

OVERVIEW

The Clinical Model Chair Cycle provides the therapeutic benefits of cycle exercise to those confined to a wheelchair, or to those unable to sit comfortably on a conventional exercise cycle/ergometer.

A simple clamping system allows the Chair Cycle to easily attach to any straight chair, tubular chrome or wheelchair. Resistance fully adjusts from 0-29 lbs. (0-13 kgs.). Length can also be adjusted to accommodate various limb lengths.

The Chair Cycle's rugged construction, versatile function, and ultimate patient benefit make this unit ideal for hospital, nursing home, or clinical settings.

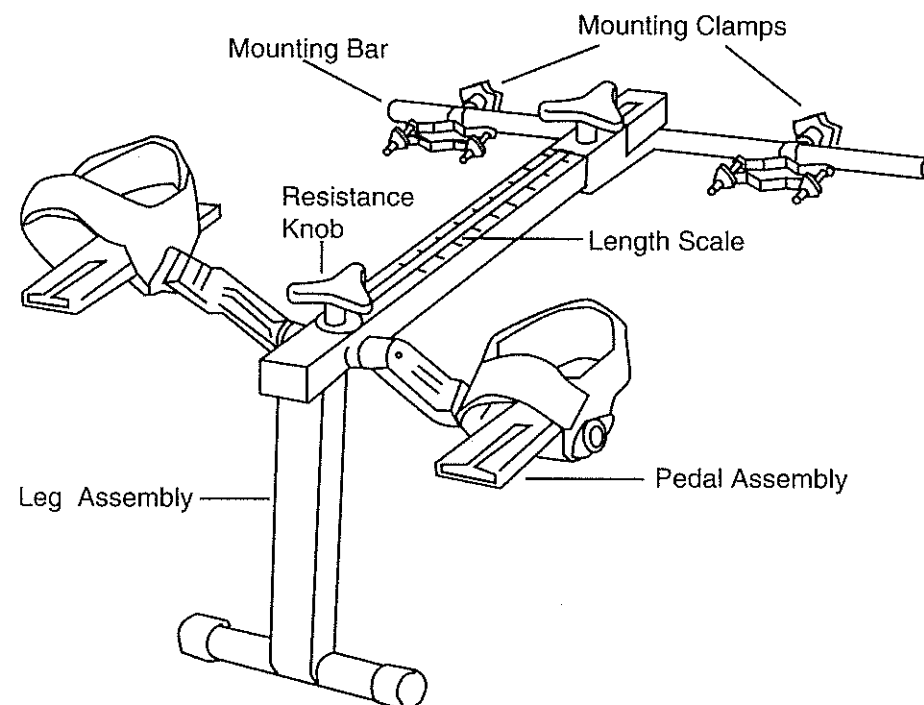
The Chair Cycle is available with an optional Long Leg Brace Accessory for additional ankle and leg support. An optional Upper Body Extremity Exercise set is also available for Upper Body exercise.

TABLE OF CONTENTS

Assembly	Page 1
Adjustment	Page 3
Length	Page 3
Pedal Assembly	Page 3
Attachment	Page 6
Chair	Page 6
Wheelchair	Page 6
Bed	Page 7
Exercising	Page 8
Lower-Extremity Exercise	Page 8
Adjusting the Resistance	Page 9
Upper-Extremity Exercise	Page 9
Installation of Extension Arms	Page 10
Using the Hand Supports	Page 11
Optional Accessories	Page 12
Leg Brace	Page 12

INSTRUCTIONS FOR ASSEMBLY

1. Slide the Mounting Bar Assembly onto Chair Cycle Body to assemble and adjust the length. Turn and lock in place.
2. Slide 1 Mounting Clamp onto each side of the Mounting Bar.
3. Bolt the Short Pedal Arms with attached Pedal Assembly to Long Pedal Arm/Crank Assembly.
4. Attach Leg Assembly to bottom of Cycle by removing bolt with supplied wrench. Place Leg Assembly so that foot plate rests are parallel with floor and leg assembly flares forward. Replace bolt and tighten.
5. Adjust the Resistance Knob to set the desired resistance: clockwise to increase tension/workload, counterclockwise to decrease tension/workload.



