



THERA-TRAINER ACTIVO USER MANUAL

EN English translation of original user manual



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 use your new exerciser best.

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.

*This user manual meets the requirements of directive 93/42/EEC.
Country-specific laws/regulations must be observed by the distributor.*

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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

Structure of warning notices

SIGNAL WORD!

Type and source of danger!

► Action to avoid the danger.

Classification of warning notices

DANGER!

Indicates an immediate risk which, if not avoided, will result in death or serious injury.

WARNING!

Indicates a potentially hazardous situation which, if not avoided, will result in death or serious injury.

CAUTION!

Indicates a potentially hazardous situation which, if not avoided, will result in minor or moderate injury.

NOTE!

Indicates a potentially hazardous situation which, if not avoided, will result in material or environmental damage.

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

1.4. Symbols on the product

	Observe the user manual!		Serial number
	Follow the user manual!		Do not dispose of product with the regular household waste. Dispose of product in accordance with local regulations.
	Manufacturer		Store in a dry place!
	Market launch according to directive 93/42 EEC for medical devices		

2. SAFETY AND DANGERS

Dangers

- ▶ Before beginning the training, consult a doctor or therapist to clarify whether users with cardiovascular diseases are allowed to exercise with the THERA-Trainer activo.
- ▶ In case of possible infection due to contaminated attachments/optional parts, always wear personal protective equipment (gloves, mask) when cleaning the THERA-Trainer activo.

Warning

- ▶ Observe the user manual.
- ▶ In case of amputated limbs, always wear prostheses when exercising with the THERA-Trainer activo.
- ▶ In case of damage, malfunctions, etc. of the THERA-Trainer activo, contact trained supplier immediately.
- ▶ Have any service or repair work carried out exclusively by trained suppliers.
- ▶ Consult the manufacturer before any modification and modify THERA-Trainer activo exclusively with the manufacturer's approval.

Caution

- ▶ The manufacturer recommends having the trained supplier or the doctor or therapist show you how to use the product.
- ▶ The manufacturer recommends that, before starting the training, a doctor or therapist be consulted to determine whether the THERA-Trainer activo can be used without assistance.
- ▶ If any symptoms of illness occur during or after training, seek medical advice immediately.
- ▶ Prior to start-up, have your trained supplier, doctor or therapist instruct the assistant.
- ▶ Select appropriate range of movement (by modifying sitting or standing position) according to the user's fitness.
- ▶ Use THERA-Trainer activo exclusively in good and functional condition.
- ▶ Place THERA-Trainer activo on even and skid-proof floor.
- ▶ Place THERA-Trainer activo on a stable and height-adjustable table with a slip-proof surface.
- ▶ Exercise exclusively with THERA-Trainer activo standing levelly on its feet.
- ▶ Place chair/wheelchair on even and slip-proof floor.
- ▶ Make sure that foot rests or therapy grips click properly into place.
- ▶ Take care not to pinch any fingers when adjusting settings on THERA-Trainer activo.
- ▶ Wear closed shoes when exercising with shoes on.
- ▶ Tuck shoelaces into shoes.
- ▶ Wear close-fitting clothes.
- ▶ Do not wear jewellery or other accessories while exercising.
- ▶ Tie back hair when longer than shoulder-length.
- ▶ Always exercise with two therapy grips or two foot rests.
- ▶ Exercise exclusively with both feet correctly positioned in the foot rests.
- ▶ Exercise exclusively when both hands are able to grip and hold the therapy grips, or are secured with wristbands for therapy grips.
- ▶ Do not stand on covers or in foot rests.
- ▶ For leg exercise, use THERA-Trainer activo exclusively in a sitting position.
- ▶ For upper body exercise, use THERA-Trainer activo in a sitting or standing position.
- ▶ Always position THERA-Trainer activo correctly (forward) for exercising (control and display unit pointing toward user).
- ▶ Make sure that open sides of installed foot rests point away from user.
- ▶ Always supervise children during training.
- ▶ Keep animals and playing children away from THERA-Trainer activo.
- ▶ Make sure that the user exercises with a stable chair that will not wobble or tip over.
- ▶ Before every training session using a chair with castors, make sure that
 - it is possible to lock the castors.
 - inadvertent unlocking of the castors while exercising is not possible.
- ▶ Make sure that chair/wheelchair does not tip over backwards.
- ▶ Do not touch moving parts (e.g. foot rests etc.).

Note

- ▶ Make sure that THERA-Trainer activo does not get wet.
- ▶ Make sure that no liquids get into the THERA-Trainer activo.
- ▶ Do not use THERA-Trainer activo in wet, humid or hot environments.
- ▶ Do not use THERA-Trainer activo as a standing aid.
- ▶ Use exclusively the manufacturer's original parts.

- ▶ Use exclusively the options listed by the manufacturer.
- ▶ Make sure that THERA-Trainer activo or chair/wheelchair or chair does not slip while exercising.
- ▶ Do not smoke while exercising.
- ▶ Use exclusively cleaning agents and disinfectants approved by the manufacturer (see ch. 13. Cleaning and disinfection).
- ▶ When training with an electric wheelchair, switch off electronic control/driving function.

3. INTENDED USE

The THERA-Trainer activo is a therapy device for active physical exercise (with muscle power) for mobilising users with no or minor physical and/or mental impairments.

The THERA-Trainer activo is suitable:

- as a training device for the legs (sitting) or the upper body (sitting or standing for users who are able to stand upright for the duration of the entire training).
- for active physical exercise (with muscle power).
- for the use at home, in hospitals, nursing homes and therapy facilities.
- for users whose height is between 120 and 200 cm (depending on the type of wheelchair or chair used for the training).
- for users sitting upright in a stable, tip-over resistant chair/wheelchair with a backrest of sufficient height.
- for users whose body weight is less than 140 kg.
- for maintaining or improving mobility and muscle power.
- for stimulating metabolism and circulation.
- for users with prosthetic legs or arms.

The THERA-Trainer activo is a medical device according to the medical devices directive. The intended use includes the treatment of the device as a medical device.



3.1. Indications

Use THERA-Trainer activo exclusively:

- for users with no or minor physical impairments of arms or legs.
- for users with no or minor mental impairments.
- for users who are able to sit upright (leg and upper body exercise).
- for users who are able to stand upright (exclusively upper body exercise).
- for users with reduced power and endurance.

