



moovife

**The set of developmental -
rehabilitative puzzle blocks
for children**

Our daughter Zosia. Smiling, happy, having friends, liked. Full of energy, joy, going through life with sing and dance. And it could have been different...

Zosia was born according to the date set by the doctor. Nothing indicated that the daughter's developmental problems would gradually become apparent in later weeks and years. What worried us about Zosia's behaviour was diagnosed as Sensory Processing Disorder (SPD).

One of the first problem was food. She did not accept the taste of teat and modified milk. The second was hypersensitivity to light and strange sounds. Despite these inconveniences, she was a calm and smiling child until the first year of her life. When Zosia turned her first year of life, sleep problems began to appear. During the tonic reflex, she was crying and moving nervously in the bed with closed eyes. It looked like the attack of asymptomatic epilepsy. Probably due to impaired proprioception (deep feeling), at the same time physiological problems occurred.

Simultaneously it was noticeable that Zosia has a lower than normal sensitivity to pain (hyposensitivity). She loved to squeeze, bite everything and everyone, intuitively she demanded strong hugging, squeezing, kneading and massaging. While playing, when she hit herself or fell down, she never cried, she was not upset or confused. It looked as if she did not register what had happened.

The only thing that absorbed her was movement, speed, the ability to spin, collide with people or objects. She did not react to her name. Seeing her needs related to movement, strong hug and collision, a sensory playground was created for her in our apartment. My husband installed a large swing on which she was spinning, calming down, hanging upside down, sometimes even sleeping. He also built a system of suspensions on which toys, balls, and stretching tapes were fastened. Mattresses, large pillows and rollers were spread on the floor so that she could climb, jump, collide. After a large dose of physical activity, she calmed down and everything returned to normal. Later it turned out that we unconsciously used elements of sensory integration therapy and we used rehabilitation through play. We acted intuitively with our daughter, accidentally improving her large motor skills and it turned out to be appropriate. After an exploratory study at the Physiotherapy Center, we learned that Zosia's brain processes the information provided by the senses in a non-organized way (Sensory processing disorders). Proprioception disorders (deep feeling) diagnosed in the studies partially explained the problems with speech. The analysis of behaviour suggested autism spectrum. Our daughter used a dozen or so words typical of children of their age, namely: mother, father, aniel (instead of Daniel, elder brother), drink, come, hello, give and a few others.

She did not show the will or need to increase the amount of words. With the family she communicated with the help of hands, by showing objects, she brought certain objects, played scenes. The movement was the most important in her life so she could show everything, even tell a story or tell what happened in the movie. Zosia went to the preschool at the age of three with the diagnosis of sensory disorders. The first year was very difficult, but each subsequent week and month brought positive changes. At the end of the preschool she was referred to a specialist clinic.

There is virtually nothing left of autistic behaviour. Speech problems have been diagnosed as motor aphasia and Zosia is under the constant speech therapy care and attends revalidation classes in the integration school. She loves movement, so she attends dance classes, she has been learning to ride a horse for several years, she swims. She wonderfully draws, paints and sings. She is empathetic and friendly. Zosia's development was and still is irregular and gradual with long periods of break in between subsequent stages. Signs of further progress appear after long intervals. Despite of this, she is constantly moving forward.

The long way we went through as a family, seeking the causes of Zosia's dysfunction, prepared us in substantive and practical way to enter her inner world and learn about it.

Moreover, the information gathered and the observations made so far have allowed me to design large rehabilitation puzzle blocks MOOVIE. Fun and rehabilitation with MOOVIE helped Zosia to open herself to us and the outside world, where she freely searched for strong movement sensations.

dr Ewa Bujak

1. THE SET OF DEVELOPMENTAL - REHABILITATIVE PUZZLE BLOCKS FOR CHILDREN.

The developmental - rehabilitative toy "MOOVIE" consists of two sets of blocks: big MOOVIE 23 and small MOOVIE 15. In the folded form, they have the shape of a cylinder with the following dimensions: first (23 elements): Ø1800 mm, height 480 mm, second (15 elements): Ø900 mm, height 300 mm. The modules of both sets can be combined with each other like putting the pieces of the puzzle together. This allows children to build a variety of structures that improve motor skills, spatial planning and visual-motor coordination. However, doing the puzzles is intuitive and gives a sense of security.

The homogeneous colour allows children to calm down and focus on exercise.

Both sets can be used together, so the larger groups can use them.

The developmental - rehabilitative sets MOOVIE:

- with a modular structure – elements easy to connect and disconnect,
- with minimum dimensions after folding and maximum variety of games and exercises after unfolding,
- with a minimal amount of color stimuli,
- easy to clean,
- resistant to weather conditions and UV radiation,
- made of durable, certified materials

- closed cell polyethylene foam, WU 45 XPE
- the products meet the requirements of the medical device,
- they have a CE declaration of conformity,
- the set has been registered as a utility model no. W.124682

2. MOOVIE FOR CHILDREN

The developmental - rehabilitative toy MOOVIE was created for the development of children with changes in the functioning of the central nervous system. It is intended for occupational therapy for children with sensory movement disorders. Early rehabilitation intervention in the form of the directional play could help improve and compensate the deficits in children with dysfunctions.

3. MOOVIE WITH CHILDREN

The designed developmental - rehabilitative toy MOOVIE is intended to ensure the support of the child in general development, including:

- improvement of fine and gross motor skills,
- strengthening of the nervous system through movement,
- development and consolidation of the orientation pattern of the body and space,
- development of motor-auditory-visual perception,
- integrating peer group.

