

### Advantages of using the Unicam Pro 3:

- Easily adjusted crank settings.
- Able to work in the patients pain free range.
- Patient driven, active movement.
- Stimulation of neuromuscular system in recognised motor patterns.
- Enables the disabled patient, thereby affecting mood and motivation.
- Time saved by therapist when compared to manual treatments.

### Disadvantages:

None

### Patients Testimonials

#### Case#1

Dear Martin

I would like to take this opportunity to initially thank you and the physiotherapy department for the support you have given to me in the rehabilitation of my leg for surgery carried out for a left femur oosteotomy and realignment. This was a follow up from initial surgery and hospitalisation following a road traffic accident in September 1994 where femur alignment from a break was rotated by some 30-40 degrees of error.

At the initial time of injury intensive physiotherapy was required but did not include static bike exercise due to my poor knee flexion. It was clearly desired but simply not possible. This time round I have been able to utilise the Unicam Pro 3 system as the poor knee flexion could be compensated for by the system thus allowing me to exercise and rehabilitate: as a patient I have noticed great improvements to the therapists arsenal some of which I have noted :-

- . Real -life and more "natural" exercise giving a better feed back of exercise
- . Greater repetition of exercise movement in time scale
- . Ability to monitor progress of rehabilitation from Unicam Pro 3 primary, secondary and saddle scales of set-up
- . Ability to complete exercise routine to a regular and set parameter
- . Inability to relax or exercise to lesser degree of flexion - i.e. cheat
- . Retrain for non-static exercise to continue on road bicycle
- . Give a good cardiovascular exercise without weight bearing
- . Feel exercised after routine - perspire, feel hot, feel tired
- . Not need direct supervision once set-up
- . Using the bicycle's measurement system, note progress or consistency of speed, time, distance covered etc.

I have no doubt that the modified bike works as it has demonstrated for my particular injury. It is also quite obvious that the modifications allow for a great number of computations of difficulty and orthopaedic injury and I therefore endorse greatly the need for permanent situation in the department

Thank you again for your professional attitude and kindness.

#### Case#2

I had, had physiotherapy on my leg two and half years ago after dislocating the knee cap. I faced the same problem as I did this time, lack of flexibility. The method used last time was to simply stretch the leg myself, this was both a lengthy and painful process. This time using the bike had been a lot less painful, and the improvement to my leg after only a few sessions was noticeable.

The advantages I found with the bike, were that it not only improved the flexibility of the leg but it also improved co-ordination. The bike enabled me to exercise the leg, even though I had limited movement and my leg has gained strength through it.

At first it was strange peddling with one leg normally and the other hardly bending but after a while it become easier. I also found it easier to pedal at a higher resistance level as to begin with it was difficult to co-ordinate and I found the higher resistance made pedalling smoother. This could only be done however once I'd gained some strength.

Overall I found the bike to be a big help, I was dreading having to go through the same as last time but the bike has made my recovery a lot easier and probably quicker.

Royal Devon & Exeter Hospital (Wonford) Barrack Road Exeter EX2 5DW Tel: (01392) 411611

Chairman: Professor Ruth Hawker OBE Chief Executive: Angela Pedder



INVESTOR IN PEOPLE