



# **BEGIN & WIN FITNESS AND MOBILITY NOW**

*FRANK W. D. RÖDER*

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## BEGIN & WIN FITNESS AND MOBILITY NOW FRANK W. D. RÖDER

ABOUT THIS BOOK BEGIN & WIN FITNESS AND MOBILITY NOW (former title: DAS ROEDER PROTOKOLL / THE ROEDER PROTOCOL 2) From wheel chair to walking through self training Therapy to overcome the spastic hemiparesis after a stroke In daily life integrated application as a continuous improvement process 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; the essentials in brief; Experiences in the general public: Friendly composure and positive aura, Fall prophylaxis, 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 new edition is based on the former editions "DAS ROEDER PROTOKOLL" and "THE ROEDER PROTOCOL 2". The new edition is editorial tightened and concentrates upon the nuclear subject. The pictures of the exercises are imaged greater. The movement phases are thereby better recognizable also for readers with visual impairment. The leading practice book for the own 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 practice 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 the physiotherapeutic treatment or as a long-term application in the way of the own training up to the extensive or complete remission. The Roeder therapy concept, a comprehensive therapy for overcoming the spastic hemiparesis after a stroke as a continuous improvement process (CIP): Elements of the therapy con

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