When training without an assistant, use THERA-Trainer activo exclusively:

- for users who are able to operate the THERA-Trainer activo without assistance.
- for users who are able to put their feet into the foot rests or secure them without assistance.
- for users who are able to hold the therapy grips without assistance.
- for users who are able to secure a weakened/paralysed hand to a therapy grip using the optional wristband.

Use THERA-Trainer activo with the help of an assistant:

- for users who are not able to operate the THERA-Trainer activo without assistance.
- for users who need both hands secured to the therapy grips.



The manufacturer recommends that, before starting the training, a doctor or therapist be consulted to determine whether the THERA-Trainer activo can be used without assistance.

User

- Persons who are able to use and exercise with the THERA-Trainer activo using the user manual, or are authorised to use and exercise with the THERA-Trainer activo, having received instruction from expert staff.
- The user is entirely responsible for the safe and correct use of the THERA-Trainer activo.
- The manufacturer recommends an introduction of the product be given by your supplier, doctor or therapist before start-up.

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, trained suppliers).
- 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 activo, train expert staff regularly.

3.2. Instruction

- ▶ Read and observe the user manual!

Before the first start-up, the manufacturer recommends:

- ▶ an instruction by a person trained by the manufacturer.
- ▶ consulting a doctor or therapist to determine whether training with the THERA-Trainer activo is possible without supervision.
- ▶ having an assistant instructed by a person trained by the manufacturer.

3.3. Biocompatibility

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

- ▶ For any questions, contact a trained supplier.

4. FORESEEABLE MISUSE

The THERA-Trainer activo is not suitable:

- for diagnostic purposes
- for monitoring
- for measuring
- for competitive sports

4.1. Contraindications

Do not use THERA-Trainer activo for:

- users weighing more than 140 kg.
- users shorter than 120 cm or 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 unstable circulation,
 - e. g. due to being bedridden.
- for users with major physical or mental impairments (e.g. spasticities, paralyses, contractures etc.)
- for users with intense spasticities or high tonicity.
- in case of restrictions of cognitive or sensory perception.
- in case of amputated limbs not replaced by prostheses.
- for users with cardiovascular problems.
 - consult a doctor
 - exercise under supervision

4.2. Misuse

Do not use THERA-Trainer activo as:

- a replacement for movement exercisers suitable for major physical or mental impairments (e.g. THERA-Trainer tigo, THERA-Trainer veho).

Do not use THERA-Trainer activo:

- in ambient conditions not conforming to the requirements.
- for outdoor exercise.
- in a lying position.
- for unsupervised training, if the user cannot operate the THERA-Trainer activo without assistance.

5. SIDE EFFECTS

In rare cases:

- partially increased pain
- partially excessive muscle tone reduction
- injuries of the skin (e.g. decubitus)
- muscle soreness

No other side effects are known.



6. SCOPE OF DELIVERY AND DESCRIPTION OF DELIVERED EQUIPMENT

The THERA-Trainer activo comes with individual options. This user manual describes all options available for the THERA-Trainer activo. Depending on the model, the user manual may include options not featured by the THERA-Trainer activo. If the THERA-Trainer activo features options not described in the user manual, an appendix 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 activo:

- Base unit
 - powder coated metal frame
 - height-adjustable feet
 - star-shaped handle for adjusting the resistance
 - crank disc without shearing points
- Foot rests
 - with velcros for securing the feet
 - washable and disinfectable
 - clip-on, no tools required
- Therapy grips
 - 3 ergonomic grip positions
 - washable and disinfectable
 - clip-on, no tools required
- Control and display unit
 - easy operation
 - indicates the most important training parameters
 - battery AAA (LR03) 1.5 V
- User manual THERA-Trainer activo

6.3. Options

Available options:

- Wristbands for therapy grips
- Carry bag for THERA-Trainer activo



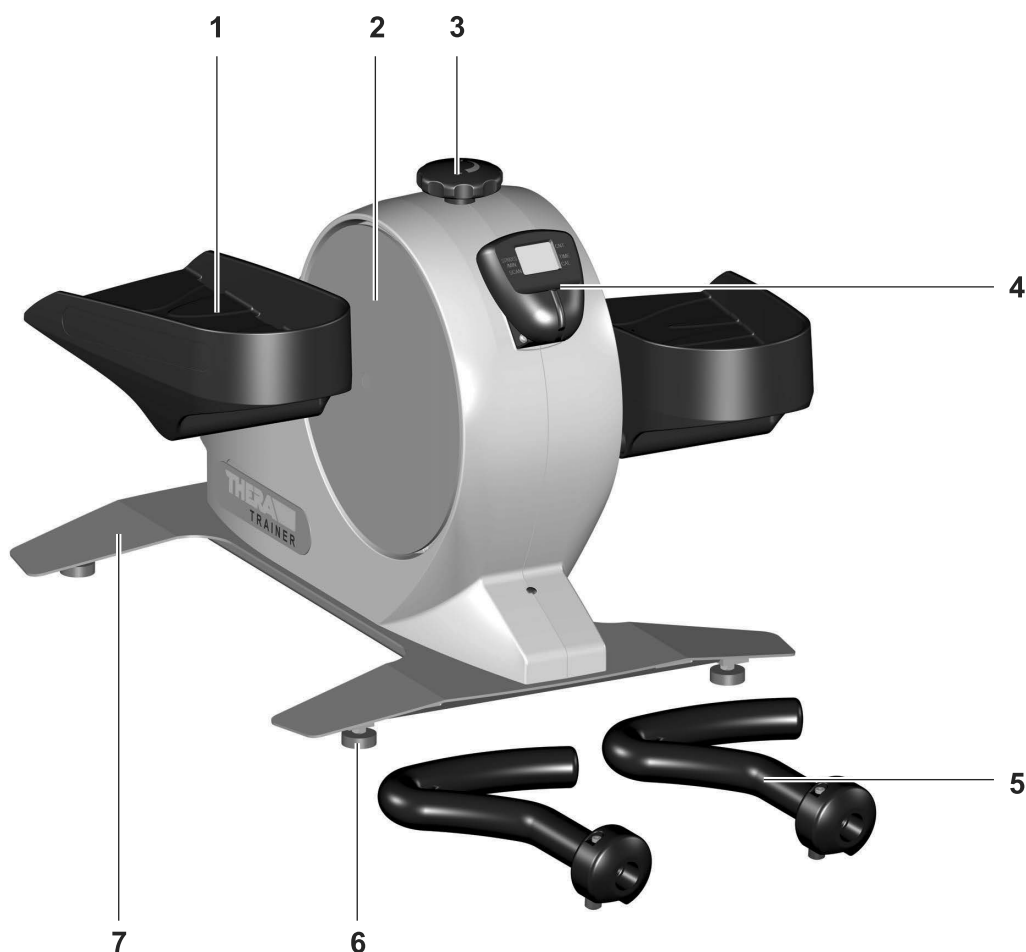
Use exclusively the options listed by the manufacturer.

