





Congratulations!

Opting for a THERA-Trainer was a great choice. This innovative movement exerciser offers top performance "Made in Germany".

This user manual will help you get to know your THERA-Trainer better. It will safely guide you through all functions and control options and provide you with tips and information on how to best use your new exerciser.

Before starting the unit for the first time, please read and observe chapter 2 "Safety and dangers".

Should you have any questions or suggestions, your local specialist dealer will be happy to help.

Have fun and get moving with your THERA-Trainer.



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Note

THERA-TRAINER E-GO USER MANUAL

1 USER GUIDE

User manual and product are labelled with symbols. The symbols and their functions make it easier to use the product safely and efficiently.

1.1 Warning notices

Classification of warning notices

There are different types of warning notices indicated by the following signal words depending on the type of danger:

- Caution warns about the risk of damage to property.
- Warning warns about the risk of physical injury.
- □ **Danger** warns about the risk of fatal injury.

Structure of warning notices



Type and source of danger!

Action to avoid the danger.

1.2 Notes

Information on the efficient use of the product.

1.3 Symbols in the user manual

Instructions

Structure of instructions:

Instruction to do something.

Result of the action, if necessary.

Lists

Structure of bulleted lists:

- List level 1
 - List level 2

Structure of numbered lists:

- 1. List level 1
- 2. List level 1
 - 2.1 List level 2
 - 2.2 List level 2



5

1.4 Symbols on the product

i	User manual
	Observe the user manual!
~	Manufacturer
M	Date of manufacture
CE	Market launch according to directive 93/42 EEC for medical devices
SN	Serial number
†	Type BF medical devices
	Disposal Do not dispose of product with the regular household waste. Dispose of product in accordance with local regulations.
	Protect product from humidity.
	Maximum body weight
<u> </u>	This side up
	Caution fragile
	Temperature limit: between -25 °C (-13 °F) and +75 °C (+165 °F)
	Do not stack

2 SAFETY AND DANGERS

- Observe the user manual.
- Use THERA-Trainer e-go exclusively in good and functional condition.
- Regularly check tightness of screws.
- Prior to the initial start-up, have your trained dealer, doctor or therapist show you how to use the product.
- Put THERA-Trainer e-go on even and skid-proof floor.
- Keep sufficient distance between THERA-Trainer e-go and any walls and obstacles.
- Always wear closed shoes when training (both user and assistant).
- ► Always use THERA-Trainer e-go with pelvic safety belt.
- ▶ Before every training, make sure that pelvic safety belt is correctly buckled.
- ▶ Before getting in, make sure that all transport castors with brake are blocked.
- ▶ Before starting the exercise, make sure that brakes of transport castors are unblocked.
- Make sure that electronic brake (= blocking function) is not permanently activated.
- Observe time interval (max. 10 min) of electronic brake (= blocking function).
- ▶ Block balance function before getting in.
- Exercise exclusively under supervision of a trained assistant.
- ▶ Do not use THERA-Trainer e-go while batteries are charging.
- ▶ Do not use THERA-Trainer e-go in wet, humid or hot environment.
- ► Have exclusively trained dealers do any repair or maintenance work.
- In case of damage, malfunctions, etc. of the THERA-Trainer e-go, contact a trained dealer immediately.
- Consult the manufacturer before any modification and modify THERA-Trainer e-go exclusively with the manufacturer's approval.
- Disinfect THERA-Trainer e-go before every training.
- Do not smoke while exercising.
- Make sure that THERA-Trainer e-go does not get wet.
- ► The THERA-Trainer e-go is not designed for the trained assistant to ride on the base unit.
- If any symptoms of sickness occur during or after training, seek medical advice immediately.
- Make sure that buckle tongues audibly click into place in belt buckles.
- Make sure that SAFETY-STOP button is easily accessible for user and trained assistant at all times.
- ▶ When laying cables, make sure that
 - the user's movements are not limited.
 - the movements of the THERA-Trainer e-go are not limited.
 - there is no risk of persons falling over or being limited by cables.
- Use exclusively the manufacturer's original parts.
- Use THERA-Trainer e-go and battery charger exclusively with undamaged and functional cables.
- ► Take care not to pinch any fingers when adjusting settings (e. g. height of upper pipe frame) on THERA-Trainer e-go.
- ▶ Before every training, make sure that safety equipment is working correctly.
- Before every training, make sure that balance unit is working correctly.
- Keep animals and playing children away from THERA-Trainer e-go.



- If the user is positioned backwards in the THERA-Trainer e-go:
 - Make sure that the user does not operate the THERA-Trainer e-go himself.
 - Make sure that the assistant operates the control and display unit and stops the THERA-Trainer e-go in case of an emergency. Make sure that the safety-stop button is within the assistant's reach.

INTENDED USE 3

The THERA-Trainer e-go is an indoor therapy device for supervised indoor use only.

The agair	THERA-Trainer e-go mobilises the users and helps them to learn to walk n by:
0000000000	Improving perception. Improving balance (with fall prophylaxis). Improving walking distance, quality and speed by regular repetition. Maintaining or prolonging the supporting leg phase. Preventing muscular atrophy. Strengthening existing musculature. Stabilising the hip joint. Improving upper body stability. Maintaining or improving mobility. Activating or stabilising circulation. Improving endurance. Improving cognitive performance.
	THERA-Trainer e-go is a medical device. The intended use includes the treat- Note as a medical device.
3.1	Indications
blem sons parar	THERA-Trainer e-go is suitable for users with balance and coordination proswhile standing or walking (e. g. for stroke patients, geriatric patients, or perwith multiple sclerosis, Parkinson's disease, muscular diseases or blegia). THERA-Trainer e-go is suitable for walking forward and backward:
	The pelvic safety belt secures the user on the securing system in forward position. The safety-stop button is in front of the user. The pelvic safety belt secures the user on the securing system in backward position. The safety-stop button is behind the user. there is no stomach cushion in front of the user The user is not allowed to operate the THERA-Trainer e-go himself.
Minin	num requirement: The user is able to stand. The user is able to activate the muscles required for steps.
For u	nassisted walking with the THERA-Trainer e-go: The user is able to actively straighten their upper body.
If the □	user is able to control the THERA-Trainer e-go without assistance: Make sure that a trained assistant supervises the training.



