

# *gymna.GO Bobath*



**“The method starts with observations.  
How does the patient move,  
how do they organise themselves?”**

*We then set out to find an inclusive,  
individual approach for each patient.”*

**Tara Hanssen**



## Preface

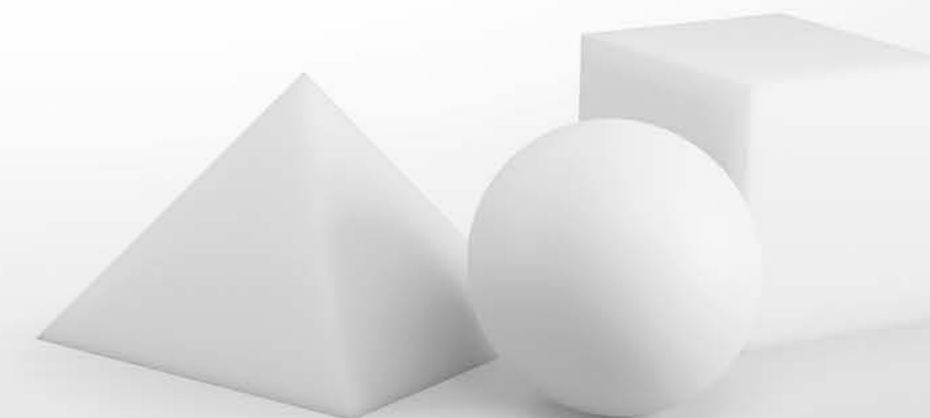
# **An individual approach**

The Bobath concept, also known as NDT concept, has been a gamechanger within the field of neurological rehabilitation and continues to work wonders for patients with brain injuries. The concept developed by Berta and Karl Bobath, for both adults and children, does not consist of a standard treatment, therefore there is no such thing as “Bobath therapy”. You learn to look differently at your basic physiotherapy training. You learn to look deeper. The Bobath concept focuses a lot on postural control as the basis of movement.

The method starts from observations. How does the patient move, function? What is the goal we want to reach? From that point, we look for a completely individual approach for each patient to reach their full rehabilitation potential, that requires time. As a therapist you have to constantly question everything: your treatments, your own actions, how does this all fit into the patient’s living environment. The Bobath concept is successful thanks to this individual approach, that is why this patient specific way of working is also picked up in general physiotherapy.

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## In adults

The Bobath concept is widely utilized in rehabilitation of adult patients following stroke and other neurological conditions.<sup>1</sup>

Two interdependent aspects are critical to optimizing motor recovery and function following stroke. The Bobath concept places particular emphasis on these two. First the integration of postural control and task performance. Second is control of selective movement for the production of coordinated movement sequences or movement patterns, used for function.<sup>1 2 3 4 5</sup>

In addition, the contribution of sensory inputs to motor control and motor learning has always been and remains a key focus of the Bobath concept. The goal is optimal participation in daily life situations and not only in the therapy department.<sup>1 4</sup>

### Therapist and facilitation

Facilitation is a very important clinical skill for the therapist. It is part of an active learning process for the patient. The therapist supports the patient in initiating and completing a task. The degree of facilitation reduces within a treatment session and is withdrawn over a period of treatment until the individual can initiate and complete the task independently.<sup>1 2</sup>

<sup>1</sup> Vaughan-Graham J, Eustace C, Brock K, et al. The Bobath concept in contemporary clinical practice. *Top Stroke Rehabil.* 2009;16:57–68.

