

Variable Assist Mode

Indego offers clinicians innovative gait therapy options for persons with spinal cord injury based on motor learning principles.¹

Assist-as-needed Approach

Clinicians can adjust the level of support provided by Indego via the iOS app. The level of assistance can be adjusted separately for the hip and knee joints, thus allowing clinicians to select settings unique for each patient's leg strength and therapy goal.² The ultimate goal using Indego's Variable Assist function is to optimize training, to challenge patients and to facilitate improved function.

High Patient Engagement

The variable assist function is a patient centered approach to gait training. Active patient participation is required as they must engage their own spared-leg muscle function to tolerate lower levels of assist. At the conclusion of each session, the iOS app provides a detailed report to show progress over time and to assist clinicians in setting objective goals. Being able to select unique device settings and track patient progress provides extra motivation for patients along the continuum of care.



“Indego's variable assist allows me to tailor my treatment to each individual patient maximizing the patient's active participation.”
 — Tamsin Reed, PT, Wellington Hospital, London, UK



(1) Kleim & Jones (2008): Principles of Experience-Dependent Neural Plasticity: Implications for Rehabilitation After Brain Damage, Journal of Speech, Language and Hearing Research, 51:5225-5239
 (2) Guadagnoli & Lee (2004): Challenge Point: A Framework for Conceptualizing the Effects of Various Practice Conditions in Motor Learning, Journal of Motor Behavior, 36:2, 212-224