User

Persons who have been instructed by expert staff on how to use the THERA-Trainer e-go and are thus authorised to operate and exercise with the THERA-Trainer e-go.

Expert staff

- Persons who gained their skills and expertise by means of professional training in the medical or medical-technical sector (e.g. doctors, therapists, specialist dealers)
- Persons who due to their professional experience and by means of instruction/training by the manufacturer are able to assess safety-relevant regulations and recognise potential risks in their field of work (e.g. assistants).
- To guarantee safe use of the THERA-Trainer e-go, train expert staff regularly.

3.2 Biocompatibility

All components and options of the THERA-Trainer e-go the user will touch when using the unit as intended are designed to meet the biocompatibility requirements of the applicable standards.

For any guestions, contact a trained dealer.

4 IMMEDIATE MEASURES

4.1 User is incapable of action

To get the user out of the THERA-Trainer e-go:

- Stop THERA-Trainer e-go.
- ▶ Put a chair under the user.
- Release winged screws of height adjustment of upper pipe frame.
- Take care not to pinch any fingers when adjusting height settings of upper pipe frame on THERA-Trainer e-go.
- To sit the user down on a chair, press clamping locks of belts to extend them.
- Open belt buckles of securing system.
- Move THERA-Trainer e-go away.
- Release pelvic safety belt.
- Release pelvic safety belt.
- Take all necessary measures to restore the user's capacity to act.



5 FORESEEABLE MISUSE

The	THERA-Trainer e-go is not suitable for:
	Diagnosis Monitoring Measuring
5.1	Contraindications
Do n □	ot use THERA-Trainer e-go for: users weighing more than 140 kg.
	users shorter than 150 cm. users taller than 200 cm. users with serious contractures.
	users with ulcers or raw skin that would touch the unit (if in doubt, seek medical advice).
	users with extreme osteoporosis. users with imperfect osteogenesis (Osteogenesis imperfecta). users with unstable circulation,
	 e. g. due to being bedridden. users with limited exercise tolerance of their lower extremities outdoor exercise. transport (e. g. of the user). unsupervised training.
5.2	Misuse
Do n	ot use THERA-Trainer e-go as:
	Balance exerciser (e. g. THERA-Trainer balo). Standing frame (e. g. THERA-Trainer verto).
Do n	ot use THERA-Trainer e-go in:
	combination with other products emitting ionising radiation (e. g. radiation therapy, nuclear medicine, etc.)
	rooms containing – explosive substances
	 oxygenated air the presence of flammable anaesthetics volatile solvents



6 CONTENTS OF DELIVERY AND DESCRIPTION OF DELIVERED EQUIPMENT

The THERA-Trainer e-go comes with individual options. This user manual describes all options available for the THERA-Trainer e-go. Depending on the model, the user manual may include options not featured by the THERA-Trainer e-go. If the THERA-Trainer e-go features options not described in the user manual, an insert will be included.

6.1 Contents of delivery

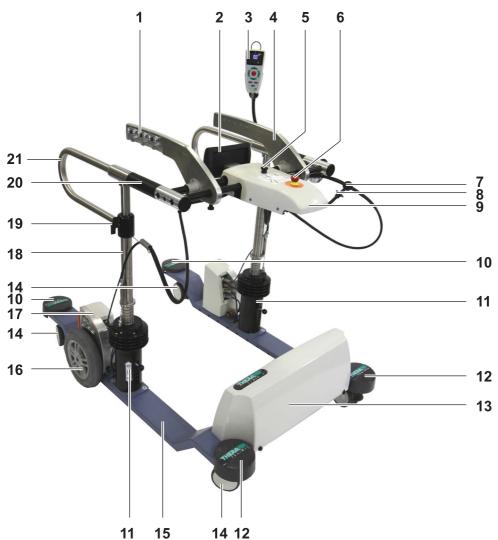
The delivery note contains all necessary information on the scope of delivery.

6.2 Basic equipment

Basic equipment of the THERA-Trainer e-go:			
	Base unit		
_	 Powder-coated metal frame 		
	Transport castors with brake (blockable)		
ш	Drive unit — Drive with drive wheels		
	Electronic control		
	Battery		
	Balance unit		
	Pelvic safety belt in different sizes		
	Hand/arm fixing		
	- Handrails		
	Upper pipe frameCushion for arm rest		
	Control and display units/software		
	Safety elements		
	 Safety bumpers 		
	 Safety-stop button 		
	User manual THERA-Trainer e-go		
_	Battery chargerUser manual for battery charger		
	 Mains cable 		
6.3	Options		
Avail	able options:		
	Pelvic safety belts in different sizes		
	 size S, abdominal girth 65-110 cm 		
	- size M/L, abdominal girth 95-140 cm		
	 size XL/XXL, abdominal girth 130-170 cm 		



7 OVERVIEW



- Securing system for belt buckles
- Stomach cushion
- Control and display unit
- Securing system for pelvic safety belt
- Safety catch for stomach cushion
- (6) Safety-stop button
 (7) Release lever for balance function
 (8) Locking ring for balance function
- (9) Cover release unit for balance function
- (10) Back safety bumper(11) Balance unit with settings for spring resistance

- (12) Front safety bumper
 (13) Cover of control mechanism
 (14) Transport castors with brake

- (14) Transport castors with brake
 (15) Base unit
 (16) Drive wheel
 (17) Drive unit
 (18) Vertical pipe of balance unit
 (19) Height adjustment of upper pipe frame
 (20) Handle on upper pipe frame
 (21) Handrail



8 START-UP

8.1 Unpacking

Unpack THERA-Trainer e-go:

- ▶ Remove THERA-Trainer e-go from packaging.
- ▶ Check THERA-Trainer e-go incl. all accessories/options for transport damage.
- ► Check if delivery is complete.
- Immediately inform supplier or forwarding agent about any damage.
- Make sure that voltage supply matches voltage of battery charger.