BEFORE YOU USE THE CHAIR CYCLE

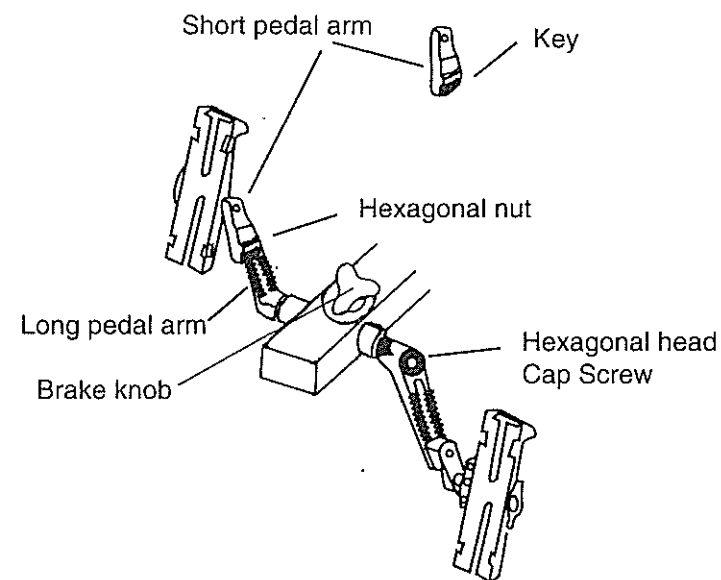
1. Be sure all nuts, bolts, and knobs are securely tightened.
2. The Chair Cycle's moving parts do not require lubrication. Oil-impregnated bushings are used throughout.
3. When attaching the Chair Cycle to a wheelchair, be sure that the wheelchair's brakes are set or that the wheels are solidly blocked.
4. The Chair Cycle brake plate and lining will gradually wear and may require replacement.

HOW TO ADJUST THE CHAIR CYCLE

LENGTH

Adjust unit to desired length by turning the knob and locking in place (see illustration).

The Pedal Assembly (see illustration) is shipped with the pedals already set for reciprocal-motion (rotating), like a standard exercise cycle.



PEDAL ASSEMBLY:

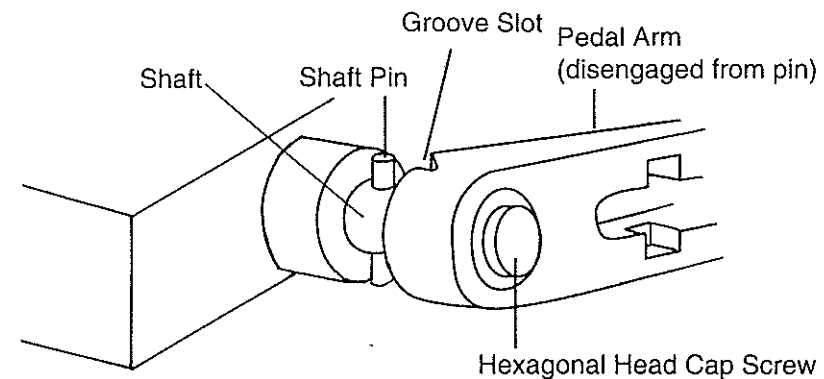
The Pedal Arm consists of 2 parts: A Long slotted Pedal Arm and a Short Pedal Arm with a key that fits into the slots on the Long Pedal Arm. These arms are held together with a bolt, washer, and nut.

Follow the steps listed below to adjust the overall Pedal Arm length (which in turn will increase or decrease the Pedal Radius).

1. Use your wrench to loosen the nut on the Short Pedal Arm to free the key from the slot.
2. To achieve the desired length, turn the Pedal Arm 180 degrees and slide it along the length of the Long Pedal Arm.
3. Put the key on the Short Pedal Arm into the appropriate slot on the Long Pedal Arm and firmly tighten the nut.

