

What do medical professionals say about makoto ?

Read below for comments from doctors and therapists using Makoto for Stroke, Orthopedic, Neurologic, Speech and Cardiovascular Therapy.



Susie Bass, DPT, Stroke Therapy

"I use Makoto for a variety of reasons. For people who have visual neglect, it makes them scan from side to side. You can use it at varying degrees of difficulty, so sometimes I'll set it up and have the patient do just one tower. Once they're used to the feel of it, I'll put them on 2 towers where they have to scan from side to side (i.e. tower to tower).

"In addition to visual scanning, it's great for attention, dynamic balance and reaction time I really like it for integrating bi-lateral use of arms and legs to improve range of motion and weight shifting. Often patients don't like to shift their weight over to their involved side, so it's a nice way to get them over there and using that side as they look to see where the light and sounds are coming from. Balance might be the best use of Makoto.



"Of the patients I've used it with, I haven't had anyone not like it. That's probably for a variety of reasons, but mostly it's because they're not really thinking about what they're doing, they're having fun.

Even though it's a tool that's getting them to shift their weight, they're not thinking of it that way, they're just thinking about beating their own score, their own time. The speech therapy partner and I have used it in a group setting and we've had 2 or 3 people using it simultaneously she'll be using it for the cognitive component, seeing how many they missed, how quickly they learned the task, etc. and I'll be looking at it more as a dynamic balance activity.

"I've also used it in brain injury cases, for people who have had brain injuries. It helps them concentrate and attend. It's very good for amputees. Makoto can be adjusted to be as easy or challenging as you like. It's also great for endurance-type tasks - patients will stay with it because they're having fun!"

Tracy O'Donnell, OT, Orthopedic Rehab

"The visual and auditory aspects of Makoto take patients' minds off their affected areas (e.g. hips, knees) while they shift their weight and increase movement this gets them to use their affected side more than they would otherwise. It's difficult for patients, but it's fun so they like it.

Tracy O'Donnell, OT, Orthopedic Rehab (continued)

"If people have visual/perceptual problems, Makoto is a good test to see how they will do in everyday life, for everyday tasks. I've found patients look forward to the Makoto sessions, to the challenge of beating their last score. In the process, they're realizing gains in their movement and weight shifting."

Julie Jordan, PT, Neurological and Orthopedic Rehab

"Number one, it's fun. Patients don't realize they're doing therapy. It allows them to succeed, and it keeps track of their improvement, their scores it's very motivating." I use Makoto for orthopedic surgical repairs, pre-surgery strengthening programs, for athletes and young adults. They can use the scores to see their levels of achievement. You can set goals and measure their success rate, which gives them the opportunity to evaluate themselves.

"What I like about it is that it's very motivating, so it gives me something I can use to keep the patient excited especially for long term therapy where they'll be in therapy for a long time so you want to keep it exciting and varied. This gives them something outside the daily regimen, something they enjoy."

Paula Hulser, M.S. CCC-SLP, Speech Therapy

I had a 15-year old young man who had very slow processing speed, as well as difficulty sustaining and dividing his attention. Makoto helped with all of those as well as his short term memory.

At first I used one tower, and gave him specific directions. For example, if a light goes off on the right side of the tower, use your left hand, if it goes off on the left side, use your right hand and then I would gradually increase the speed as he got better. He was very reinforced by the data he received, i.e. his scores, so he was highly motivated by trying to increase his response time.

At the same time he was working on his processing speed, he also had to use his memory as he progressed, we made the tasks more complex; for example having him react only to the top or center lights and increasing the speed. After a while he showed significant improvement in the areas of short term memory, mental processing, and fluidly shifting his concentration from one task to another.

Another case involved a woman I was helping get back to work. She was a mail carrier who was having problems sustaining mental endurance and physical endurance simultaneously. If her physical work load was heavy and she had a lot of mental tasks, she would get overwhelmed.

Again, we started out doing simple Makoto exercises, one or two towers at a low speed, and gradually moved to higher speeds and all three towers. This helped develop her endurance both physically and mentally in a relatively short period of time. Those are just a couple small cases, but I've used it for many different cases to improve cognitive abilities. Makoto is a really super thing, I think it has so many applications!"

Andrew Chai, OT, Cardio Rehab, Cornell Medical Center

"Our patients like it because it's a game. They forget they're exercising, get their heart rate up and get a good workout we usually do it for 4 minutes at a time, break a minute and do it again. So, in a 10-minute period one patient can get a good workout. Sometimes for older people who can't hear the sounds or see the light very well we just use one tower, but there are many possibilities for varying levels of ability and condition. It's also excellent rehab equipment, with easy maintenance and no breakable parts, etc."