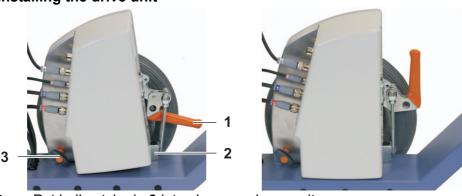
8.2 Installation THERA-Trainer e-go



Short-circuit due to incorrect installation!

- Observe colour code of circular connectors.
- ► Make sure that cable and circular connectors are dry for the installation.

Installing the drive unit



- ▶ Put ball catch pin 3 into sleeve on base unit.
- Open locking lever 1 and push down drive unit.
- ► Hook bracket of locking lever into hook 2.
- ▶ Pull locking lever up as far as possible.
- Install on both drive units.

Installing battery unit and control unit



- Unscrew knurled head screws 1 (front and back) of cover of control mechanism.
- ▶ Remove cover of control mechanism.
- Position battery package and control unit as intended.
- Fix battery package and control unit with fasteners 2 (back and front).

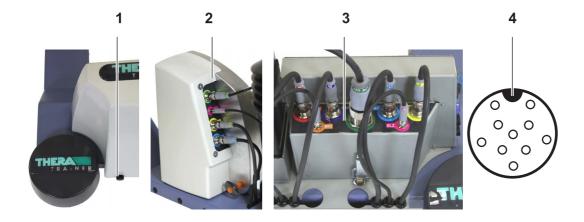


Connecting cables

Caution

Material damage due to incorrect installation!

- Make sure that circular connector is plugged in correctly when connecting cables.
- Observe position of plug.
- Make sure that circular connectors are secured.



- Unscrew knurled head screws 1 (front and back) of cover of control mechanism.
- Remove cover of control mechanism.
- Use circular connector to connect cable to left-hand drive unit 2 and screw tight (observe position of plug 4).
 - Control and display unit RC1
 - Safety bumper back left BL1
 - Control line left SL1
 - Drive unit left ML1
- Use circular connector to connect cable to right-hand drive unit 2 and screw tight (observe position of plug 4).
 - Do not connect TS1

 - Safety-stop ES1 Safety bumper back right BL1
 - Control line right SR1
 - Drive unit right MR1
- Use circular connector to connect cable to left-hand control unit 2 and screw tight (observe position of plug 4).
 - Drive unit right MR2
 - Safety bumper front right BL1
 - Control line right SR2
 - Main plug of battery package AC1
 - Drive unit left ML2
 - Safety bumper front left BL2
 - Control line left SL2
- Put cover on control mechanism.
- Tighten knurled head screws.

Connecting the control and display unit



Plug helix cable 1 into control and display unit.

Control and display unit is correctly connected when plug connector audibly clicks into place.

Holder for control and display unit



- Position holder for control and display unit **2** on upper pipe frame over thread on the right/left.
- ► Tighten holder for control and display unit using star-shaped handle 1.



8.3 Transport THERA-Trainer e-go

Warning

Risk of injury due to incorrect transport!

- Do not use THERA-Trainer e-go for training in transport condition.
- ▶ Never use THERA-Trainer e-go to transport users.
- Use exclusively transport castors with brake for moving the THERA-Trainer e-go.
- ▶ Before any transport, make sure that
 - balance function is locked.
 - THERA-Trainer e-go is standing on transport castors with brake and that drive units are folded up.

Folding up drive units:

- Open locking lever and push down.
- Remove bracket of locking lever from hook.
- ▶ Pull locking lever up as far as possible.

The THERA-Trainer e-go is standing on the four transport castors with brake and is ready for transport.

The THERA-Trainer e-go is widest where the drive wheels are.

Note

8.4 Start-up

Starting up the THERA-Trainer e-go:

- ▶ Before the initial start-up, fully charge batteries (see Batteries).
- ► Switch THERA-Trainer e-go on with ON-/OFF button.

Green LED is on.

Control and display unit does a self-test and goes into stand-by mode.

Press stand-by button of control and display unit (see Control and display elements).

THERA-Trainer e-go is ready for use.

9 OPERATION

9.1 Batteries



Chemical burns on skin and eyes due to electrolyte spills!

- ► Handle batteries with care.
- Do not break open batteries.
- Protect batteries from extreme heat or fire.
- In case of contact of electrolyte, rinse skin and eyes immediately with plenty of clean water and seek medical advice.

The THERA-Trainer e-go is equipped with 2 maintenance-free rechargeable 12 V/18 Ah batteries.

Battery charger

Use exclusively battery chargers recommended by the manufacturer.

Standard charger:

- Modified battery charger by Mascot
- ☐ Type 2040
 - 29.6 V/2 A

Economic lifetime

The economic life-time of the batteries depends on the charge/discharge cycles.

Possible energy supply of batteries:

- Approx. 600 partial discharges
- Make sure that batteries are not over-discharged.

Over-discharging will cause loss of capacity and reduce the economic life-time.

Charging required

When batteries are discharged:

- □ Control and display unit alternately shows **ACCU** and current speed.
- ☐ An acoustic signal sounds.☐ Remaining capacity permit
- ☐ Remaining capacity permits approx. 10 min. of exercise.

Charging process



Defective control unit due to charger cable incorrectly plugged

in!

Make sure that both white arrows on charger cable are pointing up for charging.



- (1) ON-/OFF button
- (2) Charging socket



Charging batteries:

- Switch off THERA-Trainer e-go with ON-/OFF-button 1 before charging.
- Make sure that THERA-Trainer e-go is switched off while charging.
- Plug charging cable into charging socket 2.
- Connect plug of battery charger to socket outlet.

	process	

	The manufacturer recommends charging the batteries over night. LED shows status on battery charger.
LED	red:
	Batteries charging.

LED green:

Batteries fully charged.

