



THE ROEDER PROTOCOL 2 Expanded edition

FRANK W. D. ROEDER

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ABOUT THIS BOOK THE ROEDER PROTOCOL 2 From wheel chair to fitness and to normal walking through self training Therapy to overcome the spastic hemiparesis after a stroke An application integrated into daily life as a continuous improvement process Expanded edition: Optimized walking, Remobilization of the hand, the newest developments: WalkAide system, Saeboflex training, Lokomat and proven conventional training machines like Gallileo and practice with the Ellipse-trainer; Experiences in the general public: Friendly composure and positive aura, Fall propylaxis, Fall under minimization of the injury risk, Inevitable collisions, Cake-eating little fur bearing animals and other contemporaries, About the choice of acquaintances and friends. The 1.practice book worldwide for the self training of stroke survivors The book describes the successful fight against the results of a stroke, the development of a practically oriented therapy and the exercises which lead to the success. The book is directed as a matter of priority at stroke patients with motor deficits. It contains a comprehensive practise share. The exercises are documented with photos, are described in detail and commented. All exercises are integrated into the daily life. Therefore, they can be well carried out in parallel with physiotherapeutic treatment or as a long-term application in the way of the own training up to extensive or complete remission. The Roeder therapy concept, a comprehensive therapy for overcoming the spastic hemiparesis after a stroke as continuous improvement process (CIP): Elements of the therapy concept: 24 hours management * integration of all exercises in the daily routine * elements of the Bobath concept * modified Feldenkrais exercises * modified Tai- Chi exercises * Motomed training * IMF therapy, intension steered Myofeedback * training program * standardized own training-plans with about 50, with the respiration synchronized exercises, stretch and movement exercises. * PM

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