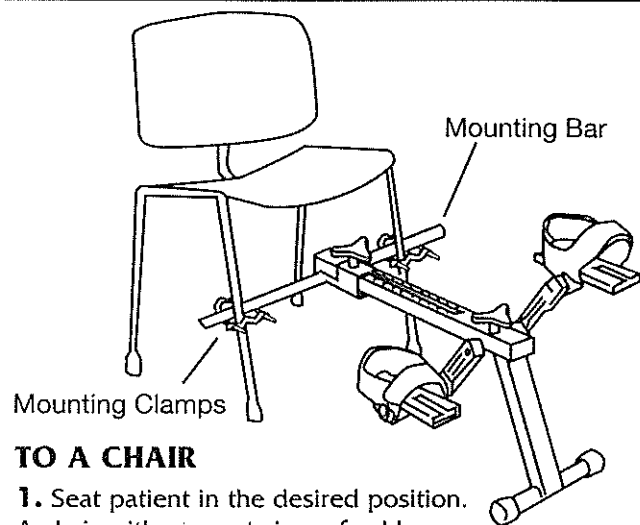
It is suggested that the turning radius be set short initially and gradually lengthened as muscle strength improves. Each Pedal Arm can also be set to a different radius. In the case of hemiplegia, a smaller radius can be used on the weaker extremity and a larger on the stronger extremity.

Note: The Chair Cycle may be pedaled in both directions; clockwise or counterclockwise.



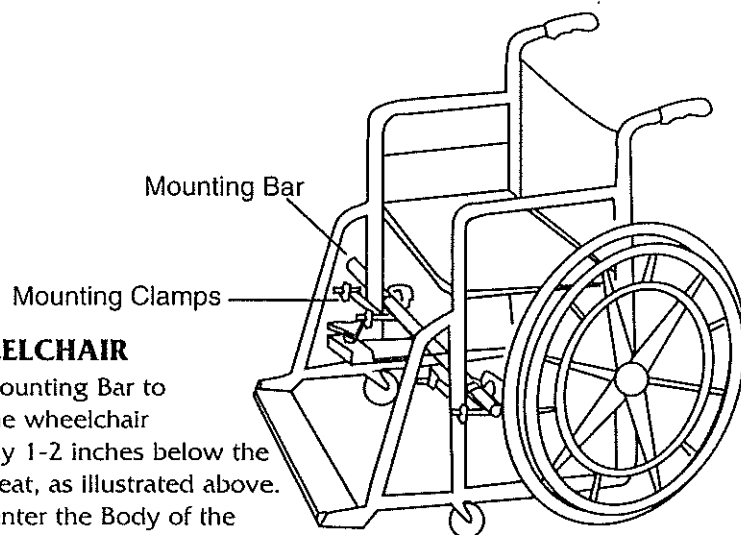
To use the Chair Cycle for Rowing exercise, make the following adjustments to one pedal:

1. Loosen the Hexagonal Cap Screw (see illustration) with the supplied wrench. Loosen the bolt approximately 6 turns.
2. Pull the Pedal Arm outward toward the loosened Hexagonal Head Cap Screw until it disconnects from the Shaft Pin.
3. Rotate the arm $\frac{1}{2}$ turn (180 degrees) on the shaft until parallel with the other Pedal Arm.
4. Push the Pedal arm inward until the Shaft Pin slides into the Groove Slot in the Pedal Arm.
5. Tighten the Hexagonal Head Cap Screw with the wrench.