6.4. Removable parts

Removable parts of the THERA-Trainer activo:

	Name	Article no.
	Foot rests	A003-974
	Velcro for foot rests	40000552-000
	Therapy grips	A001-420
	Wristbands for therapy grips	A002-440
	Control and display unit	A004-795
	Carry bag for THERA-Trainer activo	A003-976

7. OVERVIEW



- (1) Foot rest
- (2) Crank disc
- (3) Star-shaped handle for adjusting the resistance
- (4) Control and display unit
- (5) Therapy grip
- (6) Height-adjustable foot
- (7) Base unit

8. START-UP

8.1. Unpacking

Unpacking THERA-Trainer activo:

- ▶ Remove THERA-Trainer activo from packaging.
- ▶ Check THERA-Trainer activo incl. all accessories/options for transport damage.
- ▶ Check if delivery is complete.
- ▶ Inform supplier or forwarding agent immediately of any damage.

8.2. Set-up conditions

- ▶ For safe and effective use, observe the following conditions.
- ☐ Ambient conditions during use:
 - Temperature: 5 °C - 40 °C
 - Air humidity: 15 % - 93 % Rh
 - Air pressure: 700 hPa - 1,060 hPa
 - Do not use THERA-Trainer activo in wet, humid or hot environments.
 - For leg exercise, always put THERA-Trainer activo on even and skid-proof surface (floor).
 - For upper body exercise, always put THERA-Trainer activo on a stable and height-adjustable table with a slip-proof surface.
 - Do not use THERA-Trainer activo for outdoor exercise.

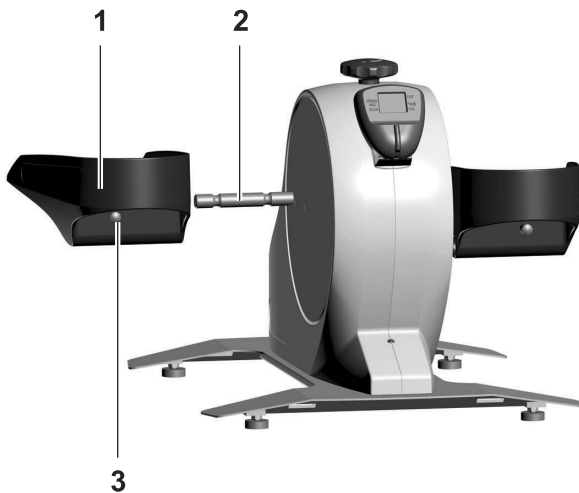
8.3. Installing THERA-Trainer activo

Installing foot rests

⚠ CAUTION!

Risk of injury due to incorrectly installed foot rests!

- ▶ Make sure that open sides of installed foot rests point away from user.
- ▶ Slide foot rests onto crank axle up to the stop.
- ▶ Make sure that locking bolt audibly clicks into place.



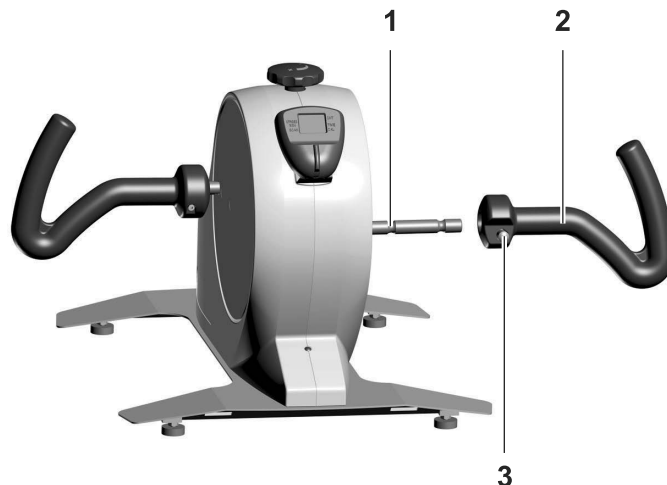
- ▶ Press locking bolt 3.
- ▶ Slide foot rests 1 onto crank axle 2 up to the stop.
- ▶ Release locking bolt.
- ▶ Make sure that locking bolts audibly click into place.

Installing therapy grips

CAUTION!

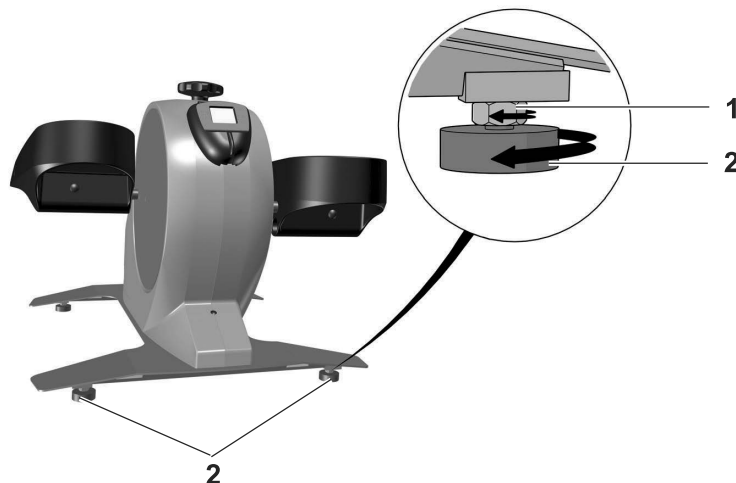
Risk of injury due to incorrectly installed therapy grips!

