

GLIDE**TRAK**TM

Body Weight Support Training

Home User Training Guide

| How to Use this Set Up Guide

- This guide is designed as a “quick read” visual manual
 - [GlideTrak Full Manual](#)
- The guide is to be used with the GlideTrak Video Training Library
 - [Video Training Library](#)
 - Password = “Welcome”



| GlideTrak Assembly



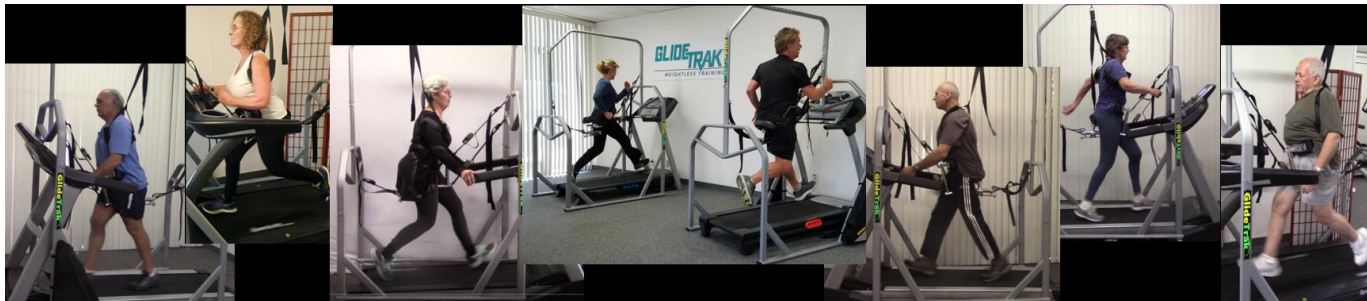
- The GlideTrak is easily user assembled
- One person can assemble it in less than 40 min, two people in less than 25 min
- A screwdriver and 2 hex keys (included) are all the tools necessary
- [GlideTrak Assembly Video](#)

