

## **Rodeo Trainer – Pető Institute motor disabled students' latest favourite**

The school branch of Pető Institute was glad to learn about the presentation organised by Dr. Zoltán Nagy for the popularization of his invention, the Rodeo Trainer.

He arrived at our school with two special chairs. After a short oral presentation our disabled students could try "riding" the "prancing" chair on the basis of the inventor's instructions.

Having recovered from their first fright they began to enjoy being tossed left and right, forward and backward by the seat fastened on a wrist joint and soon, within a short time they realized that they were sitting on a sports equipment that moves nearly all their body – their arms, side, and back made them feel this.

The creed of the Pető András Institute of Conductive Education for the Motor Disabled is that being physically handicapped is a state that can be changed. Our nervous system does have its reserves in spite of the injuries; new connections are possible to be built and they can be mobilized through the adequate control of the learning-teaching process. The task of the conductors working in the institute is helping those mostly with central nervous system injuries both physically and mentally towards normal life.

Rodeo Trainer is very suitable for motion development. Moving-sitting develops motion coordination, makes core muscles stronger, and helps to develop both the sense of balance and the strength of gripping and holding. In addition to this it is also a funny, enjoyable game, where you can clock the time of the exact, straight –symmetrical sitting.

For nearly three months once or twice a week a selected group of school pupils has been spending one-one and a half hours training on the Rodeo Trainer. One by one they ride the Rodeo Trainer for 8-15 minutes. Their riding is documented by short videos, photos and descriptions. During this time it became demonstrable that a part of our pupils using the Rodeo Trainer can sit more safely on a normal chair, with some pupils' core muscles – especially the oblique muscles- became stronger, and with some of them the time of sitting in the horizontal position increased.

Last but not least Rodeo Trainer does weld children together as those using it go to the training room where it is installed together and they keep helping each other by giving instructions as "outsiders" since standing at the front, at the back, at the sides they can see their fellows' movements better. They keep giving advice to each other for the most successful performance of the task!

We do hope the joint work with Dr. Zoltán Nagy will be fruitful in the future too and from next school year on some more pupils of ours will be able to use Rodeo Trainer for developing their muscles, and their sense of balance.

*Budavári Győző - conductor*