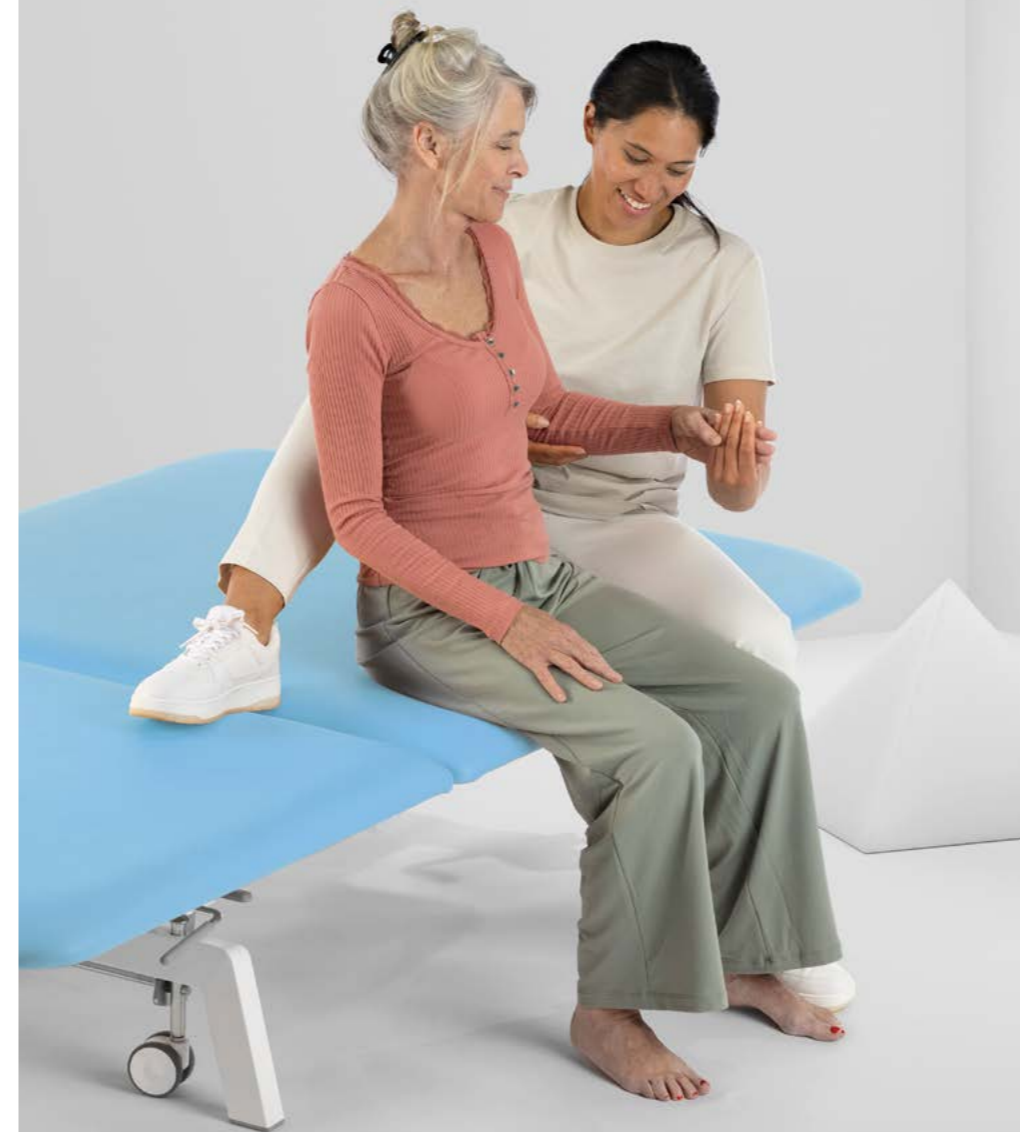
<sup>2</sup> Marc Michielsen, Julie Vaughan-Graham, Ann Holland, Alba Magri & Mitsuo Suzuki (2017): The Bobath concept – a model to illustrate clinical practice, *Disability and Rehabilitation*

<sup>3</sup> IBITA. Theoretical assumptions and clinical practice. Available at: [www.ibita.org](http://www.ibita.org).

<sup>4</sup> Gjelsvik BE. *The Bobath Concept in Adult Neurology*. Stuttgart, Germany: Thieme; 2008.

<sup>5</sup> Raine S. The current theoretical assumptions of the Bobath concept as determined by the members of BBTA. *Physiother Theory Practice.* 2007;23: 137–152.