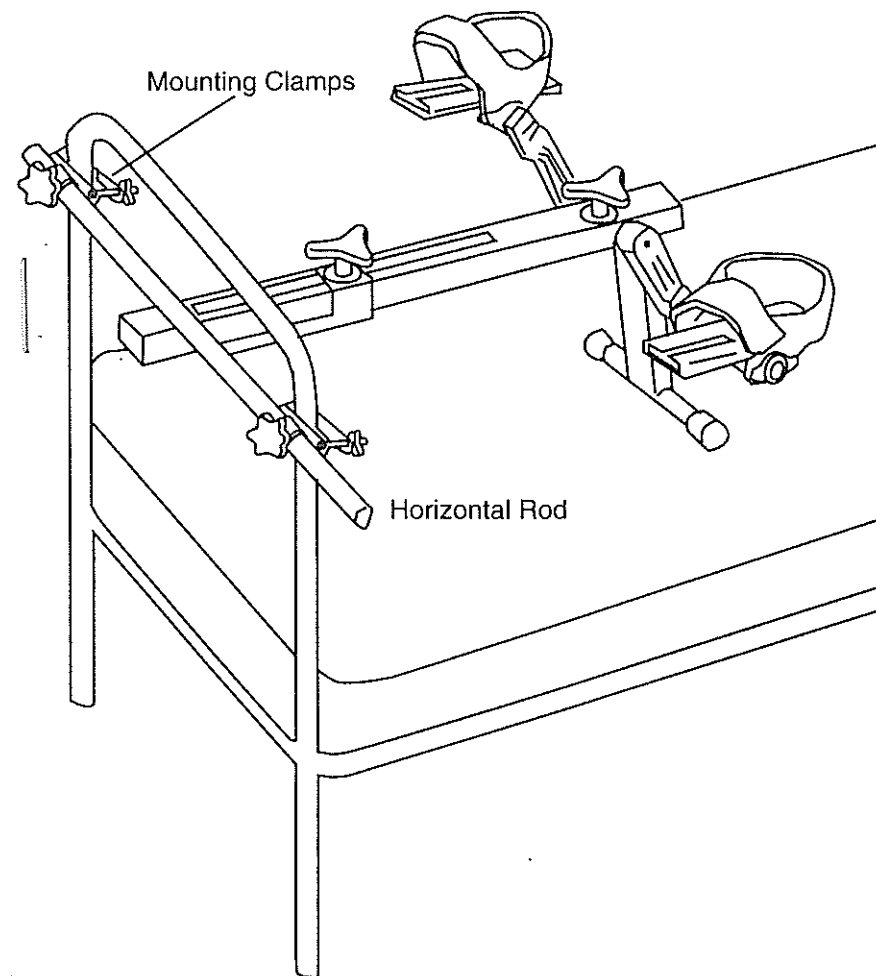
TO A CHAIR

1. Seat patient in the desired position. A chair with armrests is preferable.
2. Clamp the Mounting Bar to the legs of the chair using the Mounting Clamps. After the patient is seated, attach the Mounting Bar. Be sure to center the Body of the Chair Cycle between the chair legs, and that the bar is parallel with the floor (see illustration). After the exercise session, detach the Chair Cycle before the patient leaves the chair.



TO A WHEELCHAIR

Clamp the Mounting Bar to the legs of the wheelchair approximately 1-2 inches below the level of the seat, as illustrated above. Be sure to center the Body of the Chair Cycle (see illustration).



TO A BED

Position the Mounting Bar even with the inside of the bed board (or bed posts) facing the unit toward the user. Clamp the Mounting Bar to the bed board or posts (see illustration). Tighten screws securely. Affix Short Pedal Arm to Long Pedal Arm so that the heel of the pedals face the Head of the Bed.

Note: For bed boards thicker than $\frac{3}{4}$ ", special C-clamps are available for use in place of the regular clamps.