- ▶ Slide therapy grips onto crank axle up to the stop.
- ▶ Make sure that locking bolt audibly clicks into place.



- ▶ Press locking bolt 3.
- ▶ Slide therapy grips 2 onto crank axle 1 up to the stop.
- ▶ Release locking bolt.
- ▶ Make sure that locking bolts audibly click into place.

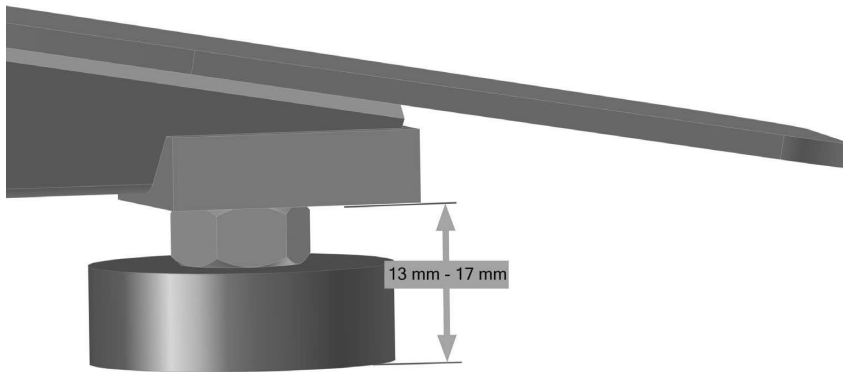
Adjusting height-adjustable feet



To level out unevennesses of the floor, it is possible to adjust the height of the device's feet to improve the stability and slip resistance of the THERA-Trainer activo.

Adjust feet (4) as follows:

- ▶ Unscrew lock nuts 1 using a suitable tool.
- ▶ Adjust feet 2 to required height.
- ▶ Make sure that THERA-Trainer activo is levelled.
- ▶ Tighten lock nuts and verify tightness.
- ▶ Make sure that feet of device are dry and free of dust.
- ▶ The manufacturer recommends cleaning the device's feet before every training session.



The height-adjustable feet serve exclusively to level out unevennesses. The maximum adjusting height between surface and metal frame is 13 mm to 17 mm. If the adjusting range of 4 mm max. is not respected, it is possible for the lock nut to damage the thread.

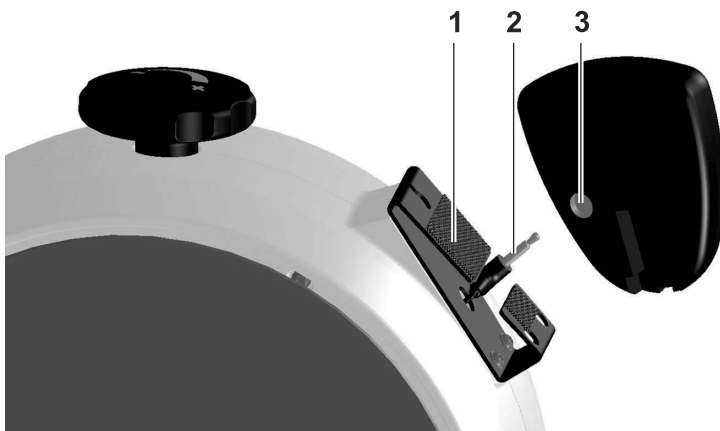


Connecting the control and display unit

NOTE!

Material damage due to incorrect installation!

- ▶ Make sure that plug is plugged in correctly when connecting cable.
- ▶ Make sure that the connected control and display unit has the article number A004-795.



- ▶ Connect plug **2** to socket **3** of control and display unit.

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

- ▶ Fix control and display unit to velcro patch **1** of THERA-Trainer activo.

8.4. Transporting THERA-Trainer activo

CAUTION!

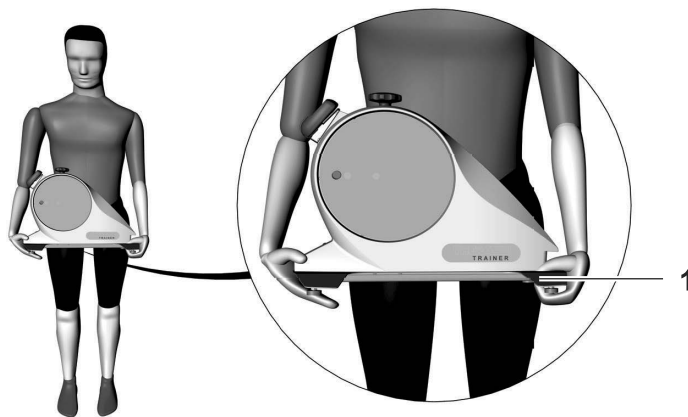
Risk of injury due to incorrect transport!

- ▶ Make sure that THERA-Trainer activo is carried exclusively by a person who is able to bear approx. 11 kg of weight.
- ▶ Carry THERA-Trainer activo exclusively with dry and grease-free hands.

NOTE!

Damage due to incorrect transport!

- ▶ Always lift or transport THERA-Trainer activo with both hands on base unit.
- ▶ Do not carry THERA-Trainer activo by foot rests/therapy grips or crank axle.



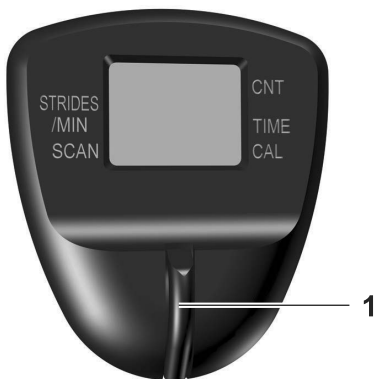
Without carry bag, transport THERA-Trainer activo as follows:

- ▶ If necessary, remove foot rests/therapy grips.
- ▶ Hold THERA-Trainer activo by base unit **1** with both hands.
- ▶ Take THERA-Trainer activo to required place (see ch. 8.2. Set-up conditions).
- ▶ Install foot rests/therapy grips.