If the THERA-Trainer e-go is switched off while charging, the control unit displays **-L--**.

- Switch off THERA-Trainer e-go with ON-/OFF-button 1
- Observe user manual for battery charger.

Depending on the use conditions, a maximum distance of approx. 9 km per **Operating time** charging cycle is possible.

The battery capacity will decrease over time.

The manufacturer recommends replacing the batteries after approx. 2 years.

Note

In order to prevent over-discharging, the THERA-Trainer e-go is equipped with an over-discharge protection. Removing the main cable AC1 will activate the over-discharge protection (e. g. for changing the battery package).

Deactivating the over-discharge protection:

- ▶ Make sure that main cable **AC1** is connected (see 8 Start-up).
- Make sure that all other cables are correctly connected (see 8 Start-up).
- Connect battery charger for a short time before starting the training.

Over-discharge protection is deactivated.

Remove battery charger.

Batteries are leak-proof if handled and stored correctly.

Storage

- If batteries are not in use for longer periods of time, charge them every 2 months.
- ▶ Have batteries replaced exclusively by a trained dealer/the manufacturer.

Replacing batteries

To have batteries replaced, contact a trained dealer.

atteries

Replacing the batteries includes the disposal.

Disposal

The warranty is subject to legal regulations:

Battery warranty

- 24 months
 - 6 months full warranty
 - 18 months with reversal of burden of proof

THERA-Trainer e-go is ready for use.

9.2 Preparation for training

Warning

Risk of injury due to insufficient preparation!

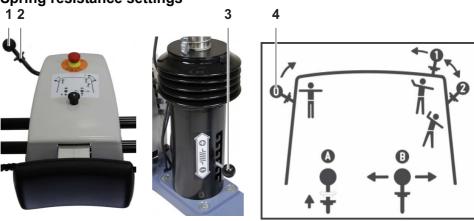
- Before starting any exercise, make sure that balance unit is intact and working correctly.
- Make sure that pelvic safety belt is not damaged (e. g. intact seams).
- ► Make sure that pelvic safety belt is correctly positioned and safely attached to buckles.
- Disinfect THERA-Trainer e-go before every training (see Cleaning and disinfection).

Note

Slowly adapt walking speed, distance, direction, etc. according to the user's fitness.

The handle of the upper pipe frame provides additional support for the user.

Spring resistance settings



- ▶ Unlock release lever 1 by pulling up locking ring 2.
- Set release lever to 0 (4).
- Let go of locking ring.
- ► Make sure that locking ring latches on.
- Use lever 3 on balance unit to set spring resistance.
 - Down = low spring resistance
 - Up = high spring resistance
- ▶ Make sure that spring resistance is the same on left and right balance unit.

Height settings



- ▶ Release winged screw 2 on first vertical pipe.
- ► Set height of upper pipe frame using marks 1.
- Tighten winged screw on vertical pipe.



- Set height on second vertical pipe.
- ► Make sure that height settings of left and right vertical pipe of upper pipe frame are the same.

Settings for securing system for pelvic safety belt



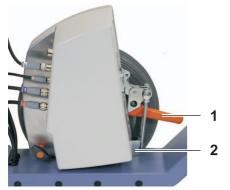
- Set left and right securing system separately.
- ▶ Pull out safety catch 1 on securing system.
- ▶ Move securing system to required position.
- Let go of safety catch.
- Make sure that safety catch latches.

Stomach cushion settings



- ▶ Pull out safety catch 1 on cover of securing system for balance function.
- ► Move stomach cushion 2.
- ▶ Let go of safety catch when positioned as required.
- ▶ Make sure that safety catch latches.

Lowering drive wheel





Only put user into THERA-Trainer e-go when drive wheels are completely lowered. **N**



- Open locking lever 1 and push down.
- ► Hook bracket of locking lever into hook 2.
- Pull locking lever up as far as possible and close it.

Putting on the pelvic safety belt



- Select correct size of pelvic safety belt (abdominal girth).
- When putting on the pelvic safety belt, make sure the belts are on the outside.
- Observe the colours of the belts.
 - The belts are colour-coded.
- ▶ Use braces 4 to put on pelvic safety belt.
 - Adjust length of braces if necessary.
- ▶ Position hip cushions 3 on left and right hip.
 - Adjust length of belts if necessary.
- Position stomach cushion 1 on stomach and buckle abdominal belts 2.
- Wrap leg cushions 5 around legs and buckle leg belts.
- Check if pelvic safety belt is properly secured.
- ▶ Make sure that pelvic safety belt is set to fit accurately, adjust to the user's abdominal girth if necessary.

Attaching pelvic safety belt to THERA-Trainer e-go



- ▶ Open clamping locks 1 on belts 2 and pull up (extend) belts.
- Attach belt buckles 3 to securing system.
 - Select the same position for left and right side.
- Shorten belts by pulling shackles.



Positioning arm support cushions



If required, put arm support cushion auf upper pipe frame and secure with Velcro strips.

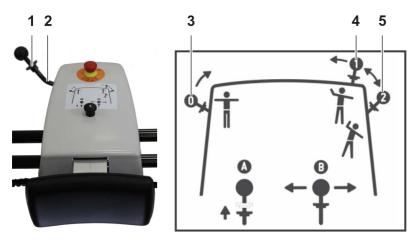
Setting balance function

Before every training session:

▶ Lift THERA-Trainer e-go by left and right upper pipe frame.

If you can lift the vertical pipe from the balance unit, then training with the THERA-Trainer e-go is not possible.

Contact a trained dealer.



To set balance function:

- ▶ Unlock release lever 2 by pulling locking ring 1.
- Set release lever to 0, 1 or 2.
 - Position 0 † = balance function disabled 3.
 - Position 2 = balance function enabled with limited range of movement (up to 6°) 4.
 - Position 3 = balance function enabled with full range of movement (up to 11°) 5.
- ▶ Let go of locking ring.
- Make sure that locking ring latches.

9.3 Safety devices

Warning

Risk of injury due to damaged safety equipment!