## Stability and orientation



The wheelchair in this image is the Vermeiren model V300DL





## Reach their full potential



## In children with cerebral palsy

Cerebral palsy is a disability caused by damage to the parts of the brain that control muscles, movement and posture. It usually occurs during pregnancy, around time of birth or within the first 3 years of life and can make everyday activities difficult to do. The Bobath concept focuses on the child with cerebral palsy as an individual. The involvement of parents/carers is an essential part of the therapy process. The therapist works on the normalisation of muscle tone, mobility improvement in joints and control in posture. The goal is for each child to reach its full potential.



# The Bobath treatment table

Especially at the beginning of the rehabilitation process, physically rather demanding techniques are required of the therapist to guarantee the patient's safety. Fortunately, a Bobath therapist can rely on a variety of aids, such as wheelchairs, stools or patient lifts. The most important tool is unmistakably the Bobath treatment table. A Bobath table is almost a double bed, and very stable. This allows a therapist to sit anywhere around the patient in a back-saving position, the table is large enough. It is also useful for babies; exercises may be performed on the table instead of on the floor on a mat, saving the therapist from sitting on their knees all the time.

## Foot switch operation

Height adjustment is essential to accommodate patients and to use the **gymna.GO Bobath** table as the versatile tool it is for all other therapy requirements, such as for example a walking aid. Height adjustment with the powerful electric motor is easy and foot controlled through the efficient and easy to operate foot switch. Alternatively, a hand control can be chosen as an accessory.



## Size and stability

With the **gymna.GO Bobath** table, you have an extremely stable working area with more than enough workspace and ample ground clearance to safely place a patient lift under the table. Not only that, it can be adjusted in height and is so stable, that it lends itself perfectly for patients taking their first steps while using the table as an aid for stability. That makes that there is quite a lot of force placed along one side of the table, but the gymna.GO Bobath table can handle that perfectly. It is Gymna's most stable Bobath treatment table ever.

## Ergomax face support

Like any Gymna treatment table the **gymna.GO Bobath** 2-section table is available with a standard face opening or the Ergomax face opening to accommodate the unique Gymna Ergomax face support. The face support is waterproof and washable for maximum hygiene, protecting your patients from germs. Thanks to the ergonomic shape and its soft and seamless properties, Ergomax is the ideal solution for treatment in prone position.



## Wheels

**gymna.GO Bobath** can be delivered with a set of four swivelling wheels. This facilitates the use of the table in different locations and allows easy cleaning.

## Integrated safety switch

Patient and therapist's safety is key in treatment tables, but even more important in a Bobath table where we are often dealing with paralysed or semi-paralysed patients. For extra safety, the **gymna.GO Bobath** table comes with an integrated key switch to turn off motor operation. Protecting the table from moving up or down due to accidental contacts with the foot switch.