2. MOOVIE IN INSTITUTIONS

The big set of MOOVIE can be used in large spaces such as gymnasium, pre-school, rehabilitation room, sanatorium, common-room at school or playroom. Small set is intended for smaller spaces such as a flat, a small rehabilitation room or a common-room in a children's hospital.

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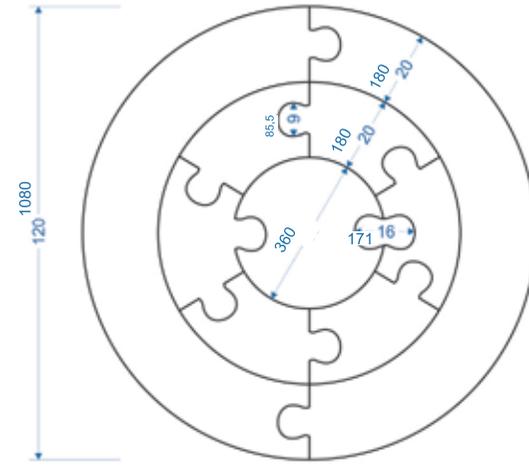
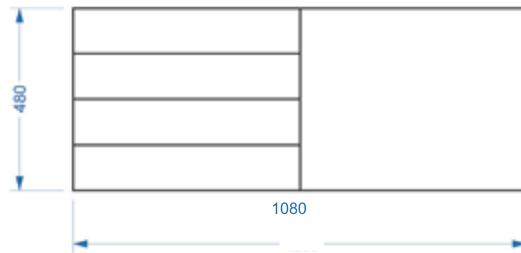
sbarrow@meden.com.pl

A large, bold, blue capital letter 'C' is positioned on the left side of the slide.

composition of sets

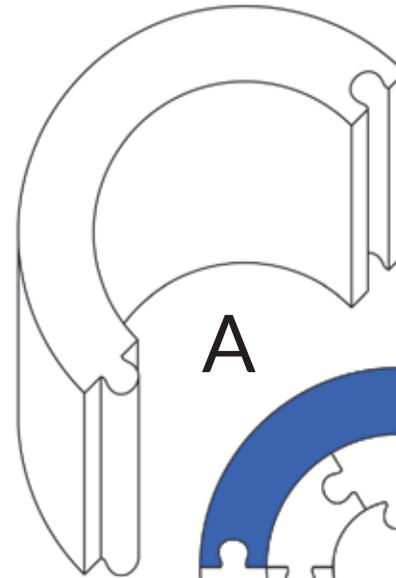
MOOVIE 23

The big set of developmental - rehabilitative blocks consists of 23 elements.

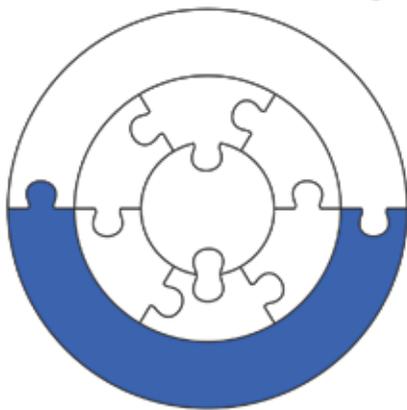
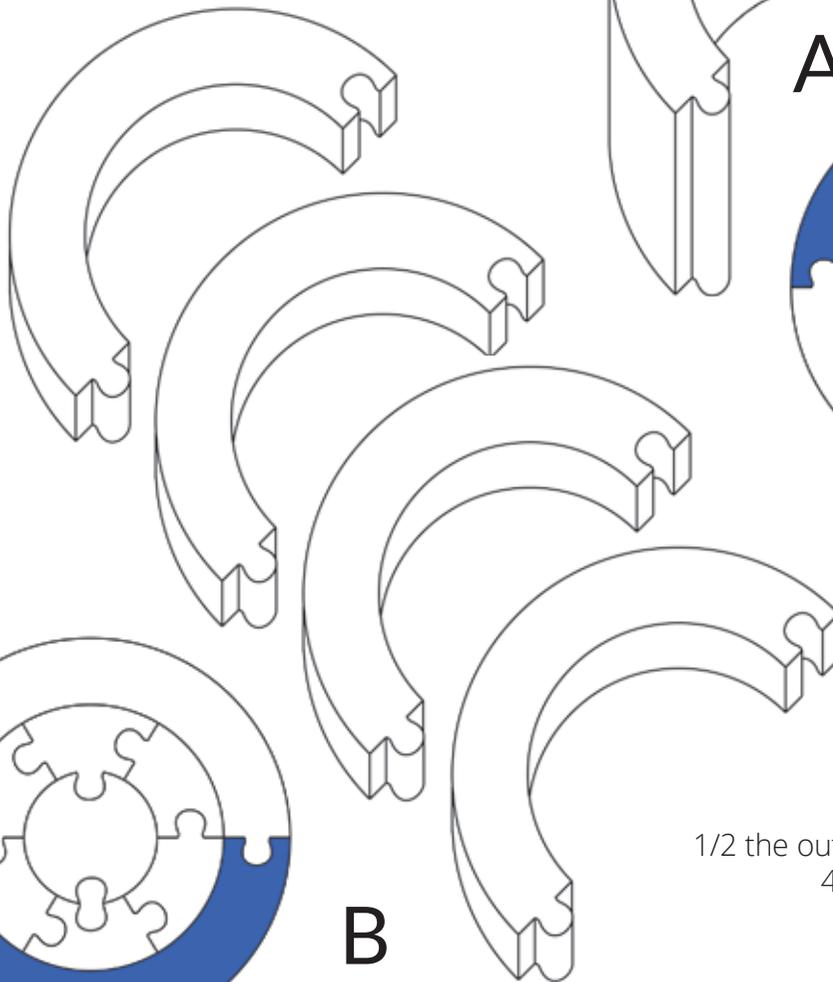