I + Safety First

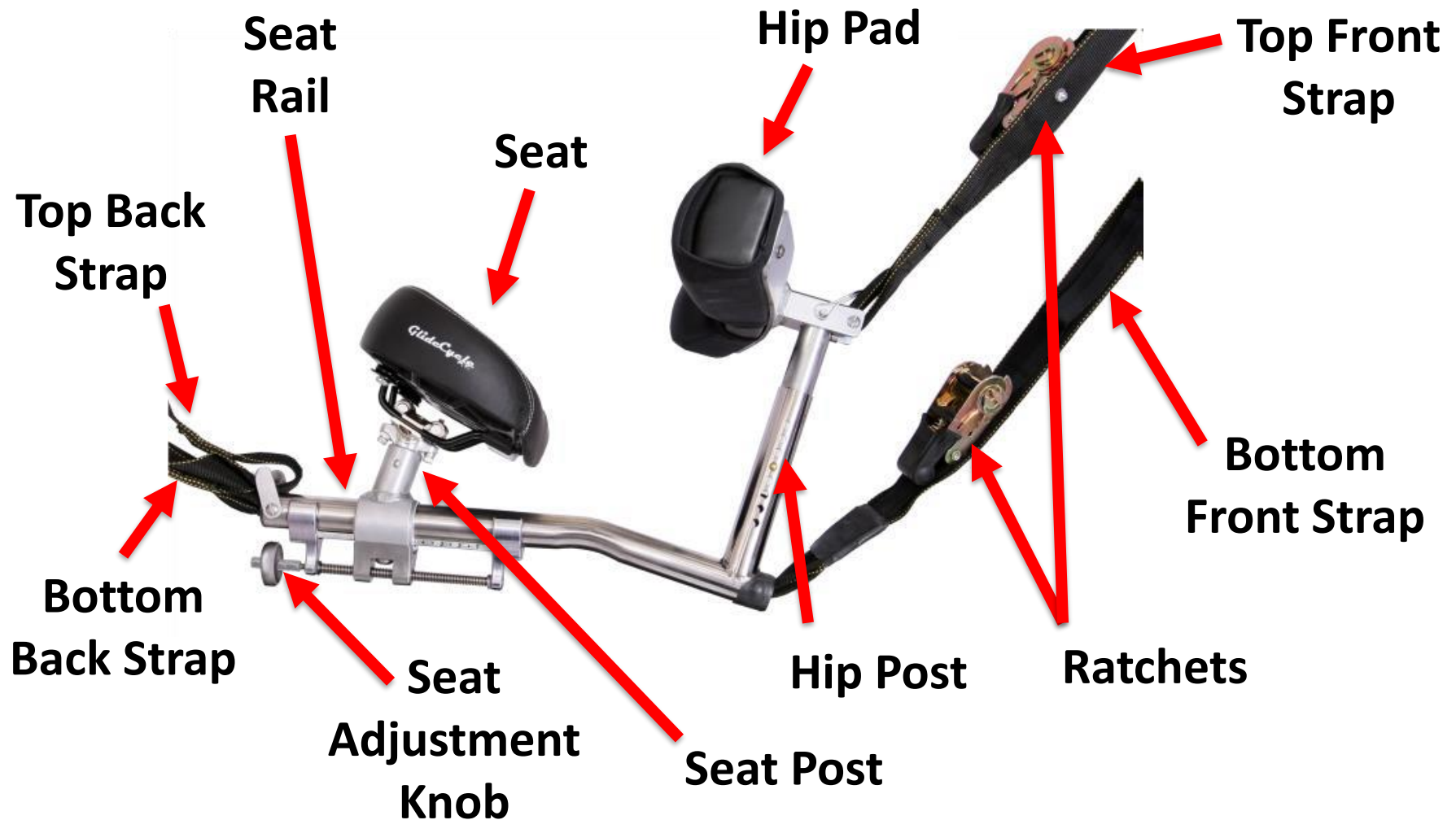
- ❖ Falls while mounting and dismounting the GlideTrak are the biggest safety risk
 - Carefully spot users needing assistance during mount and dismount from the GlideTrak
 - Put on the safety straps immediately upon mounting and remove only when dismounting the GlideTrak
 - Use the upper body harness and 3:1 lift for balance challenged patients
- ❖ Be careful when restoring a users weight
 - Make sure the users feet are underneath them and the knees are locked and ready to accept their weight
- ❖ Use the assisted through the legs mount (vs step over methods) for unsteady and balance impaired patients

| Learning to Use GlideTrak

- Learning to use the GlideTrak is not difficult but it does take some practice to become fully comfortable with it
- Some users may take longer to “Get It”
 - A “Can Do” attitude is key to overcoming any lingering issues adapting to the GlideTrak
- There is no “perfect” set up, so don’t over adjust
- See the set up tips and tricks and comfort adjustments at the end of the guide to help with set up issues