With carry bag, transport THERA-Trainer activo as follows:

- ▶ Open carry bag.
- ▶ Observe instructions for use of carry bag (included).
- ▶ Take off control and display unit.
- ▶ Remove foot rests/therapy grips.
- ▶ Hold THERA-Trainer activo by base unit with both hands.
- ▶ Put THERA-Trainer activo into carry bag.
- ▶ Stow control and display unit/foot rests and therapy grips securely.
- ▶ Close carry bag.
- ▶ Take THERA-Trainer activo to required place (see ch. 8.2. Set-up conditions).
- ▶ Open carry bag.
- ▶ Take THERA-Trainer activo out of carry bag by base unit with both hands, and put onto floor or table.
- ▶ Install foot rests/therapy grips.
- ▶ Connect and fix control and display unit.

8.5. Starting up the control and display unit



Start up control and display unit as follows:

- ▶ Put battery into control and display unit (see ch. 14.3. Replacing batteries).
- ▶ Connect plug to port of control and display unit (see ch. 8.3. Installing THERA-Trainer activo).
- ▶ Press control button **1** to activate control and display unit.

Switching on

The THERA-Trainer activo switches off automatically when

- no button is pressed for approx. 4 minutes (not during training).

Switching off

After an automatic switch-off, all training parameters are reset.



9. OPERATION

9.1. Preparation for training

⚠ DANGER!

Risk of infection due to contaminated THERA-Trainer activo!

- ▶ Wear gloves for cleaning and disinfection.
- ▶ Observe general precautions to prevent users from being exposed to blood-borne pathogens.
- ▶ Wear personal protective equipment (gloves, masks, lab coats) when contact to bodily fluids such as saliva, blood, semen, or vaginal secretion is likely to occur.
- ▶ No direct patient contact by health care professionals who have weeping wounds or skin inflammations.
- ▶ When having direct patient contact as a health care professional who has weeping wounds or skin inflammations, wear appropriate protective clothing (gloves, scrub caps etc.).

⚠ CAUTION!

Risk of injury due to THERA-Trainer activo tipping over or slipping!

- ▶ For leg exercise, always put THERA-Trainer activo on even and skid-proof floor.
- ▶ Put chair/wheelchair on even and slip-proof floor.
- ▶ For upper body exercise, always put THERA-Trainer activo on a stable and height-adjustable table with a slip-proof surface.
- ▶ Make sure that feet of device are dry and free of dust.

CAUTION!

Risk of injury due to insufficient preparation!

- ▶ Disinfect THERA-Trainer activo before every training (see ch. 13. Cleaning and disinfection).
- ▶ Make sure that foot rests or therapy grips are moving freely.

CAUTION!

Risk of injury due to trapped shoelaces, clothes, or accessories!

During training:

- ▶ Wear closed shoes when exercising with shoes on.
- ▶ Tuck shoelaces into shoes.
- ▶ Wear close-fitting clothes.
- ▶ Do not wear jewellery or other accessories while exercising.
- ▶ Tie back hair when longer than shoulder-length.

CAUTION!

Danger of injury due to insufficient support!

If necessary:

- ▶ Secure feet with velcros.
- ▶ Secure hand using optional wristbands for therapy grips.

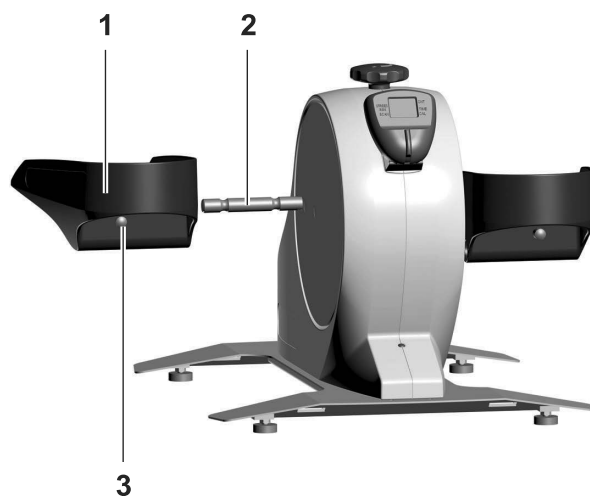
9.2. Foot rests

Replacing foot rests

CAUTION!

Risk of injury due to incorrectly installed foot rests!

- ▶ Make sure that open sides of installed foot rests point away from user.
- ▶ Slide foot rests onto crank axle up to the stop.
- ▶ Make sure that locking bolt audibly clicks into place.



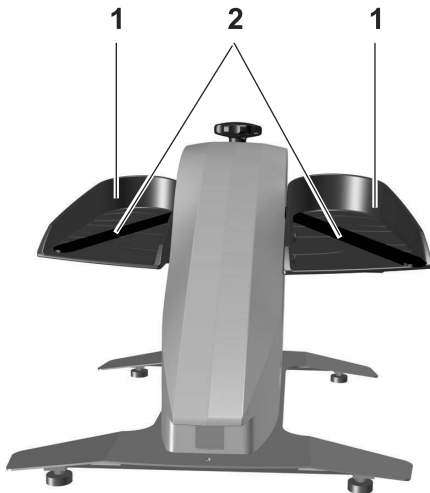
Remove foot rests as follows:

- ▶ Press locking bolt **3**.
- ▶ Pull foot rests **1** off crank axle **2**.

Install foot rests as follows:

- ▶ Press locking bolt **3**.
- ▶ Slide foot rests **1** onto crank axle **2** up to the stop.
- ▶ Release locking bolt.
- ▶ Make sure that locking bolts audibly click into place.

Foot fixing with velcro



If necessary, secure feet in foot rests as follows:

- ▶ Make sure that feet are correctly positioned in foot rests **1**.
- ▶ Wrap velcros **2** tightly around back of foot.
- ▶ Fasten velcros on outside of foot rests.

If the foot fixing is not sufficient for the user to exercise safely, the manufacturer recommends using the THERA-Trainer tigo.