Element A

1/2 the outer rim of the cylinder
1 pcs., height 480 mm



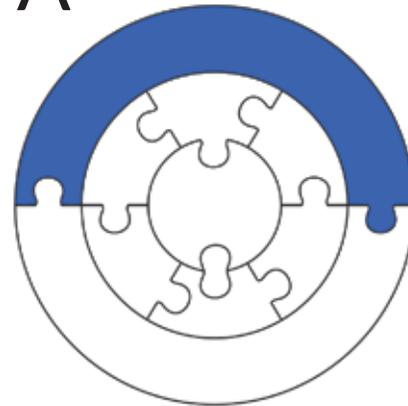
A



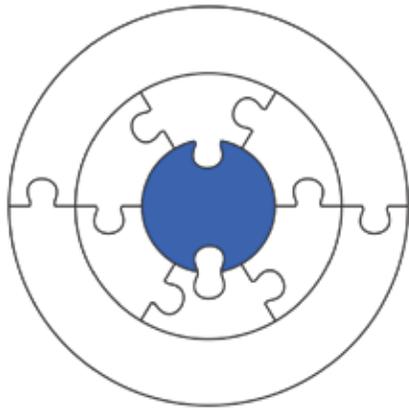
B

Element B

1/2 the outer rim of the cylinder
4 pcs., height 120 mm



A



C

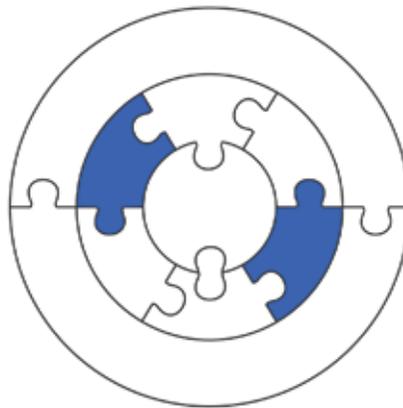


Element C

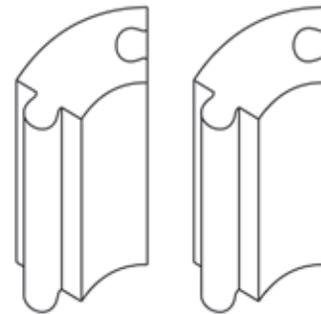
The inner cylinder
1 pcs., height 480 mm

Element D

1/6 of the middle rim
of the cylinder
2 pcs., height 480 mm



D



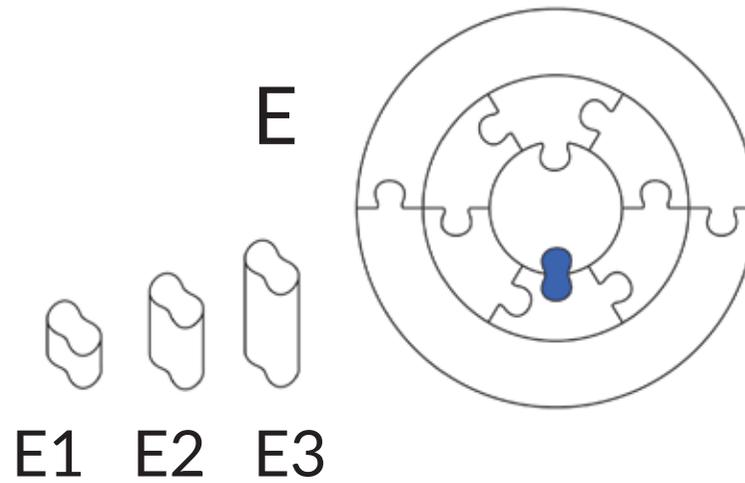
Element E

Figure eight - connector
3 pcs.

