

Innovative building block for early mobilization of covid-19 patients in intensive care units

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The training with the rotating module with the pedals particularly benefits patients who have a longer stay in the intensive care unit ahead of them, such as ventilated patients or "weaning patients" who are being weaned off ventilation. The purchase of the equipment was funded by the state of Schleswig-Holstein for the mobilization of Covid 19 patients.

"These people are physically very weakened, because prolonged lying down leads relatively quickly to changes in the cardiovascular system and to degradation processes in the musculature. It is therefore particularly important to mobilize patients early, whose stay in the intensive care unit is likely to be longer, in order to counteract these degradation processes at an early stage."

- Bente Steinhusen, physiotherapist

The specially developed "bemo" device technology supports this timely early mobilization. Thanks to the new drive technology, the duration of the training session and the resistance of the pedal drive can be so finely adjusted that a patient can increase his performance in terms of effort and duration in minute stages. In addition, the foot pedals can be exchanged for hand grips for arm training in just a few simple steps. The therapy device is then moved on to chest level and the patient begins his arm training.

"The THERA trainers are now another important building block in contracture prophylaxis, stimulation of the circulation and muscle development or prevention of muscle degradation, and we can start training patients gently and individually at a very early stage," adds physiotherapist Markus Acktun.