Introduction to Indego® Therapy

The future of gait rehabilitation is here. Indego Therapy is a lower-limb powered exoskeleton that enables therapists to deliver task-specific, over-ground gait training to patients with weakness or paralysis in their lower extremities. Sophisticated motors in the hip and knee joints, combined with advanced sensors and an intuitive software system empower patients to stand and walk over a variety of indoor and outdoor surfaces.

Research shows that task-specific, over-ground gait therapy leads to better results than harness-based or treadmill-based therapies.¹

Why Indego Therapy?

Indego Therapy is an adjustable exoskeleton that can be custom-sized and perfectly fitted to patients in less than five minutes. Adjustments are even possible while the patient is wearing Indego. This means faster set up, less physical exertion for therapists and patients, and more time working toward the patient’s walking and rehabilitation goals.

A comprehensive software suite – unmatched in the industry – further enhances training sessions by providing a variety of options, settings, and analytics on patient and device performance that therapists can use to improve treatment plans in real-time.

Indego Therapy is a tool that can add immediate value to any therapy practice and provide a new standard of care to patient populations.

Indego: Powering People Forward

Indego® Therapy enables individualized gait therapy for patients with lower extremity weakness or paralysis (such as complete/incomplete spinal cord injury and stroke). Indego’s lightweight, modular, and quick-adjust design allows clinicians to offer intensive gait therapy, custom-tailored to patients across the entire continuum of care — from inpatient facilities to in-home sessions and everything in between.

What makes Indego Therapy unique?

Adjustability
In less than 15 seconds, therapists can individually adjust upper leg, lower leg, and hip components with the easy-to-use drive tool included with the device. This rapid adjustability makes it easy to get the patient into the device and fine-tune sizing modifications as needed during a session.

Lightweight
At just 39 lb (17.7 kg), Indego Therapy is the lightest exoskeleton on the market, making it easy to handle, transport, set up, don, and doff. There is no backpack or upper body component, allowing it to be worn while seated in a standard wheelchair.

Individualization
Indego Therapy is highly customizable, enabling physical therapists to provide challenging, engaging, and effective over-ground gait training. Combined with Motion+ & Therapy+ software suites, patient therapy sessions can be tailored to the individual’s specific needs and impairments and can be adjusted to match their progress and changing gait performance across the continuum of care.

Modular Design
Indego’s five-component design, self-aligning connections and single-hand adjustments allow it to be donned and doffed quickly.

“With Indego, I have a tool that allows me to deliver task-specific therapy and remain focused on patient outcomes. My sessions are more efficient because I spend less time on set up and break down and have more time to work on my patient’s goals.”
— Clare Hartigan, PT, MPT
Program Manager,
Shepherd Center

Smart Software Enables the Most Individualized Gait Therapy

Indego’s Motion+ and Therapy+ software suites transform every rehabilitation session into a powerful and personalized experience.

Motion+ Lean Forward, Walk Forward
Motion+ allows clinicians to practice task-specific gait therapy with patients through a predictable, guided gait pattern. Powerful motors in the hip and knee — customizable within the Indego app — enable patients with little to no gait or motor function to stand and walk with postural controls. The patient leans forward to initiate movement, and Indego responds accordingly.

Therapy+ The Next Level of Personalized Care
Therapy+ is designed to provide effective gait therapy for patients with lower extremity weakness, such as partially impaired stroke survivors. Patients are required to initiate leg movement and Indego supports when necessary while providing auditory, real-time feedback. Therapy+ empowers clinicians with a range of options to enhance their patients’ unique gait-training needs.
Pre-gait Training
Selecting pre-gait allows clinicians to work with patients during a variety of therapeutic activities. Core strengthening, stepping forward/backward and balance work can be offered while the patient is safely supported by the Indego.

Full and Variable Assist
In Full Assist mode, 100 percent support is provided to the right and left hip and knee joints, enabling users (up to 250lbs/113kg) without lower extremity motor or sensory function to stand and walk. Posture-based controls provide an intuitive “lean forward, walk forward” experience. In Variable Assist mode, clinicians can select the amount of support independently at each hip or knee, allowing them to tailor the therapy session based on their goals for the patient.

Vibratory Feedback
Vibration provided at the hip delivers variable levels of tactile feedback throughout all phases of standing and walking. This feature helps patients and clinicians know what Indego is about to do and prompts their response, ensuring safe and effective gait training.

Advanced Gait
Advanced Gait is specifically designed to provide faster weight shifting and step transitions for patients who are ready to achieve a higher gait speed. This mode enables a more fluid and continuous gait.

Gravity Reduction
Using the Gravity Reduction mode, clinicians can reduce the weight of a patient’s leg, allowing him or her to move their limb more easily and effectively throughout the gait cycle.

Active Swing
Active Swing mode allows patients to practice and learn a more physiological gait pattern. Clinicians are empowered to constantly apply the principles of motor learning by providing individualized assistance to a patient at their hip and knee during the swing phase of their gait.

Stance Support
Adjustable stance support settings allow clinicians to influence a patient’s stance phase during walking. Whether the patient tends to buckle or hyperextend their knee, the Indego stance support settings can be adjusted to meet each person’s unique stance goals.

Auditory Feedback
Clinicians can set goals for step length in order to encourage a more symmetric gait pattern. Once the goals have been established, patients receive real-time auditory feedback on their performance, empowering them to recognize incorrect gait patterns and correct and improve their performance.
Gait Improvement with Therapy+

10 Meter Walk Test - Indoor

Stride Symmetry

Session 1 with Therapy+  Session 6 with Therapy+

Indego Dashboard: Performance Analytics at Your Fingertips

The Indego App features an intuitive dashboard that provides real-time feedback during a therapy session on parameters such as gait quality, level of support and number of steps, and allows therapists to alter modes and settings with the swipe of a finger. The Indego App can also export session data, which allows clinicians to track patient progress over time.

“Adding the Indego as one of our clinic’s technology options has allowed us to treat more complex patients with higher intensity. It has allowed our gait challenged patients to be up on their feet earlier, and safer, all at the same time. The versatility and ease of set up for our patients and clinicians makes it a very highly utilized device in our gym”

— Bob McIver, PT, DPT, NCS
Director of Clinical Rehabilitation Technology, Brooks Rehabilitation

DATA

Treatment Across Continuum of Care

LOWEST EXTREMITY MOTOR FUNCTION
ABSENT MOTOR FUNCTION
NORMAL MOTOR FUNCTION

INDEGO SOFTWARE SUITE

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Data taken from 42 subject multi-center trial utilizing Indego’s Therapy+ Software
Indego Therapy is indicated for individuals with spinal cord injury at levels C7 to L5 to perform ambulatory functions in rehabilitation institutions in accordance with the user assessment and training certification program. Finally, the Indego is also intended to enable individuals with hemiplegia (with motor function of 4/5 in at least one upper extremity) due to cerebrovascular accident (CVA) to perform ambulatory functions in rehabilitation institutions in accordance with the user assessment and training certification program. The Indego is not intended for sports or stair climbing.

FDA Clearance for Clinical and Personal Use

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