



Christina Bertram-Morscher
Physiotherapist, CIFK



Andreas M. Bertram

Christina und Andreas M. Bertram developed the special design of the Bertram-Kreisel (circular balance board) in their Physiotherapy and Physiotherapist, MT, CIFK, MSP Hand-Rehabilitation Practice and in their Center for Medical Fitness Author «Sensomotorische Koordination» Training - DIE INSEL.

Practice for Physiotherapy and Hand-Rehabilitation / DIE INSEL Center for medical Fitness Training
Leonhardsstrasse 53, CH - 4051 Basel, Tel. +41 61 271 22 84, kreisel@bertram.ch www.bertram.ch

Description of the Proprioceptor Balance Board: the Bertram “Kreisel”

The proprioceptor balance board (“Kreisel”) is a therapy and exercise device that enables the user highly refined and sophisticated balance and coordination training.



«I feel much safer moving around since training with the “Kreisel”.» E.S. (82)



«Kreisel-training is fun, motivating and leads me playfully to success.» R.V. (42)

Made from domestic wood, the massive Bertram Kreisel was developed with decades of therapy and training experience and has been scientifically tested. Due to the physics of its design,

the Bertram Kreisel has been shown to produce measurable improvements in brain and muscle performance. Its uses range from prevention, therapy, rehabilitation, learning assistance, as

well as in recreational and professional sports. Specifically training reaction and balancing skills counteracts the ageing process. The special design of the Bertram Kreisel - the specific curve of the rounded segment and the massive standing base with its indented marble groove enables optimal reflective interaction between the central nervous system and the myofascial- and joint systems.

Practicing with the Proprioceptor-Kreisel is a challenge to the responsiveness of the user, to his/her ability to move and to the body's own interaction potential.

Sensorimotor losses due to age or illness can be improved and sometimes undone through coordination training with the Kreisel. Reactions to maintain balance use randomly reflected impulses. This has a positive effect on the interaction between receptors and neurologic- and myofascial structures.

Balance training on the Kreisel has been shown to have a positive effect on the central, peripheral- and the autonomic nervous system at the neurobiomechanic level.

Kreisel training improves sensorimotor learning by optimizing the selection of information in the brain and by releasing neurotransmitters such as Dopamine.



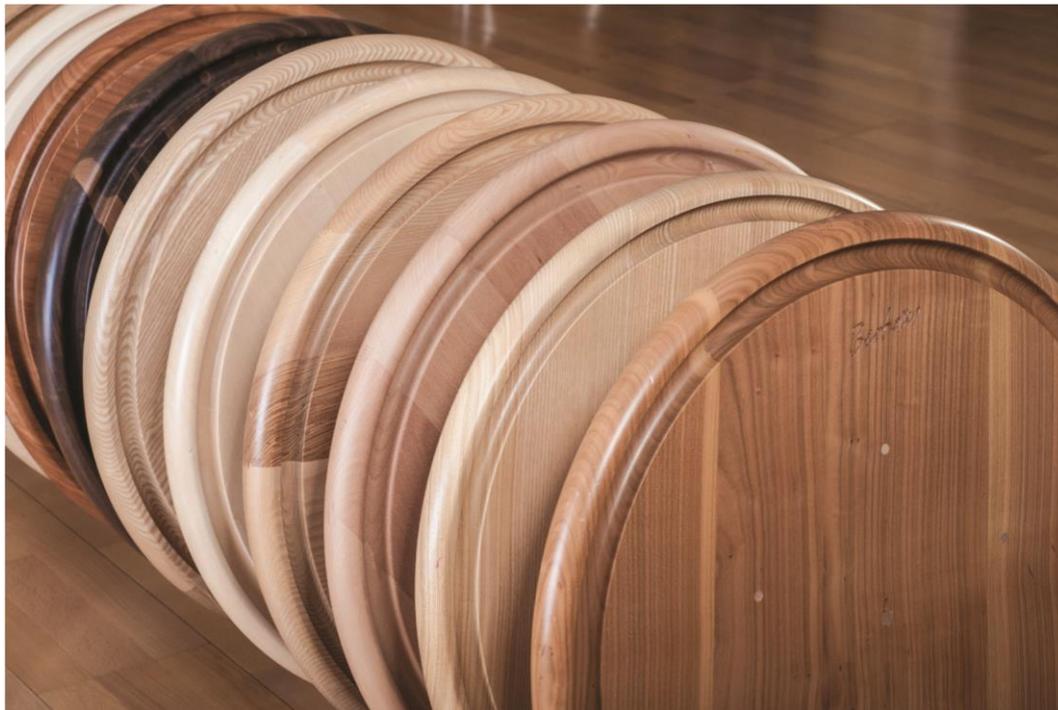
 Georg Thieme Verlag, Stuttgart
Bertram et al.: Sensomotorische Koordination · 2008
Kreisel training helps you achieve