- ▶ Before every training, make sure that safety equipment is working correctly.
- ► In case of any malfunction, have the unit repaired by a trained dealer.

SAFETY-STOP button



After pressing safety-stop button 1:

- The THERA-Trainer e-go stops.
- ☐ Error **STOP 01** appears on control and display unit.

To continue training:

- Check or eliminate risk.
- Unlock safety-stop button.
- Confirm error message using STOP button.
- Continue training.
 - All settings will remain unchanged during an emergency stop.

Safety bumper

If a safety bumper is triggered (e. g. by an obstacle):

- ☐ The THERA-Trainer e-go stops.
- ☐ Error **STOP 02** appears on control and display unit.

To continue training:

- ► Confirm error message using **STOP** button.
 - 20 seconds remain to remove the THERA-Trainer e-go from the obstacle.
- RemoveTHERA-Trainer e-go from obstacle.
- Continue training.
 - All settings will remain unchanged during the interruption.



Protection circuit for obstacles

Continue training.

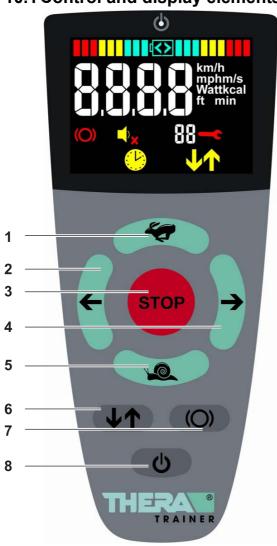
Possible causes for exceeding the motor power:				
	Running over an obstacle (e. g. a foot). User working against direction of movement.			
If mo	If motor power is exceeded:			
	THERA-Trainer e-go stops. Error STOP 03 appears on control and display unit.			
To continue training:				
>	Check or eliminate obstacle.			
	Confirm error message using STOP button.			

All settings will remain unchanged during the interruption.



10 CONTROL

10.1 Control and display elements



- **Button Rabbit**
- (3)

- Button Rabbit
 Button Left
 Button STOP
 Button Right
 Button Snail
 Button Change of direction
 Button Electronic brake
 Button Stand-by mode

Note

Always point control and display unit in direction of motion.



Functions of control and display elements

▶ Press button: THERA-Trainer e-go starts moving.

Button Rabbit (1)

- Press button again: THERA-Trainer e-go accelerates by 0.1 km/h.
 - The sub menu permits setting the acceleration value.
- Press and hold button: Acceleration value slowly increases (up to maximum speed set).
- Press button: THERA-Trainer e-go reduces speed by 0.1 km/h.

Button Snail (5)

- The sub menu permits setting the brake data.
- ▶ Press and hold button: Brake data slowly decreases.
- Press button: THERA-Trainer e-go moves to the right.

Button Right (4)

- Releasing the button makes the THERA-Trainer e-go go straight ahead again.
- ▶ Press button: THERA-Trainer e-go moves to the left.

Button Left (2)

- Releasing the button makes the THERA-Trainer e-go go straight ahead again.
- Press button: THERA-Trainer e-go stops.

Button STOP (3)

- Consider the braking distance. The higher the speed, the longer the braking distance.
- Display of training evaluation (training time, covered distance, average speed)
- Press button again: Display switches between values of training evaluation.
- Press and hold button for several seconds: Deletes training evaluation.
- After a standstill in stand-by mode: Automatically deletes training evaluation when starting the training.
- Press button: THERA-Trainer e-go changes direction from forward to backward. The THERA-Trainer e-go announces the change of direction from forward to backward with a triple beep when the training starts.

Button Change of direction (6)

- ► To start walking backward, press button **Rabbit 1**.
- ▶ Press button again: THERA-Trainer e-go changes direction from backward to forward.
- Button is inactive during training. A change of direction is exclusively possible when the training is finished (with button **STOP 3**).
- Press button: Brake locks drive wheels for 10 minutes while standing still.

Button Electronic brake (7)

- ☐ After 10 minutes, the THERA-Trainer e-go announces the release of the electronic brake with a 10-second beep.
- ► The control and display unit indicates how long brake mode has been active without any button activation.
- To release electronic brake before 10 minutes are over, press button STOP 3.
- Button is inactive during training.

Press button for longer: THERA-Trainer e-go goes into stand-by mode.

Button Stand-by

Button is inactive during training. mode (8)

The sub menu permits setting several other parameters.

Note

10.2 Display elements



- **Training parameters**
- (1) (2) (3) Battery charge status or deflection left/right Stand-by display
- (4) (5) Units
- Sub menu
- Direction forward (6)
- Direction backward
- (8) Sub menu level
 (9) Training time or stand-by time
 (10) Key sound ON/OFF
 (11) Electronic brake active

Explanation of display elements

Training parameters (1)	Shows value of respective training parameter. During training — Speed After training — Training time — Distance covered — Average speed
Battery charge status (2)	Indicates charge status of battery unit before starting the training (battery symbol and 9 bars on the right).
- Cutus (2)	9 bars, 3 green, 3 yellow, 3 red. One bar means approx. 11% of the battery's total capacity.
Deflection left/right (2)	Indicates deflection when doing zigzags and turns during training. Arrows indicate direction, and bars degree of deflection.
Stand-by display (3)	Indicates stand-by mode of THERA-Trainer e-go.
Measuring units (4)	Indicates measuring units of active parameter value displayed.
Sub menu (5)	Lights up when sub menu is activated.
Direction forward (6)	Lights up when moving forward.
Direction backward (7)	Lights up when moving backward.



Shows active sub menu level (see 10.3 Sub menu). Sub me (8)	
Indicates training time in evaluation status after training.	Training time (9)
Indicates stand-by time. Shows exclusively in sub menu.	Stand-by time (9)
Indicates whether key sound is ON or OFF. Shows only in sub menu.	Key sound ON/OFF (10)
Lights up when electronic brake is active.	Electronic brake active (11)

10.3 Sub menu

The software of the control and display unit has a sub menu which permits setting several parameters.