E1 - height 80 mm

E2 - height 160 mm

E3 - height 240 mm



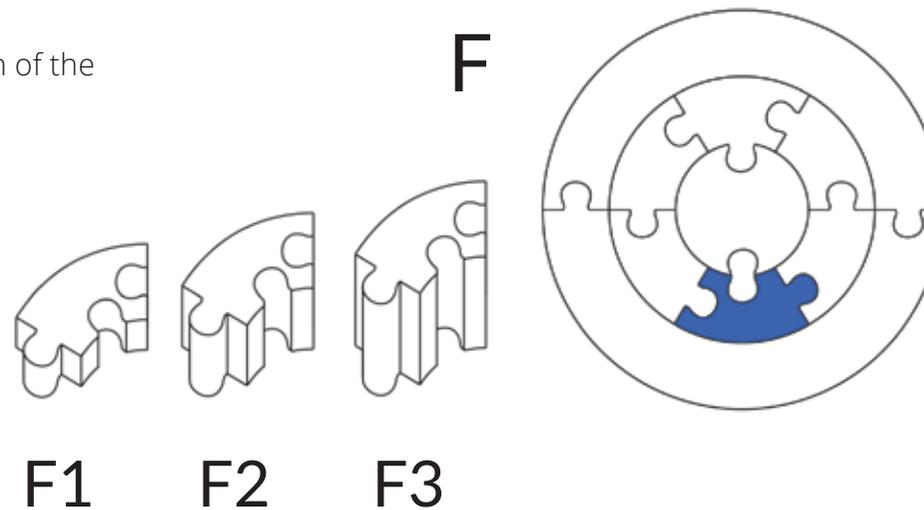
Element F

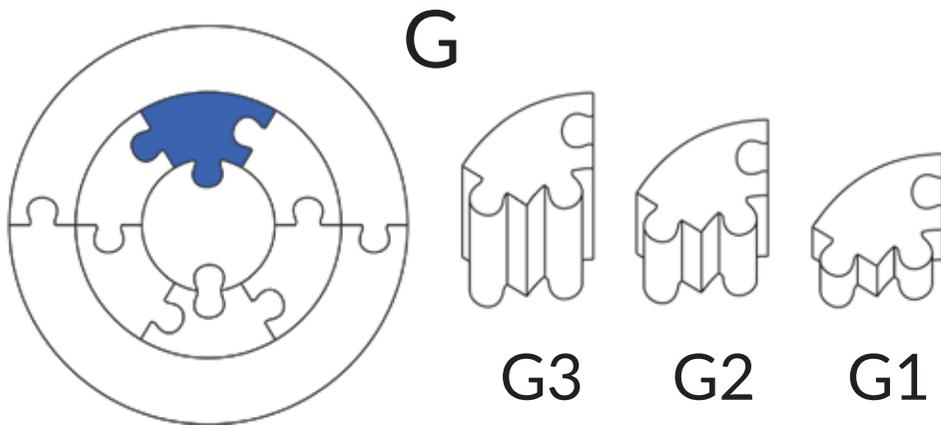
1/6 of the middle rim of the
cylinder
3 pcs.

F1 - height 80 mm

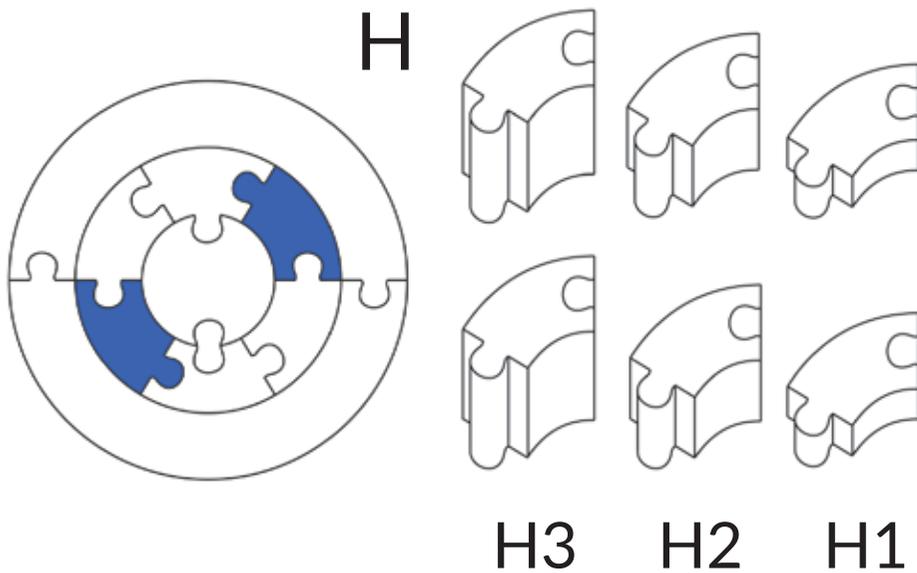
F2 - height 160 mm

F3 - height 240 mm





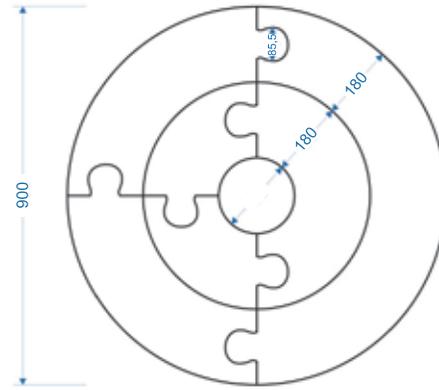
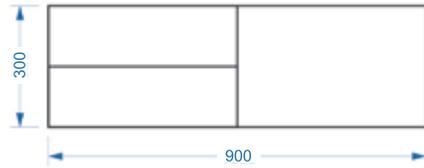
Element G
 1/6 of the middle rim of the cylinder
 3 pcs.
G1 – height 80 mm
G2 – height 160 mm
G3 – height 240 mm



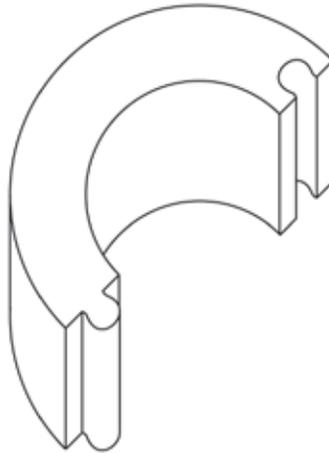
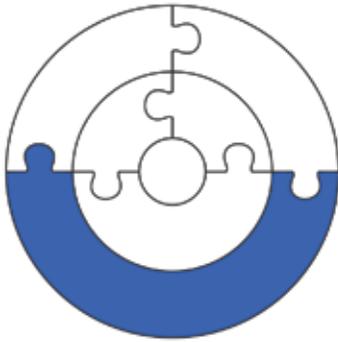
Element H
 1/6 of the middle rim of the cylinder
 6 pcs.
H1 - 2pcs. height 80 mm
H2 - 2 pcs. height 160 mm
H3 - 2 pcs. height 240 mm