EXERCISING WITH THE CHAIR CYCLE

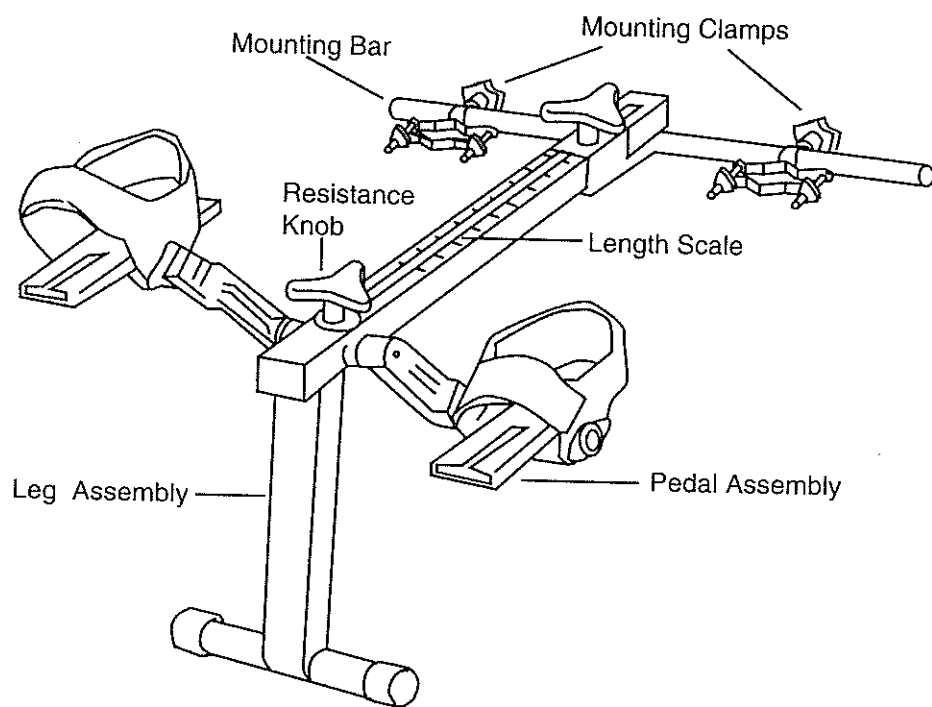
The exercise session can begin as soon as the patient is comfortably seated and the Chair Cycle is attached to the chair, wheelchair, or bed and adjusted correctly.

ADJUSTING THE RESISTANCE

The Resistance Knob governs the amount of resistance applied to the pedals.

Increase the amount of resistance by turning the knob to the right (clockwise). Turning the knob to the left (counterclockwise) reduces

The Resistance Settings are shown on a dial scale located on the face of the Body of the Chair Cycle. The resistance range is from 0-29 lbs. (0-13 kgs.), with 1 kg. being the low end of the scale. A 13 kg. load is achieved by turning the Resistance Knob past 0 and reading the inner scale.



LOWER EXTREMITY EXERCISE

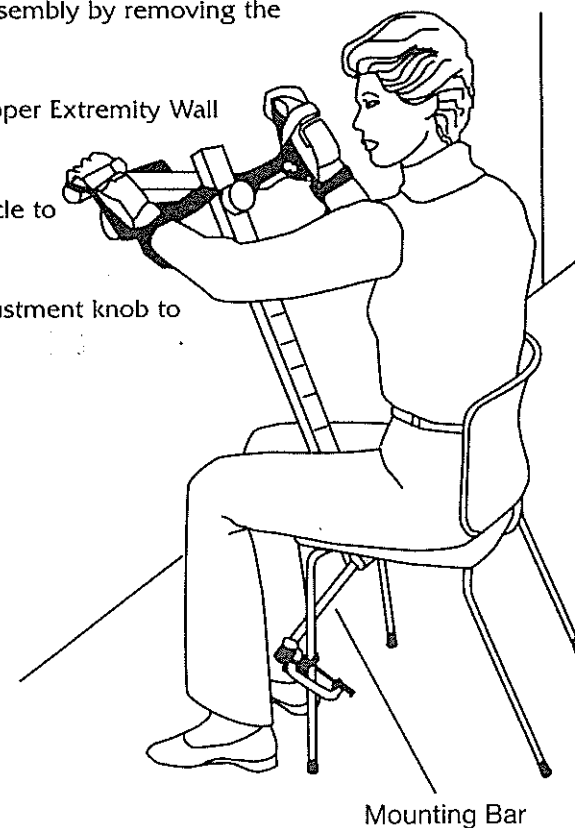
1. Position the patient's feet on the Pedal Platforms.
2. Use Heel and Forefoot Straps to firmly secure the feet.
3. Set the appropriate resistance.

Workload is measured by the amount of resistance applied and the speed of pedaling.

UPPER EXTREMITY EXERCISE

You can use the Chair Cycle for upper-extremity exercise with the optional Upper Extremity Exercise Set

1. Remove the Leg Assembly by removing the attachment bolts.
2. Replace with 17" Upper Extremity Wall Support Attachment.
3. Clamp the Chair Cycle to a chair.
4. Turn the length adjustment knob to the desired height.