Calling up the sub menu

- ► Switch THERA-Trainer e-go on with ON-/OFF-button.
- Switch on control and display unit with stand-by button.
- Press button Change of direction and button Electronic brake at the same time.

Software switches to sub menu.

The red key sign appears next to the parameter code display.

Setting parameters

Every parameter has a two-digit parameter code.

- Press buttons Left/Right to call up parameters one after the other.
- Press button Rabbit or button Snail to change parameters.
- Press button STOP to confirm settings and leave sub menu.

Parameter settings

Time after which THERA-Trainer e-go goes into stand-by mode. Stand-by time

Parameter code: 01 Value range: 1 - 10 min. Standard value: 10 min.

Unit of speed indication Speed unit

Parameter code: 02

Value range: km/h, mph, m/s

Standard value: km/h

Switching key sound on/off, e. g. for key sounds

Key sound
ON/OFF

Parameter code: 03

Value range: loudspeaker symbol with red X (OFF) or without red X (ON)

Standard value: loudspeaker without red X (ON)

Maximum speed of THERA-Trainer e-go

Max.

Speed

Parameter code: 04

Value range: 2.0 - 3.5 km/h Standard value: 3.5 km/h



Step-size speed Increases or reduces speed per keystroke

Parameter code: 05

Value range: 0.1 - 0.5 km/h Standard value: 0.1 km/h

Acceleration time

Time required for the THERA-Trainer e-go to reach the set speed.

Parameter code: 06

Value range: 1.5 - 4.0 sec. Standard value: 2.0 sec.

Braking time Time required for the THERA-Trainer e-go to stop.

Parameter code: 07

Value range: 1.5 - 4.0 sec. Standard value: 2.0 sec.

Rotational speed

Speed at which the THERA-Trainer e-go turns on the spot.

Parameter code: 08

Value range: 0.1 - 2.0 km/h Standard value: 0.5 km/h

Rotational acceleration

Time required for the THERA-Trainer e-go to reach the set rotational speed.

Parameter code: 09

Value range: 1.5 - 4.0 sec. Standard value: 2.5 sec.

Factor of directional stability

The factor of directional stability corrects the directional stability of the THERA-Trainer e-go. Every THERA-Trainer e-go leaves the factory with a correct directional stability setting.

- Reduce value (below 1,000) to correct a left-hand twist of the THERA-Trainer e-go.
- Increase value (above 1,000) to correct a right-hand twist of the THERA-Trainer e-go.

When resetting the THERA-Trainer e-go to factory settings, the factor of directional stability will remain unchanged.

Parameter code: 10 Value range: 800 - 1,200

Reset to factory settings

Press button Change of direction and button Stand-by mode at the same time.

Control and display unit shows **rES**. and symbol **Sub menu** (see Display elements).

- Press button Stand-by mode to confirm reset.
- Control and display unit restarts.
- Parameters are reset to factory settings.



11 CLEANING AND DISINFECTION



Danger to life due to electric shock!

- Prior to any cleaning or disinfection, switch off THERA-Trainer e-go.
- ▶ Prior to any cleaning or disinfection, unplug the power plug of the battery charger.
- ► Make sure that no cleaning agent or disinfectant gets into the THERA-Trainer e-go.
- If any cleaning agent or disinfectant gets into the THERA-Trainer e-go, contact a trained dealer immediately.



Risk of infection due to contaminated accessories/options!

Wear gloves for cleaning and disinfection.



Material damage due to incorrect cleaning or disinfection!

- ► Never use cleaning agents that are aggressive, abrasive or caustic, or contain solvents.
- Never use cleaning agents that contain alcohol, cleaning solvent or ammonia.
- ► Use exclusively mild and environment-friendly cleaning agents and disinfectants.
- ▶ Use suitable cleaning agent (e. g. for TFT screens, etc.) for the screen.
- Use exclusively disinfectants that conform to country-specific regulations.
- ▶ Observe safety instructions by manufacturers of cleaning agents and disinfectants.

Clean/disinfect THERA-Trainer e-go as follows:

- Switch off THERA-Trainer e-go.
- Pull power plug.
- Check electronic components for damage.
 - If any damage is found, do not clean but contact trained dealer.
- Clean surface of THERA-Trainer e-go with a soft and damp cloth.
- Clean foils and stickers with care.
- ► To clean surfaces of THERA-Trainer e-go, use exclusively disinfectants approved in accordance with country-specific directives.

12 MAINTENANCE AND REPAIR

Danger

Danger to life due to electric shock!

- Prior to any maintenance or repair work, switch off THERA-Trainer e-go.
- Prior to any maintenance or repair work, unplug the power plug of the battery charger.

12.1 Replacing the balance unit

Note

According to the manufacturer's specifications, the balance unit of the THERA-Trainer e-go must be replaced after five years.

12.2 Replacing the pelvic safety belt

Note

According to the manufacturer's specifications, the pelvic safety belt of the THERA-Trainer e-go must be replaced after five years.

12.3 Replacing the fuse



- Fuse slot F1
- Fuse slot F2



Material damage due to incorrect fuse!

Use exclusively fuses recommended by the manufacturer (see 14 Technical data).

Fuse type

Fuse used:

- 5 mm x 20 mm (glass tube filled with sand)
- 10 A slow-acting highbreak (e.g. Littelfuse series 215.010P)

Replace fuse as follows:

- Open fuse slot 1/2.
- Pull out fuse holder.
- Replace defective fuse with new fuse (see Technical data).
- Push fuse holder into fuse slot.
- Close fuse slot 1/2.



