muscle fatigue.
- **In general**, perform 1-3 sets of 5-15 repetitions of pain-free exercise. Focus on progressively increasing ROM and strength.
- **Exercise activity intervals** from 1-10 minutes or longer can be conveniently performed while seated to improve joint function and metabolic health.
- **Perform exercise activity every other day** (2-3 days per week); Intermediate and Advanced exercisers may perform activity 3-6 days per week if they do not experience muscle fatigue or joint aches.
- **Rest** between sets of activity as needed. Generally, the lower the intensity, the shorter the rest period (≤ 30-60 seconds); the higher the intensity, the longer the recovery period (≥ 60-120 seconds).
- **Progress gradually** by increasing the repetitions, sets, time and frequency of activity.
- **Breathe** throughout the exercise activity and avoid holding your breath during challenging movements.

MULTI-PLANAR TRAINING: OPTIMIZE FUNCTION

Training joints in all directions and planes of motion simultaneously strengthens the neuromuscular and proprioceptive sensory systems to regain and maintain strength, balance and mobility. This can safely and efficiently reduce the risk of injury and falls. Without any reconfiguration, MoveMor® enables seamless performance of over 30 multi-planar exercises shown to improve balance, strength and mobility in as little as 10 minutes per week.

Planes of Motion	Movement	Exercise Sample	Strengthens
Sagittal (S) <i>(Vertically divides body into right and left parts)</i>	Extension Flexion <i>(Front and Back)</i>	Dorsiflexion Plantar Flexion Knee Flexion Knee Extension Hip Flexion*	Feet
Frontal (F) <i>(Vertically divides body into front and back parts)</i>	Adduction Abduction <i>(Side-to-side)</i>	Ankle Inversion Ankle Eversion Hip Adduction Hip Abduction	
Transverse (T) <i>(Horizontally divides the body into upper and lower parts)</i>	Rotation <i>(Internal and External)</i> Horizontal abduction and adduction	Ankle Supination Ankle Pronation Forefoot Adduction Forefoot Abduction Hip Internal Rotation Hip External Rotation	Knees
Triplanar: Combinations of All 3 (C)	Circumduction <i>(Circular)</i>	Toe and Heel Circles Foot/Lower Leg Circumduction	Hips

*Additional exercises can be performed while standing with adequate support.

BACKED BY SCIENCE WITH PROVEN RESULTS

“A resident who was previously unable to stand can now get up unassisted.”

Brent Daley, Owner of Prestige Home

Over 10 independent clinical studies with older adults show:
better balance,
increased leg strength,
greater ankle flexibility,
increased independence,
improved continence
and fall risk reduction.

“It’s like having 10 resistance machines in one spot.”

Dr. Desiree Hutchinson, DPT