MOOVIE 15

A small set of rehabilitation blocks consists of 15 elements



A



Element A

1/2 of the outer rim of the cylinder, 1 pcs., height 320 mm

B

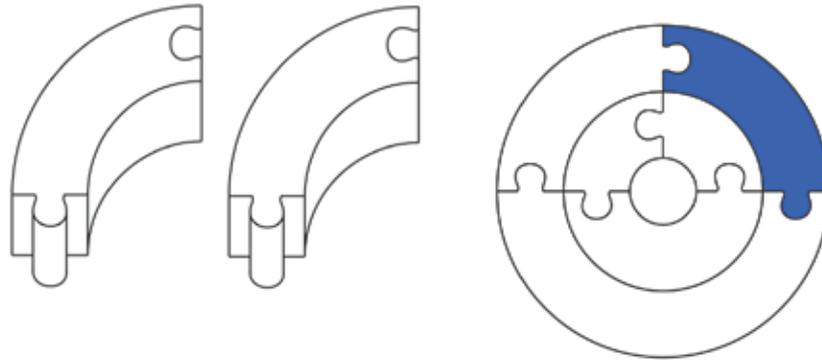


Element B

1/4 of the outer rim of the cylinder, 1 pcs., height 320 mm

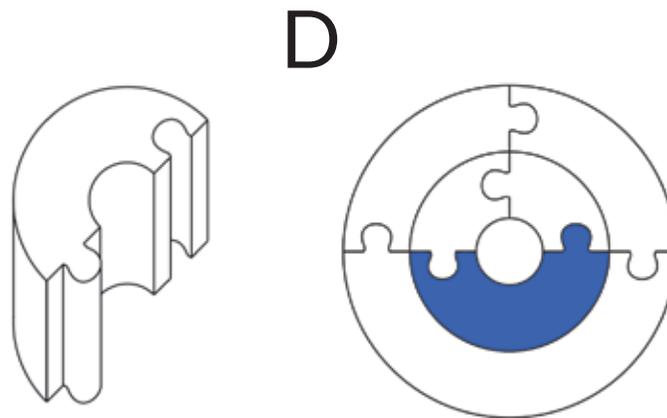
Element C

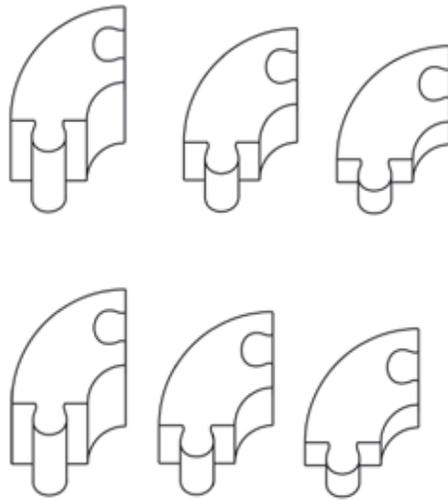
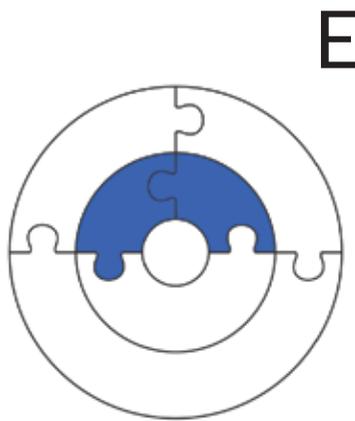
1/4 of the outer rim of the cylinder, 2 pcs., height 160 mm



Element D

1/2 of the middle rim of the cylinder, 1 pcs., height 320 mm



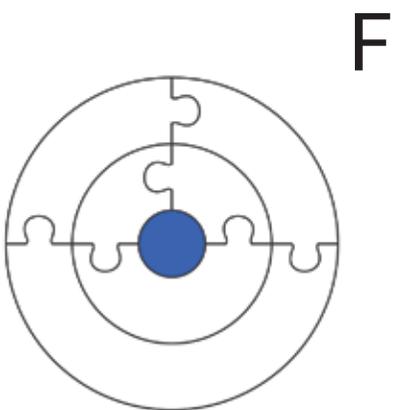


E3 E2 E1

Element E

1/4 of the middle rim of the cylinder
6 pcs.,

- E1** - 2 pcs. height 60 mm
- E2** - 2 pcs. height 100 mm
- E3** - 2 pcs. height 160 mm



F4 F3 F2 F1

Element F

The inner cylinder
3 pcs.

- F1** - 2 pcs. height 60 mm
- F2** - 2 pcs. height 100 mm
- F3** - 2 pcs. height 160 mm
replaceable

T

the set of exercise

1. CHIMNEY

Objective: building a dynamic pattern of movement needed to overcome an obstacle, integrating of this pattern in the motoric plan (from static to motoric) through transitions from static to dynamic. Development and the ability to apply of dynamic balance.

Method: entering and exiting the cylinder - balancing the limbs and the body, keeping the balance by activating muscles and joints.