13 TROUBLESHOOTING

13.1 General errors

Error code	Troubleshooting
-L	Battery charging. Switch THERA-Trainer e-go off using ON-/OFF-button.
STOP 01	Safety-stop button is pressed. Unlock SAFETY-STOP button. Acknowledge error message using stop button (see Safety devices). Message is deleted.
STOP 02	Safety bumper is triggered. Acknowledge error message using stop button (see Safety devices). Message is deleted. Remove THERA-Trainer e-go from obstacle.
STOP 03	☐ Acknowledge error message using stop button (see Safety devices). Message is deleted.
STOP 04	☐ Confirm error message using STOP button. Message is deleted.
STOP 05	☐ Confirm error message using STOP button. Message is deleted.
STOP 06	☐ Check cabling. THERA-Trainer e-go starts automatically. ☐ If error message occurs repeatedly, contact a trained dealer.
STOP 07	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message occurs repeatedly, contact a trained dealer.
STOP 08	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message occurs repeatedly, contact a trained dealer.
STOP 09	 □ Confirm error message using STOP button. Message is deleted. □ If error message occurs repeatedly, contact a trained dealer.
STOP 10	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message occurs repeatedly, contact a trained dealer.
STOP 11	Drive unit overheated. Let THERA-Trainer e-go cool down for 10 min. Confirm error message using STOP button. Message is deleted.
STOP 12	Drive unit overheated. ☐ Let THERA-Trainer e-go cool down for 10 min. ☐ Confirm error message using STOP button. Message is deleted.
STOP 13	Control unit overheated. Let THERA-Trainer e-go cool down for 10 min. Confirm error message using STOP button. Message is deleted.
STOP 14	Control unit overheated. Let THERA-Trainer e-go cool down for 10 min. Confirm error message using STOP button. Message is deleted.



13.2 Device faults

Error code	Troubleshooting
E016	☐ Check cabling. The THERA-Trainer e-go starts automatically.
E033	☐ Check cabling. The THERA-Trainer e-go starts automatically.
E034	☐ Check cabling. The THERA-Trainer e-go starts automatically.
E035	☐ Check cabling. The THERA-Trainer e-go starts automatically.
E036	☐ Check cabling. The THERA-Trainer e-go starts automatically.
E119	 □ Confirm error message using STOP button. Message is deleted. □ If error message occurs repeatedly, contact a trained dealer.
E120	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message occurs repeatedly, contact a trained dealer.
E128	☐ If error message occurs repeatedly, contact a trained dealer. ☐ Confirm error message using STOP button.
	Message is deleted. If error message appears again, have control unit replaced (contact trained dealer).
E129	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E130	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E131	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E132	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message appears again, have control unit replaced (contact trained dealer).
E133	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message appears again, have control unit replaced (contact trained dealer).
E134	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message appears again, have control unit replaced (contact trained dealer).
E135	☐ Confirm error message using STOP button. Message is deleted. ☐ If error message appears again, have control unit replaced (contact trained dealer).



Error code	Troubleshooting
E136	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E137	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E138	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E139	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E140	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E141	Fuse defective. ☐ Replace fuse.
E142	 □ Confirm error message using STOP button. Message is deleted. □ If error message appears again, have control unit replaced (contact trained dealer).
E145	 □ Error message after self-test of control and display unit. □ Check cabling. □ In case of permanent error message, contact trained dealer.

14 TECHNICAL DATA

THERA-Trainer e-go			
Dimensions:	l x w x h		
□ without drive wheels	134 cm x 84 cm x 98 cm		
☐ with drive wheels	134 cm x 91.2 cm x 98 cm		
Weight	111 kg incl. 2 kg pelvic safety belt		
Mains supply for battery charger	100 - 240 V~, 50/60 Hz		
	Required: earthed socket outlet		
Fuses			
□ F1	T 10A H 250V		
□ F2	T 10A H 250V		
Medical device class	I		
Protection class:			
☐ Battery charger	I		
☐ THERA-Trainer e-go	III		
Degree of protection	Type BF		
Protection category	IP20		
Sound emission	LpA < 45 dB(A)		
Ambient conditions for use	5 °C to 40 °C		
	5% to 93% Rh		
	700 to 1,060 hPa		
Ambient conditions for	-28 °C to 70 °C		
transport/delivery	5% to 93% Rh		
	700 to 1,060 hPa		
Suitable for users with			
☐ Body height	150 cm to 200 cm		
☐ Body weight	up to 140 kg		
Materials used	steel, stainless steel, aluminium, plastics (POM,		
	PA6, ABS, PE), rubber		
Economic life-time:			
THERA-Trainer e-go	10 years		

15 STANDARDS AND LAWS

The THERA	4-Trainer e	e-go con	forms to	the tol	llowing s	tandards:
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- MDD 93/42 EEC
- Machinery directive 2006/42 EC
- DIN EN 60601-1
- DIN EN 60601-2
- **DIN EN 12182**
- **DIN EN ISO 13485**

16 DISPOSAL

To dispose of the THERA-Trainer e-go:

- Observe country-specific regulations and specifications.
- Dispose of metal parts as scrap metal.
- Dispose of plastic parts as prescribed, depending on the type of material.
- Dispose of electric and electronic components as electronic scrap.



17 NOTES ON ELECTROMAGNETIC COMPATIBILITY

17.1 Lines, line lengths and accessories

The battery charger of the THERA-Trainer e-go is to be exclusively used with the original supply cable.

17.2 Warning notice regarding installation

The device or system is not to be used in the immediate vicinity of or stacked with other devices. If it is necessary that the device or system be used next to or in a stack with other devices, one should observe the device or system to check if the arrangement permits it to work as intended.

17.3 Level of conformity

The immunity level requirements of IEC 60601 are met.

17.4 Electromagnetic emission

Directives and manufacturer's declara	ition - Electromag	netic emissions
		ectromagnetic environment as described below. The lake sure that the unit is used in such an environment.
Emission measurement	Compliance	Directive for electromagnetic environment
HF emissions according to CISPR 11	Group 1	The THERA-Trainer e-go uses HF energy exclusively for internal functions. This incurs very low HF emissions so it is unlikely to interfere with any nearby electronic devices.
HF emissions according to CISPR 11	Class B	The THERA-Trainer e-go is designed for use in
Harmonics according to IEC 61000-3-2	Not relevant	all kinds of facilities, including:
Voltage fluctuation/flicker according to IEC 61000-3-3	Not relevant	 □ Residential buildings □ Facilities that are directly connected to a public mains supply which also supplies residential buildings.