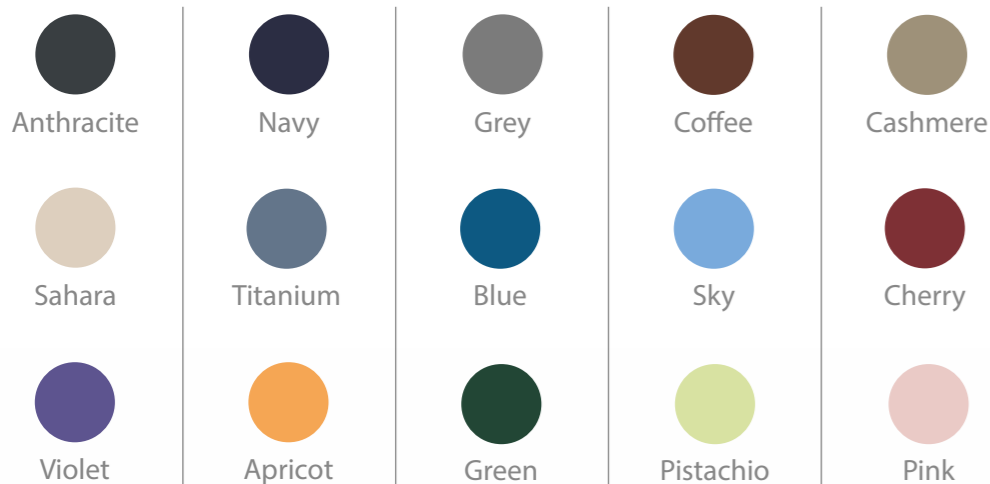
## Cushions

**gymna.GO Bobath** cushions are upholstered with biocompatible and phthalate-free artificial leather. This feels soft and natural, is easy to clean or disinfect, and is fire-retardant. Inside the cushions is a single layer of durable PE-foam with a linear response to pressure, offering maximum comfort in patient support.



# Colours

**gymna.GO** is available in 15 colours\*, from classical and timeless, to bright and cheerful, choose the colour you like most from our Classique upholstery line.



\*Colours for illustration purposes only

# Specifications

|                       |  |
|-----------------------|--|
| Dimensions            | 205 x 120 cm   |
| Weight                | ± 104 - 114 kg (model-dependent)   |
| Height adjustment     | ± 49 – 99 cm electric  |
| Lifting capacity      | Max. 200 kg  |
| Mains voltage         | 100 – 240 VAC, 50/60 Hz  |
| Power consumption     | Max. 3.0 A   |
| Insulation class      | II   |
| Device classification | I  |
| Applied parts         | Type BF  |
| Humidity-proof        | IP21   |
| Motor usage           | Max. 2 minutes on / 18 minutes off   |
| Conformity            | IEC/EN 60601-1<br>IEC/EN 60601-1-2<br>EC directives 2017/745 (MDR)<br>2012/19/EC<br>2011/65/EU |



# Configuration



| gymna.GO Bobath configuration               | 1-section | 2-section |
|---|-----------|-----------|
| <b>Features</b>                             |           |           |
| Electric height adjustment with foot switch | ●         | ●         |
| Linear cushion finish                       | ●         | ●         |
| Width 120 cm                                | ●         | ●         |
| Adjustable back section (up and down)       |           | ●         |
| Safety switch for foot or hand control      | ●         | ●         |
| <b>Options</b>                              |           |           |
| Standard face opening                       |           | ●         |
| Ergomax face opening                        |           | ●         |
| Width 100 cm                                | ●         | ●         |
| Wheels                                      | ●         | ●         |
| <b>Accessories</b>                          |           |           |
| Hand control                                | ●         | ●         |

● Standard feature



# *gymna*.GO Bobath



Cryotherapy

Tecar - Diathermy

Shockwave Therapy

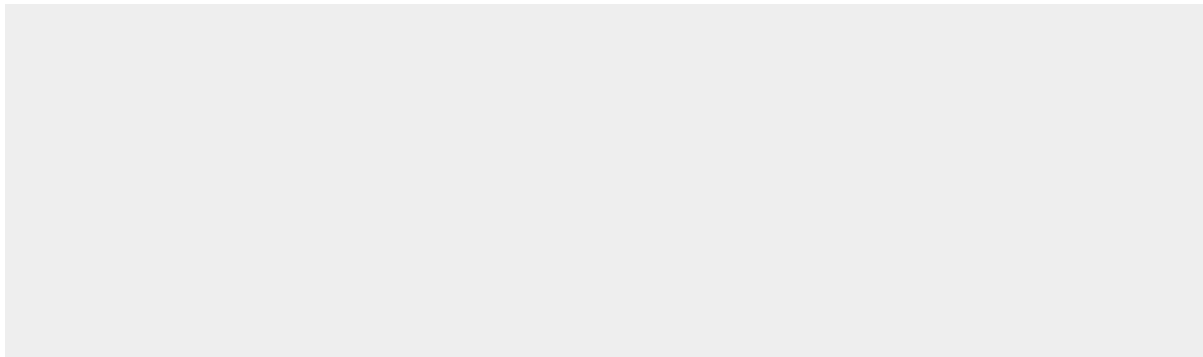
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