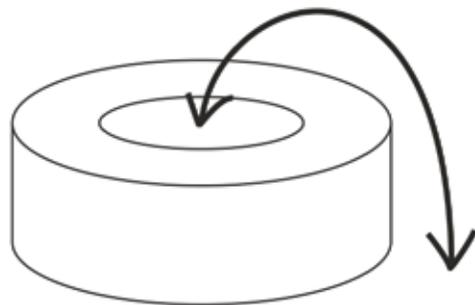
Effects: improvement of equilibrium, eye-hand coordination and balance - changing and keeping the body balance.

MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 480 mm,

B - 1/2 of the outer rim of the cylinder,
4 pcs., height 120 mm



2. CYLINDER

Objective: improvement of visual-motor coordination and motor skill planning (praxis). Improvement in balance and equilibrium, strengthening of paraspinal muscles. Maintaining postural stability. Proper foot load while walking.

Method: Walking around the circumference of the rim cylinder and keeping the balance by putting one foot in front of the other with heel touching toe or walk like "tightrope walker".

Effects: development of proper posture during walking with a focus on the correct foot load. Development of the motor skill coordination and sensing the position of the various parts of the body in space, improvement of the sense of balance. Overcoming the fear of gravity (in patients who have a gravitational uncertainty).

MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,

1 pcs., height 480 mm,

B - 1/2 of the outer rim of the cylinder,

4 pcs., height 120 mm.

MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,

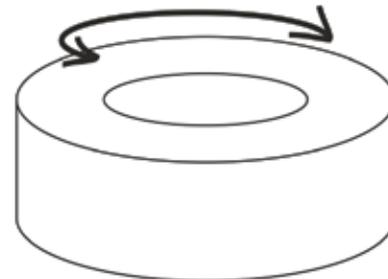
1 pcs., height 320 mm,

B - 1/4 of the outer rim of the cylinder,

1 pcs., height 320 mm,

C - 1/4 of the outer rim of the cylinder,

2 pcs., height 160 mm.



3. RIM

Objective: improvement of the visual-motor coordination, motor skill planning (praxis). Improvement in balance and equilibrium, strengthening of paraspinal muscles. Maintaining postural stability. Proper foot load while walking.

Method: Walking around the circumference of the rim cylinder and keeping the balance by putting one foot in front of the other with heel touching toe or walk like "tightrope walker".

Effects: development of proper posture while walking with a focus on the correct foot load. Development of the motor skill coordination and sensing the position of the various parts of the body in space, improvement of the sense of balance. Overcoming the fear of gravity (in patients who have the gravitational uncertainty).

MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,

1 pcs., height 320 mm,

B - 1/4 of the outer rim of the cylinder

1 pcs., height 320 mm,

C - 1/4 of the outer rim of the cylinder

2 pcs., height 160 mm.

MOOVIE 23

Applied elements:

B - 1/2 of the outer rim of the cylinder,

4 pcs., height 120 mm.



4. BARREL

Objective: improvement of the motor skill planning, improvement of the muscle tone throughout the body. The use of rotational elements to roll in a barrel.

Method: the child puts the barrel in motion by rotating own body.

Effects: intensive stimulation of the vestibular system, improvement of muscle tone throughout the body.



MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 480 mm,

B - 1/2 of the outer rim of the cylinder,
4 pcs., height 120 mm



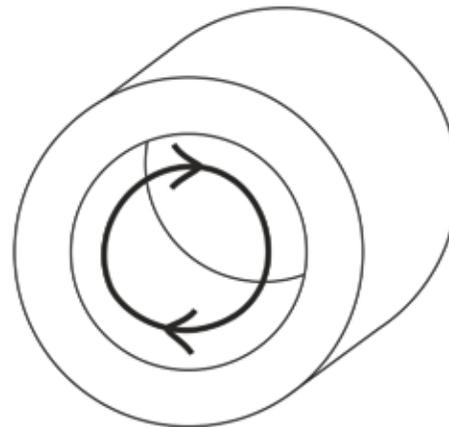
MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 320 mm,

B - 1/4 of the outer rim of the cylinder,
1 pcs., height 320 mm,

C - 1/4 of the outer rim of the cylinder,
2 pcs., height 160 mm.



5. ROLLING ON THE CYLINDER

Objective: stimulation of the proprioceptive feeling, vestibular sense, building the proper muscle balance of the back, abdominal, arms and legs.

Method: the child lays down on the stomach and rolls the cylinder by moving from chest to the thighs, stopping by using the arms and return to the starting position.

Effects: development of defensive reactions.

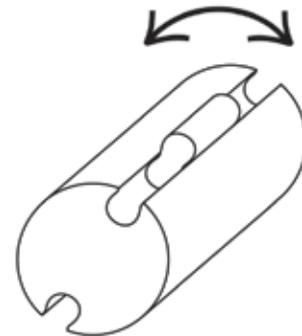


MOOVIE 23

Applied elements:

C - internal cylinder,
1 pcs., height 480 mm,

E3 - figure eight - connector
1 pcs., height 240 mm.



6. PONY

Objective: improvement of the sense of the balance, legs and arms work stimulation, the change in the plane of the vertical axis, front - rear deflecting, strengthening of the postural muscles and stimulation of the vestibular system. Development of the normal activity of the trunk muscles.

Method: the child, sitting on the cradle (legs on both sides of the cradle), moves the body forward and backward. Feet are on the ground, the child pushes his feet and moves the cradle.

Effects: intense vestibular stimulation, body balancing, strengthening of the whole body. Development of motor skill coordination.

MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,

1 pcs., height 480 mm,

B - 1/2 of the outer rim of the cylinder,

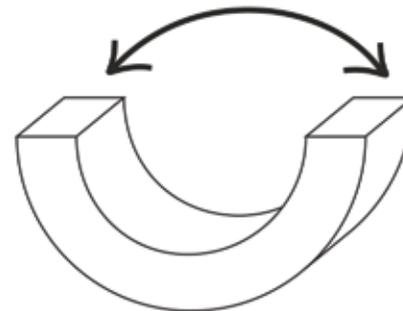
1 pcs., height 120 mm

MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,

1 pcs., height 320 mm.



7. CAVE

Objective: improvement of the coordination of the whole body and individual parts, forced by placing the blocks (closer - further, straight line - arch). Development of the overall efficiency through the variety of positions during exercise, improving alternating movements.

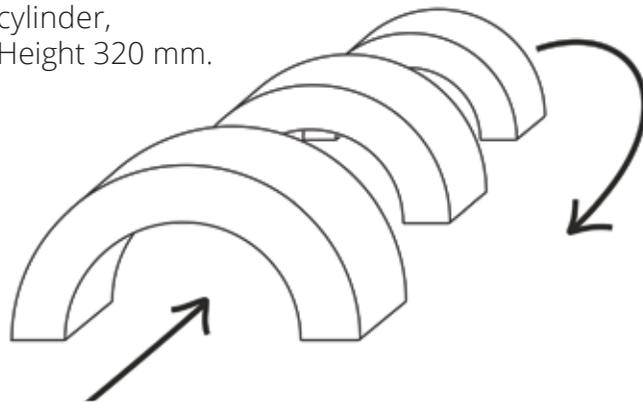
Method: the transition from the inclined position to „walk on all fours“ and then crawling forward and backward, in a straight line and with a change of direction, if the elements of the block form an arc or “S”.

Effects: muscle and joint activation. Improvement of the flexibility of the body, so the child is not touching or turning over the elements (dexterity to proper arrangement of hands and arms). Correction of the segmental posture and development of the ability to position the body in relation to the designated point.

MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,
Height 320 mm.



MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,
height 480 mm,

B - 1/2 of the outer rim of the cylinder,
4 pcs., height 120 mm,

C - internal cylinder, height.480 mm,

D - 1/6 the middle rim of the cylinder,
1 pcs., height 480 mm,

E2 - figure eight - connector, 1 pcs.,
height 160 mm,

G2 - 1/6 of the middle rim of the
cylinder, height 160 mm,

G3 - 1/6 of the middle rim of the
cylinder, height 240 mm,

H2 - 1/6 of the middle rim of the
cylinder, height 240 mm.

8. TUNNEL

Objective: improvement of the coordination of the whole body and individual parts, forced by placing the blocks (closer - further, straight line - arch). Development of the overall efficiency through the variety of positions during exercise, improving alternating movements.

Method: the transition from the inclined position to „walk on all fours“ and then crawling forward and backward, in a straight line and with a change of direction, if the elements of the block form an arc or “S”.

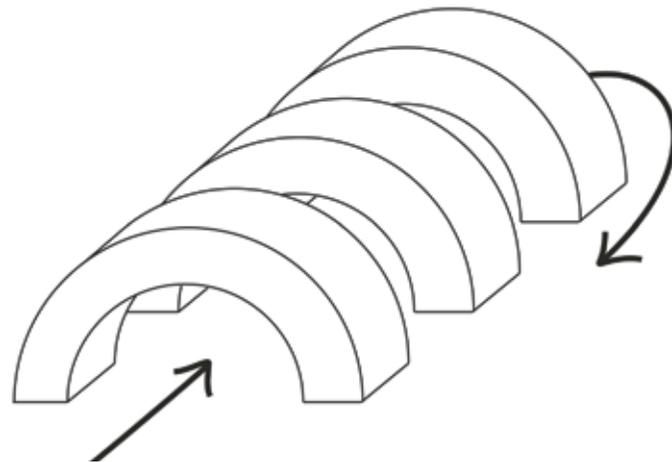
Effects: muscle and joint activation. Improvement of the flexibility of the body, so the child is not touching or turning over the elements (dexterity to proper arrangement of hands and arms). Correction of the segmental posture and development of the ability to position the body in relation to the designated point.

MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder, height 480 mm,

B - 1/2 of the outer rim of the cylinder, 4 pcs., height 120 mm.



9. SLIDE

Objective: improvement of the sense of the balance, forced by change of the position and direction of the movement - shoulder stimulation.

Method: moving forward by pulling arms in front, on the top turning over to the back. Straighten the legs and slide down.

Effects: improvement of the balance, visual-motor coordination, balance – carrying and keeping the body balance. Enhancing the gravitational confidence during changes in the position of the head and body.



MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder, height 480 mm,

D - 1/6 the middle rim of the cylinder,

2 pcs., height 480 mm,

H1 - 2 pcs. height 80 mm,

H2 - 2 pcs. height 160 mm,

H3 - 2 pcs. height 240 mm.

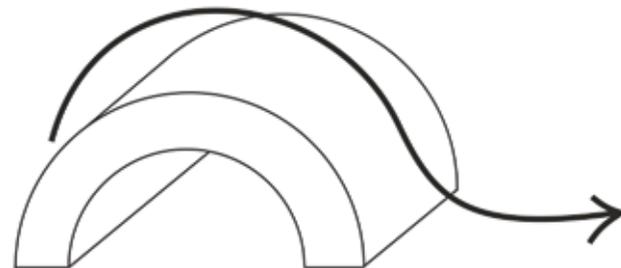
MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,

1 pcs., height 320 mm,

D - 1/2 the middle rim of the cylinder, height 320 mm



10. STAIRS

Objective: improvement of the visual-motor coordination. Development of the muscle-ligament stabilization of the spine. Stimulation of the sense of the balance. Exercise of alternating movements (work of both brain hemispheres).

