

## FUNCTIONAL EXERCISES IDEAS FOR THE RYSEN™

The RYSEN™ enables you to facilitate advanced gait and balance over-ground training with 3D bodyweight support. By tailoring horizontal and vertical assistive forces to individual patients, clinicians can create various functional locomotor activities with the optimal challenge to facilitate motor learning.

Using five pre-defined training modes as a starting point, the RYSEN allows you to provide tailored patient therapy programs with confidence using our safe and medically certified hardware.

Below you will find examples of challenging exercises designed by experienced therapists using the RYSEN in their clinical routine.

### GAIT ADAPTATION EXERCISE, STEPPING OVER OBSTACLES

Walking while stepping over the hurdles to train:

- Coordination
- Single leg stance while stepping over hurdles
- Step height
- Step length
- Dynamic postural balance.

**Logan Shuping, PT, DPT, NCS**  
Sheltering Arms Institute, USA



Picture1: example of exercise with **Walking training mode**. SAI, Richmond, USA

### **WALKING EXERCISE WITH AGILITY LADDER**

Following the correct sequence with the ladder allows the therapist to train:

- Coordination
- Dynamic balance
- Step width.

**Logan Shuping, PT, DPT, NCS**  
Sheltering Arms Institute, Richmond  
USA



Picture 2: example of exercise with **Walking training mode**. SAI, Richmond, USA

### **WALKING AND TAPPING EXERCISE WITH HORIZONTAL FORCE**

Walking with horizontal force while tapping a FitLight® to train:

- Visual scanning
- Attention to unilaterally neglected side
- Single leg stance
- Postural control
- Leg muscle activation.

**Logan Shuping, PT, DPT, NCS**  
Sheltering Arms Institute, Richmond,  
USA



Picture 3: example of exercise with **Walking training mode**. SAI, Richmond, USA

### STATIC BALANCE EXERCISE

Maintaining balance while standing on a balance board to train:

- Static postural balance
- Balance reactions to prevent falling.

**Sanne Ettema, MSc,**

Heliomare Center, Wijk aan Zee,  
Netherlands



Picture 4: example of exercise with **Balance training mode**. Heliomare Beverwijk, Netherlands

### STEPPING SIDEWARDS EXERCISE

Stepping sideways to train:

- Dynamic balance
- Balance reactions
- Weight bearing on one leg

**Sanne Ettema, MSc,**

Heliomare Center, Wijk aan Zee,  
Netherlands



Picture 5: example of exercise with **Walking training mode**. Heliomare Beverwijk, Netherlands

### **STEPPING SIDEWARDS EXERCISE CROSSING OVER THE LEGS**

Stepping sideways while crossing one leg over the other to train:

- Dynamic balance
- Balance reactions
- Coordination.

**Sanne Ettema, MSc,**  
Heliomare Center, Wijk aan Zee,  
Netherlands



Picture 6: example of exercise with **Walking training mode**. Heliomare Beverwijk, Netherlands

### **CLIMBING STAIRS EXERCISE**

Stepping with both feet on the threshold and stepping over it to train:

- stepping up
- stepping down
- dynamic postural balance
- leg muscle activation.

**Sanne Ettema, MSc,**  
Heliomare Center, Wijk aan Zee,  
Netherlands



Picture 7: example of exercise with **Stairs training mode**. Heliomare Beverwijk, Netherlands

*These exercises serve as an example of how therapists can use the RYSEN during a rehabilitation program. They are not necessarily a standard recommendation from DIH.*

*Some of these exercises might be contraindicated depending on the patient and underlying condition. It is the responsibility of the treating therapist and/or*

*physician to select the proper exercises and decide if training in the RYSEN is indicated or contraindicated.*

We would love to discover more creative uses of the RYSEN! Please send us your pictures of patients using the RYSEN. If you tag the photo with #RYSEN on social media, we can share your functional exercise ideas worldwide and showcase them on our [Knowledge Platform!](#)