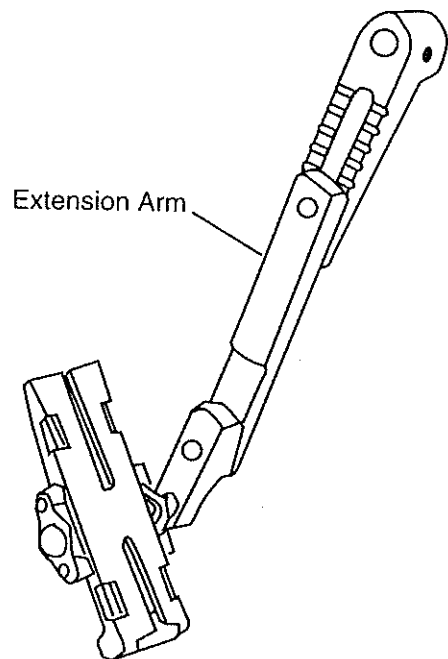


(Included in optional Upper Extremity Exercise Set)

Extension Arms can be attached to the Long Pedal Arms to increase the pedal arm radius and range of motion.

1. Remove Nut and Washer and detach the Short Pedal Arm from the Long Pedal Arm.
2. Fit the "key" of the Extension Arm into the corresponding slot on the Long Pedal Arm.
3. Insert Bolt, replace Washer, and firmly tighten Nut with a wrench.
4. Fit the Short Pedal Arm to the added Extension Arm and fasten with the Bolt, Washer, and Nut provided. Be sure to firmly tighten the Nut.

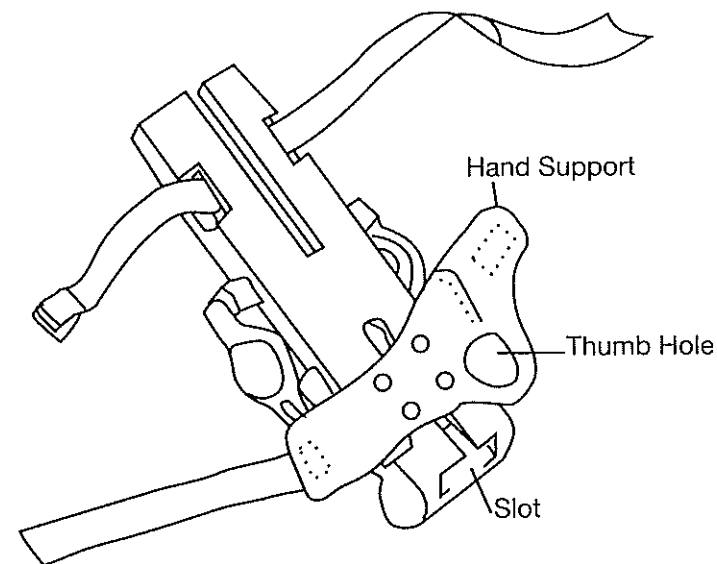
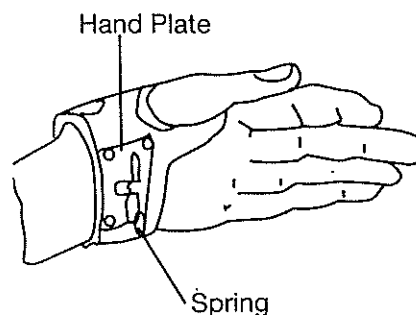
Warning: Extension Arms must never be used for leg exercise.



HOW TO USE THE HAND SUPPORTS

The Hand Supports provide additional support to the hands and wrists during upper extremity exercise.

1. Extend patient's hand with palm down, and insert the thumb in the thumb hole of the leather wrist strap. The hand plate must be facing downward (see illustration).
2. Slip the spring on the Hand Support into the slot on the Pedal Platform.



LONG LEG BRACES

For patients with flaccidity or spasticity, Leg Braces allow for greater ease and effectiveness in the use of the Chair Cycle.

1. Fasten the Non-Adjustable Leg Brace to the Heel Support. Make certain that the Thumb Screw is turned out and does not protrude inside the face of the Stem.
2. Slide elongated holes on the Stem over and down the two buttons on the curved end of the Heel Supports. Firmly tighten the Thumb Screw.
3. Fasten strap at upper end of Brace over leg.