Method: walking on the stairs or in a circle - by putting one foot in front of the other with heel touching toe.

Effects: correct position of the child's body relative to the reference point, maintaining the right posture during exercise, improvement of visual-motor coordination, alternating movements, and the sense of the balance. Enhance of the gravitational confidence during changes in the position of the head and body.

MOOVIE 23

Elements used in the following order:

C - internal cylinder, height 480 mm,

D - 480 mm,

F2 - 160 mm, **E3** - 240 mm,

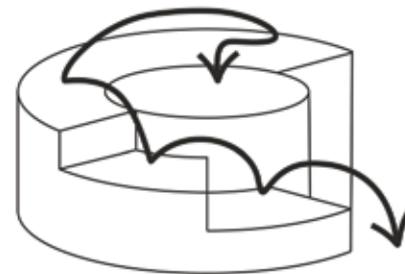
F3 - 240 mm, **E2** - 160 mm,

H1 - 80 mm, **H3** - 240 mm,

H3 - 240 mm,

G2 - 160 mm,

H1 - 80 mm.



11. COBBLESTONES – PATH

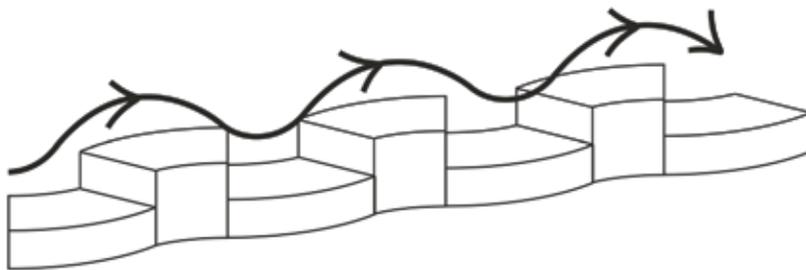
Objective: improvement of the sense of the balance, visual-motor coordination, exercise stimulating the sense of balance, improvement of flexibility, agility, helping overcome the fear of the gravity.

Method: walking by putting one foot in front of the other with heel touching toe with the change of the direction and height.

Effects: improvement of the balance, visual-motor coordination, balance – carrying and keeping the body balance. Enhance of the gravity confidence.

MOOVIE 23, MOOVIE 15

We choose the set of elements needed to build the path according to the degree of difficulty and motor dysfunctions of the child.



12. WELL - THROW THE OBJECT TO THE TARGET

Objective: an arcade exercise developing motor planning skills (praxis), visual-motor coordination. Perfecting the dexterity of the arms and hands.

Method: throw the object to the target.

Effects: eliminating dyspraxia.



MOOVIE 23

Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 480 mm,

B - 1/2 of the outer rim of the cylinder,
4 pcs., height 120 mm,

E1 - height 80 mm,

E2 - height 160 mm,

E3 - height 240 mm.



MOOVIE 15

Applied elements:

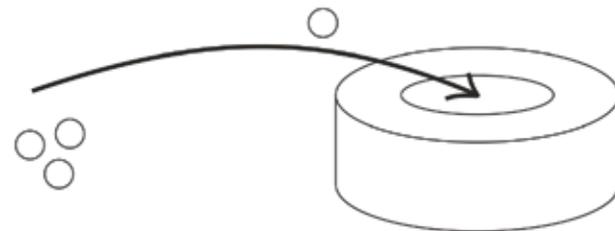
A - 1/2 of the outer rim of the cylinder,
1 pcs., height 320 mm,

B - 1/4 of the outer rim of the cylinder,
1 pcs., height 320 mm,

C - 1/4 piece of the outer rim of the cylinder,
2 pcs., height 160 mm,

F1 - 2 pcs. height 60 mm,

F2 - 2 pcs. height 100 mm



13. CRADLE - CALMING DOWN EXERCISE

Objective: Calming down the child after intense physical exercise, stimulation of the vestibular system.

Method: the child is sitting or lying down on the cradle, moves the body forward and backward.

Effects: muscle relaxation, heart rate equalization, relaxation.

MOOVIE 23

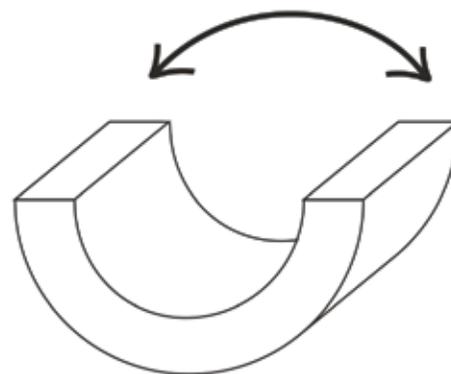
Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 480 mm.

MOOVIE 15

Applied elements:

A - 1/2 of the outer rim of the cylinder,
1 pcs., height 320 mm.



15. PATH OF MOBILITY

Objective: exercise of the agility, coordination and flexibility. Improvement of the motoric planning.

Method: running with the change of direction, under - over the obstacle.

Effects: improvement of motor coordination, motor planning and agility.

MOOVIE23

Applied elements:

D - 480 mm,

B - 120 mm,

G2 - 160 mm,

H3 - 240 mm,

H2 - 160 mm,

B - we repeat the layout of the elements.