9.3. Therapy grips

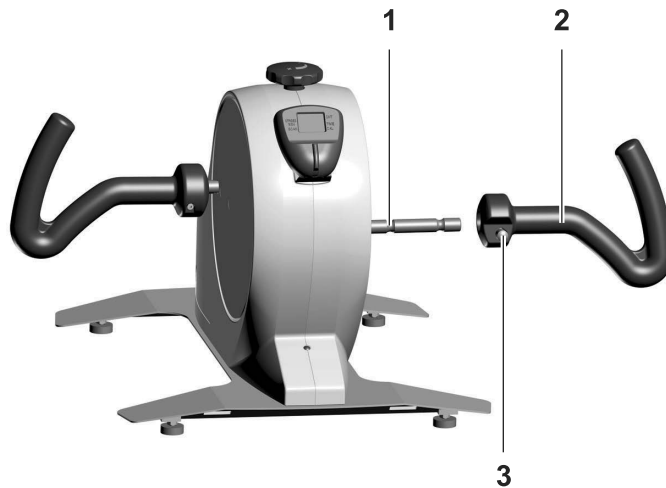
- offer variable grip positions.
- are exclusively usable when the user's ability to safely hold the grips is sufficient.
- ▶ If necessary, use wristband to secure hand on therapy grip.
- ▶ Securing both hands is exclusively possible with the help of an assistant.

Replacing therapy grips

CAUTION!

Risk of injury due to incorrectly installed therapy grips!

- ▶ Slide therapy grips onto crank axle up to the stop.
- ▶ Make sure that locking bolt audibly clicks into place.



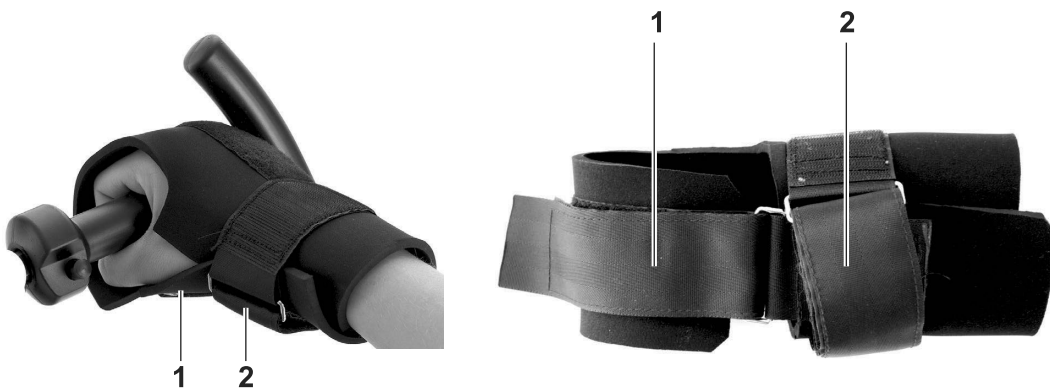
Remove therapy grips as follows:

- ▶ Press locking bolt **3**.
- ▶ Pull therapy grips **2** off crank axle **1**.

Install therapy grips as follows:

- ▶ Press locking bolt **3**.
- ▶ Slide therapy grips **2** onto crank axle **1** up to the stop.
- ▶ Release locking bolt.
- ▶ Make sure that locking bolts audibly click into place.

Securing hand using optional wristbands for therapy grips



The wristbands for therapy grips allow paralysed/weakened hands to be fixed quickly and easily to the therapy grips.



Securing both hands is exclusively possible with the help of an assistant.

- ▶ Always have an assistant supervise training sessions with two secured hands.
- ▶ With only one secured hand, unassisted training is possible.
- ▶ For cleaning the wristbands, see ch. 13. Cleaning and disinfection.

Secure arms/hands as follows:

- ▶ Put open wristband for therapy grips on table or thigh.
- ▶ Put hand into wristband for therapy grips.
- ▶ Thread velcro **2** through bracket and secure wrist.
- ▶ Put paralysed/weakened hand around therapy grip.
- ▶ Thread velcro **1** through bracket and secure paralysed/weakened hand on the therapy grip.

10 TRAINING REQUIREMENTS

⚠ CAUTION!

Risk of injury due to insufficient preparation!

- ▶ Disinfect THERA-Trainer activo before every training (see ch. 13. Cleaning and disinfection).
- ▶ Before every training session, clean feet of device to improve stability and slip resistance.
- ▶ Make sure that foot rests or therapy grips audibly click into place.
- ▶ Make sure that the range of movement is appropriate for the user (by modifying the sitting position).
- ▶ Make sure that foot rests or therapy grips are moving freely.

⚠ CAUTION!

Danger of injury due to insufficient support!

If necessary:

- ▶ Secure feet with velcros.
- ▶ Secure hand using optional wristbands for therapy grips.

Before starting the training:

- ▶ The manufacturer recommends consulting a trained supplier/doctor to clarify whether safe exercise is possible without an assistant.
- ▶ Undergo instruction from trained supplier.
- ▶ Read the user manual.
- ▶ The manufacturer recommends having a doctor or therapist compile a training schedule.
- ▶ Make sure that chair/wheelchair does not tip over.
- ▶ Make sure that the range of movement is adapted to fit the user's individual needs, e.g. by modifying the sitting position.
- ▶ Before starting the leg exercise, make sure that foot rests are moving freely.
- ▶ Before starting the upper body exercise, make sure that therapy grips are moving freely.
- ▶ For any questions, contact doctor, therapist, or trained supplier.

During training:

- ▶ Start training slowly.
- ▶ Avoid overstrain (e.g. hyperextensions).
- ▶ Secure arms or legs sufficiently.

10.1. Fields of use

Use THERA-Trainer activo as:

- leg exerciser
- upper body exerciser



With the THERA-Trainer activo, exclusively active exercise is possible.

THERA-Trainer activo is especially recommended for:

- general age-related infirmity
- diabetes mellitus
- stroke
- rheumatism, arthrosis, osteoporosis
- joint or limb replacement parts (e.g. prostheses)
- dementia
- multiple sclerosis (MS)
- pneumology
- Parkinson's disease
- muscular diseases such as muscular dystrophy
- cardiovascular diseases
- walking problems and movement restrictions
- general hypokinesia

10.2. Correct posture

- ▶ Sit upright when exercising in a sitting position (for leg and upper body exercise).
- ▶ Stand upright when exercising in a standing position (for upper body exercise).
- ▶ Begin the training with a small distance between chair/wheelchair and THERA-Trainer activo.
- ▶ Increase the distance as the training progresses in order to increase the stretching effect of knee and hip joints or arm and shoulder joints.
- ▶ Avoid overstretching the joints in order to prevent injuries of muscles, tendons and ligaments.
- ▶ Assume physiologically correct training position.
 - The manufacturer recommends consulting a doctor or therapist.