- faster muscle reactions
- general muscle strengthening
- better balance
- more effective rehabilitation after injury or surgery
- reduction of joint pain e.g. back, hip, knees, etc.
- steadier walking
- a strong pelvic floor
- continence
- increased concentration
- easier learning

Bertram Kreisel

Produced from domestic wood. Available in:

Ash	CHF 490.-
Cherry/Maple	CHF 540.-
Walnut	CHF 600.-



Over 100 Kreisel exercises

Physiotherapy textbook
«Sensomotorische Koordination»

CHF 99.-



Available at: Physiotherapie Bertram The following is the preface by kreisel@bertram.ch Leonhardstrasse 53
Andreas M. Bertram as well as the Tel. +41 61 271 22 84 CH - 4051 Basel foreword to the book by Professor
Dr. Antonio Loprieno, former rector
of the University of Basel.

Preface

Andreas M. Bertram

Author of the book «Sensomotorische Koordination»

How exactly does movement function and what skills do we need to master in order to achieve our perception of healthy, economic motion?

Everyone who deals with movement in any form, be it physiotherapist, sport scientist, physical education teacher or athlete, will at some point be faced with these or similar questions.

As a physiotherapist who deals mainly with the mechanism of «active movement» it has been a great challenge for me over the years to get closer to the secret of movement and kinetics.

Dr. med. h. c. Susanne Klein-Vogelbach and her «Functional Kinetics» laid the foundation stone for my interest with her work on movement analysis and functional therapy. Sport science, biomechanics and increasingly also brain research have provided insights offering pathways to understanding, and hypotheses for achieving, a better understanding and application of sensorimotor function and motor learning. Reactive fine-motor differentiated movement patterns have always fascinated me and are an integral part of my professional life.

The therapeutic balance board - the “Kreisel” - which we developed in our practice and fitness center is a training device particularly suited to generating sophisticated sensorimotor movement performance which is perceptible, observable and which can be learned.

The wide range of applications of this therapeutic device addresses the needs of people with high safety demands such as fall-prone patients as well as the needs of top athletes. This book should serve those interested in movement as a motivation to achieve a high level of mobility. The exercises described will hopefully inspire the reader’s creativity to further develop their own sensorimotor training program.

I have a fascination for linking different fields of research and so have occupied myself with biomechanics, sport science and brain research. I suspect that the solution to many of the functional problems we encounter everyday may lie in the interaction of these fields. It is, however, clear to me that whatever level of understanding we find ourselves, this is always just the beginning for further searching. I wish all of those reading this book and using the exercises, great pleasure and success. Andreas M. Bertram

Preface

Prof. Dr. Antonio Loprieno

Rector of the University of Basel

We share the belief that it is good for people to strive for a successful balance between mental and physical health with our Roman ancestors. Between the first and second century A. D., the Roman poet Juvenal declared: *orandum est ut sit mens sana in corpore sano*

(“ You should pray for a healthy mind in a healthy body “). However, the explicit use of the body not only to perform a certain activity, but also to improve the quality of life, is a development of modern times that we see and recognize repeatedly in various forms and formulas. Especially in Western culture we have become aware that mental (and generally

individual) well-being is strongly related to correct physical behavior and movement patterns.

On a scientific level, this issue is of great importance, as different skills are indispensable in simply achieving this combination of fine thinking and motor skills: from neuroscience to the sport sciences, from the theoretically-predisposed medical education to the more pragmatically-oriented functional kinetics.

The result of this fusion of scientific and therapeutic expertise is presented in this book "Sensorimotor Coordination". The natural science premises described in detail herein by Wolfgang Laube and their specially developed applications by Andreas M. Bertram - particularly in the balance training on the "Kreisel" - provide an ideal prescription for healthy motor function.

If the book and its practical implementation is a feast of knowledge for all readers, scientists especially will find the constant interlinking of theoretical knowledge and practical exercises a source of particular joy. I thank the authors for their extremely successful presentation and I wish this book the popular success it deserves.

Prof. Dr. Antonio Loprieno
Rector of the University of Basel



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