17.5 Immunity

Directives and manufa	acturer's declaration - Im	munity to electromagne	tic disturbance
			nment as described below. The custo-
			s used in such an environment.
Immunity test	EC 60601 test level	Level of conformity	Directive for electromagnetic envi- ronment
Static discharge (ESD) according to IEC 61000-4-2	± 6 kV contact discharge (indirect) ± 8 kV air discharge	± 6 kV contact discharge ± 8 kV air discharge	Floors should be wood or concrete, or tiled with ceramic tiles. If the floor contains synthetic materials, the relative air humidity must be at least 30%.
Fast transient electrical disturbances/bursts according to IEC 61000-4-4	± 2 kV for supply lines ± 1 kV for input and output lines	Not relevant	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Surges according to IEC 61000-4-5	the second	Not relevant	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Voltage dips, short interruptions and fluctuations of the supply voltage according to IEC 61000-4-11	<5% U _T for 0.5 periods (> 95% dip) 40% U _T for 5 periods (60% dip) 70% U _T for 25 periods (30% dip) <5% U _T for 5 s (> 95% dip)	Not relevant	The quality of the supply voltage should correspond to that of a typical business or hospital environment. If the user of the THERA-Trainer e-go requires continuous functioning in case of power supply interruptions, we recommend using a non-interruptible power system or a battery to supply the THERA-Trainer e-go.
Magnetic field at sup- ply frequency (50/60 Hz) according to IEC 61000-4-8	3 A/m	3 A/m	Magnetic fields at mains frequency should correspond to the typical values for business and hospital environments.

NOTE: U_T is the supply AC voltage before the test level is applied.



Directives and manuf	acturer's declaration -	Immunity to electromag	netic disturbance
The THERA-Trainer e-	go is designed for opera	tion in an electromagnetic	environment as described below. The
			the unit is used in such an environment.
Immunity test	EC 60601 test level	Level of conformity	Directive for electromagnetic envi- ronment
Conducted HF emissions according to IEC 61000-4-6	3 V _{eff} 150 kHz to 80 MHz	3 V _{eff}	Portable and mobile radio equipment should not be used closer to the THERA-Trainer e-go (including line) as the protective distance recom-
Radiated HF emissions according to IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3V/m	mended. The equation for the transmission frequency in question is used to calculate it. Recommended protective distance: d = $[3.5/3] * \sqrt{P} = 1.17 * \sqrt{P}$ d = $[3.5/3] * \sqrt{P} = 1.17 * \sqrt{P}$ for 80 MHz to 800 MHz d = $[7.0/3] * \sqrt{P} = 2.33 * \sqrt{P}$ for 800 MHz to 2.5 GHz
			with P as the transmitter's power rating in Watts (W) according to the indications of the transmitter manufacturer and d as the recommended protective distance in metres (m). An on-site test should show that the field intensity of stationary radio transmitters are below the compliance level with all frequencies. Disturbances are possible in the vicinity of equipment labelled as follows.

NOTE 1: For 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not be applicable in every case. Buildings, objects and persons influence the propagation of electromagnetic waves by absorption and reflection.

An exact technical estimate of the field intensity of stationary transmitters such as base stations of mobile phones and land mobile radio devices, amateur radio stations, AM and FM radio broadcast and television stations is not possible. In order to determine the electromagnetic environment with regard to stationary transmitters one should consider a survey of the location. If the field intensity measured at the location where the THERA-Trainer e-go will be used exceeds the conformity levels listed above, one should observe the THERA-Trainer e-go in order to check if it is working correctly and as intended. Should any performance irregularities occur, it might be necessary to take additional measures such as modifications or a change of locationsTHERA-Trainer e-go.

In the frequency range between 150 kHz and 80 MHz, the field intensity should be below 3 V/m.

17.6 Recommended protective distances between portable and mobile HF telecommunication devices and THERA-Trainer e-go

THERA-Trainer e-go is designed for operation in an electromagnetic environment as described below. the customer or the user of the THERA-Trainer e-go can help to prevent electromagnetic disturbances by observing the minimum distance between portable and mobile HF telecommunication devices (transmitters) and the THERA-Trainer e-go as indicated below (depending on the output power of the telecommunication device).

Power rating of transmitter [W]	Protective distance depending on transmission frequency [m]		
	150 kHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	d = 1.17 * √P	d = 1.17 * √P	d = 2.33 * √P
0.01	0.12	0.12	0.23
0.1	0.37	0.37	0.74
1	1.17	1.17	2.33
10	3.7	3.7	7.37
100	11.7	11.7	23.30

The distance for any transmitters the nominal power of which is not indicated in the table above can be determined by means of the equation given. P is the nominal power of the transmitter in Watts (W) as indicated by the transmitter manufacturer.

NOTF 1

An additional factor 10/3 was used for calculating the recommended protective distance for transmitters in the frequency range between 80 MHz and 2.5 GHz. This reduces the probability of a mobile/portable communication device that was brought to the patient area by mistake causing a disturbance.

NOTE S

These guidelines may not be applicable in every case. Buildings, objects and persons influence the propagation of electromagnetic waves by absorption and reflection.

18 WARRANTY

In accordance with legal regulations, the manufacturer grants a manufacturer's warranty for the THERA-Trainer e-go if it is handled with due care. The basis is the date of delivery.

The manufacturer grants a manufacturer's warranty of 6 months (as of the date of delivery) for the batteries if they are handled with due care.

Within this period of time, the manufacturer will replace free of charge any faulty parts of the THERA-Trainer e-go or repair free of charge the THERA-Trainer e-go in the factory or an authorised workshop.

	•
	Wear parts
	Opened devices
П	Unauthorised accessories or external devices

Devices repaired by persons other than trained dealers.

Any damage due to incorrect use.

Excluded from manufacturer's warranty:



NOTES

MANUFACTURER:

THERA-Trainer®

a trademark of medica Medizintechnik GmbH

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