10.3. Training schedule

To improve mobility, strength and endurance:


- ▶ Exercise regularly.
- ▶ Exercise in short units to avoid overstrain.
- ▶ Begin with training sessions of max. 15 minutes.


Several training sessions per day are possible, provided that there are no negative side effects and the user's individual capacity is not exceeded.




11. TRAINING WITH THERA-TRAINER ACTIVO

- The user uses his own muscle power to work against the set training resistance

 CAUTION!
<p>Risk of injury due to lack of independence! If the user cannot operate the THERA-Trainer activo without assistance:</p> <ul style="list-style-type: none"> ▶ Make sure that the user exercises exclusively with a trained assistant.

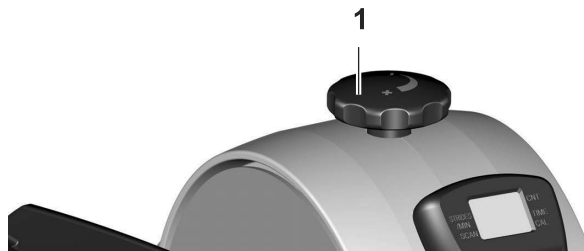
 CAUTION!
<p>Risk of injury due to trapped shoelaces, clothes, or accessories! During training:</p> <ul style="list-style-type: none"> ▶ Wear closed shoes when exercising with shoes on. ▶ Tuck shoelaces into shoes. ▶ Wear close-fitting clothes. ▶ Do not wear jewellery or other accessories while exercising. ▶ Tie back hair when longer than shoulder-length.

 CAUTION!
<p>Danger of injury due to unsuitable chair/wheelchair!</p> <ul style="list-style-type: none"> ▶ Make sure the chair/wheelchair is protected from slipping and/or tipping. ▶ Use exclusively chairs/wheelchairs with backrests of sufficient height.

To start the training session:

- ▶ Put a stable chair or wheelchair with a back of sufficient height in front of THERA-Trainer activo.
When using a wheelchair, put on the brakes.
- ▶ Before every training session using a chair with castors, make sure that
 - it is possible to lock the castors.
 - inadvertent unlocking of the castors while exercising is not possible.
- ▶ For leg exercise, put THERA-Trainer activo on even and skid-proof floor.
- ▶ For upper body exercise, put THERA-Trainer activo on a stable and height-adjustable table with a slip-proof surface.
- ▶ Before starting the training session, make sure that foot rests or therapy grips are moving freely.
- ▶ Depending on the type of training,
 - place legs in foot rests and secure if necessary.
 - hold therapy grips, secure hands if necessary.

11.1. Setting the brake resistance



To increase brake resistance:

- ▶ Turn star-shaped handle **1** clockwise.

To reduce brake resistance:

- ▶ Turn star-shaped handle **1** counter-clockwise.

11.2. Leg exercise

- ▶ THERA-Trainer activo permits active leg exercise.
- ▶ Make sure that foot rests are safely attached to the crank shaft when doing leg exercises.
- ▶ Do not stand in foot rests.
- ▶ Always exercise with both feet in the foot rests.

11.3. Upper body exercise

- ▶ THERA-Trainer activo permits active upper body exercise.
- ▶ Make sure that therapy grips are safely attached to crank shaft when doing upper body exercises.
- ▶ Make sure that user is able to hold therapy grips.
If necessary, secure hands on therapy grips using wristbands for therapy grips.
- ▶ Always exercise with two therapy grips.

12. CONTROL AND DISPLAY UNIT



Function of control button

- ▶ Press control button **2** to switch on control and display unit.
- ▶ Press control button repeatedly to navigate between training parameters when automatic changing (SCAN) is deactivated.
- ▶ Arrow on display unit shows current training parameters.
- ▶ Press control button longer to reset performance data.

Explanation of display unit

To activate automatic changing of training parameters:

- ▶ Press control button until arrow points to SCAN **3**.

During the training session, the displayed training parameters **1** change every 5 s.

Training parameters:

- Rotations total (CNT) (displayed continuously)
- Duration of training (TIME)
- Calory consumption (CAL)
- Rotations per minute (STRIDES/MIN)

Display Training parameters

13. CLEANING AND DISINFECTION

DANGER!

Risk of infection due to contaminated accessories/options!

- ▶ Wear gloves for cleaning and disinfection.

NOTE!

Material damage due to incorrect cleaning or disinfection!

- ▶ Use exclusively wipe disinfection.
- ▶ Never use cleaning agents that are aggressive, abrasive or caustic, or contain solvents.
- ▶ Use exclusively the following disinfectants:
 - liquid alcohol-based cleaning agents
 - disposable germ-killing wet wipes
- ▶ Use exclusively mild and environment-friendly cleaning agents and disinfectants.
- ▶ Use exclusively disinfectants that conform to country-specific regulations.
- ▶ Observe safety instructions by manufacturers of cleaning agents and disinfectants.

The manufacturer recommends cleaning and disinfecting the THERA-Trainer activo as follows:

- ▶ Daily disinfection and cleaning of THERA-Trainer activo:
 - Wipe foreign liquids (blood, urine etc.) with a disposable germ-killing wet wipe, or do a wipe disinfection using an alcohol-based disinfectant.
 - Remove coarse dirt with mild (non-abrasive and non-corrosive) household cleaning agents and a damp cloth.
- ▶ Use exclusively the following disinfectants:
 - liquid alcohol-based cleaning agents
 - disposable germ-killing wet wipes
- ▶ Disinfecting and cleaning THERA-Trainer activo before every new user:
 - Wipe foreign liquids (blood, urine etc.) with disposable germ-killing wet wipes, or wipe-disinfect the device using an alcohol-based disinfectant.
 - Wipe-disinfect all contact surfaces (control and display unit, therapy grips, foot rests) before and after every use, especially when the device is used by users with open sores or incontinence problems.
 - It is also possible to protect the contact surfaces with sterile disposable bags or foils, which are to be changed after every use.
- ▶ Use exclusively watery alcohol-based disinfectants (ascending order of efficiency: methanol < ethanol < isopropanol < n-propanol) for wipe disinfections.
- ▶ Clean/disinfect THERA-Trainer activo regularly according to infection control measures prescribed by the facility in question.
- ▶ Use disposable, germ-killing alcohol-based wet wipes for additional disinfections.
- ▶ Observe indications of disinfectant manufacturer, and applicable legal stipulations.

Clean/disinfect THERA-Trainer activo as follows:

- ▶ Make sure that the room is sufficiently aired during cleaning or disinfection.
- ▶ Clean surface of THERA-Trainer activo with a soft and damp cloth.
- ▶ Clean surface of THERA-Trainer activo exclusively by wipe disinfection.
- ▶ Clean foils and stickers with care.
- ▶ Soak velcros and wristbands for therapy grips in a watery alcohol-based disinfectant solution to disinfect.
- ▶ Allow disinfected parts to dry completely.
- ▶ Only use THERA-Trainer activo again after contact time and drying time defined by disinfectant manufacturer is over.
- ▶ Clean feet of device before every training session.

Clean/disinfect wristbands for safety handles as follows:

- ▶ Wash Neoprene parts of wristbands for therapy grips in a washing machine at 30 °C with a mild detergent, but without softener.
- ▶ Do not tumble dry Neoprene parts.

It is possible to remove stains using ethanol.

14. MAINTENANCE AND REPAIR

14.1. Maintenance

The THERA-Trainer activo is maintenance-free.

The manufacturer recommends performing a safety check after 24 months.



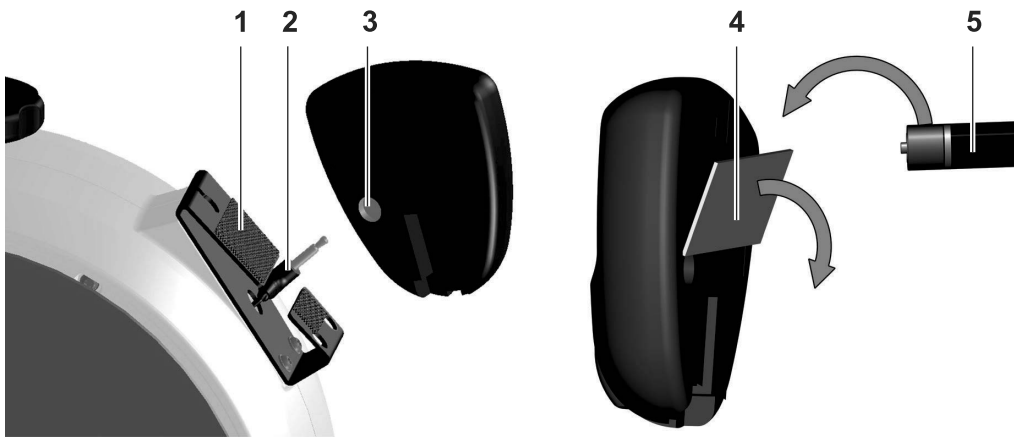
14.2. Further use

The THERA-Trainer activo is suitable for further use by a different customer.

Before every further use

- ▶ Clean and disinfect THERA-Trainer activo thoroughly (see ch. 13. Cleaning and disinfection).
- ▶ Check correct function by means of a visual check or a function check.
- ▶ Check if all accessories and options are complete (see delivery note).
- ▶ Replace velcros and velcro patches.

14.3. Replacing batteries



Replace batteries as follows:

- ▶ Take control and display unit out of holder.
- ▶ Unplug plug **2** from control and display unit.
- ▶ Open battery compartment **4**.
- ▶ Replace old battery by a new one **5** (see ch. 16. Technical data).
- ▶ Insert battery at an angle to prevent damage to battery holder and poles
- ▶ Observe polarity of batteries.
- ▶ Dispose of used battery in an environmentally responsible way.
- ▶ Close battery compartment **4**.
- ▶ Connect plug **2** to control and display unit.
- ▶ Fix control and display unit to THERA-Trainer activo using velcro patch **1**.

15. TROUBLESHOOTING

15.1. General errors

Error code	Troubleshooting
Switching on THERA-Trainer activo is not possible.	<input type="checkbox"/> Replace batteries. <input type="checkbox"/> Plug in cable of control and display unit. When error persists: <input type="checkbox"/> Contact trained supplier.
Control and display unit is faulty	<input type="checkbox"/> Contact trained supplier.

16. TECHNICAL DATA

THERA-Trainer activo	
Dimensions	l x w x h 50 cm x 46-56 cm x 38 cm
Weight <input type="checkbox"/> with foot rests (leg exerciser) <input type="checkbox"/> with therapy grips (upper body exerciser)	10.9 kg 9.8 kg
Mode of operation	Continuous operation
Crank length/radius	90 mm
Medical device class	I
Sound emission	LpA < 70 dB(A)
Ambient conditions for use	5 °C to 40 °C 15 % to 93 % Rh 700 hPa to 1,060 hPa
Ambient conditions for transport/delivery	-25 °C to 70 °C 15 % to 93 % Rh 700 hPa to 1,060 hPa
Suitable for users with <input type="checkbox"/> Body height <input type="checkbox"/> Body weight	120 cm to 200 cm up to 140 kg
Materials used	Steel, stainless steel, plastic (PA6, PA6 reinforced with glass fibre), rubber, aluminium
Economic life-time THERA-Trainer activo	7 years
Battery	AAA (LR03) 1.5 V

17. DISPOSAL

To dispose of the THERA-Trainer activo:

- ▶ 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 battery according to country-specific regulations.

18. WARRANTY

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

Excluded from manufacturer's warranty:

- ▶ Wear parts
- ▶ Opened devices
- ▶ Unauthorised accessories or external devices
- ▶ Devices repaired by persons other than trained suppliers
- ▶ Any damage due to incorrect use
- ▶ Any damage caused by insufficient packaging

NOTES

MANUFACTURER:

THERA-Trainer®

a trademark of
medica Medizintechnik GmbH

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Art. no.: A004-936 Rev 01
Last update: CW37/2015

For declarations of conformity, see www.thera-trainer.de