| Saddle Assembly Nomenclature



| Set Up Basics – Strap Settings

**Top Front
Strap - at
Chin Level**

**Bottom Front
Strap - 2 Holes
Below
Top Front Strap**

**Top Back Strap - 2-3
Holes Above
Bottom Back Strap,
ALWAYS LOOSE**

**Bottom Back
Strap - Wrist
Level When Arm
at Side**



| Set Up Basics – Saddle Settings

Hip Pad Position:
On Hip Bones,
not the
Abdomen

Seat Position:
At or Above
Gluteal Fold



Hip Post - Slightly
Forward of Vertical

| Set Up Basics – Tips & Tricks



**Rotate Hook 90
and Angle
Forward to Insert
or Remove**

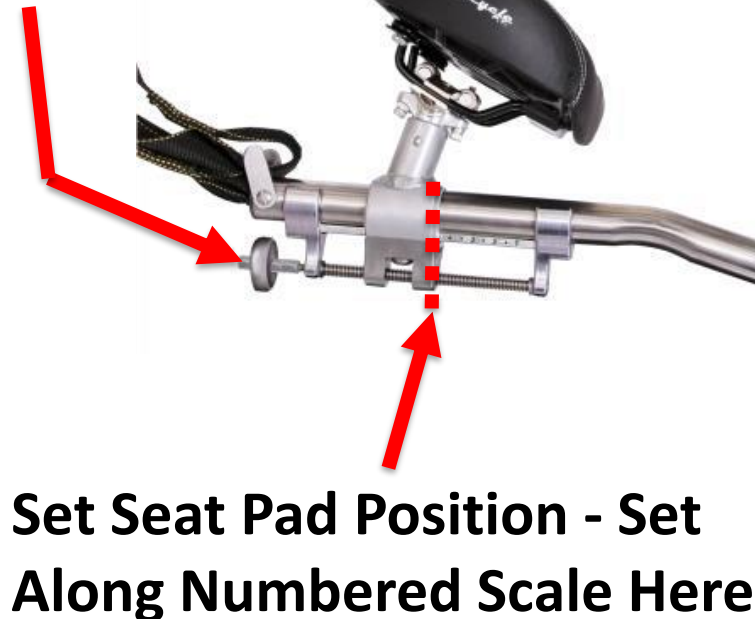


**Set Safety Strap
Hook 1-2 Holes
Behind Back of
Head**

**KEEP LOWER BACK
STRAP SHORT
(12"-15" max) and
TIGHT BEFORE
UNWEIGHTING**

| Hip Pad and Seat Adjustments

To Adjust the Seat,
Turn the Knob
Righty - Losey,
Lefty - Tightly



Hip Pad Position –
Count Holes Down
From Top

| Example User Set Up Card

- Keep track of each users preferred settings

Top Front Strap: 3

Bottom Front Strap (-2): 5

Bottom Back Strap: 7

Top Back Strap (-3): 4

Hip Pad: 5

Seat: 4.5

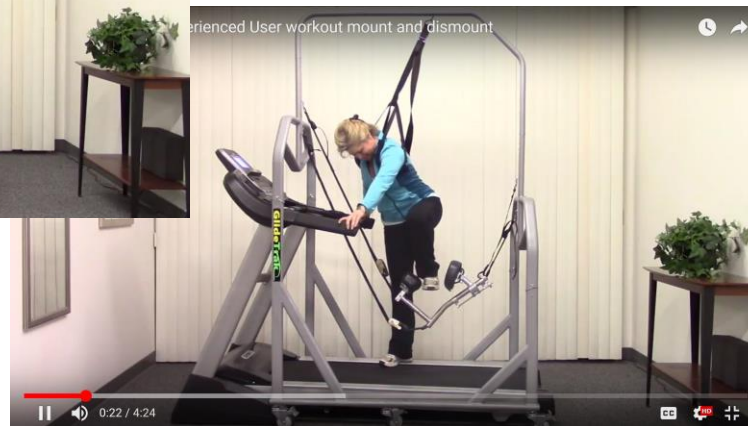
| Detailed Step by Step Videos



- The following videos show in detail the steps for setting up, mounting, dismounting and adjusting the Glidetruk
 - [GlideTrak Set Up and Mount](#)
 - [GlideTrak Dismount](#)
 - [GlideTrak Adjustments Tips & Tricks](#)

| Mounting & Dismounting Options

Standard Step Over Method Overview



[Standard Step Over Mount Video](#)

| Mounting & Dismounting Options

Modified Step Over Method Overview



[Modified Step Over Mount Video](#)

| Mounting & Dismounting Options

Assisted Through the legs Mount Overview



[Assisted Through the Legs Mount Video](#)

| Safety Strap Use



- Only users able to reliably stand unaided should use the safety harness
 - Use the balance harness for users unable to stand unaided – see next page
- Put on the strap immediately before stepping up onto the treadmill
- Remove the strap only after stepping off treadmill
- Place the strap hook 2 holes behind the back of the users head
- Tighten the strap until it is almost snug
- The safety strap is for fall protection only – never use the strap for unweighting

| Balance Harness Use

The Balance harness is used for:

[Harness Use Standing User](#)

[Harness Use Seated User](#)

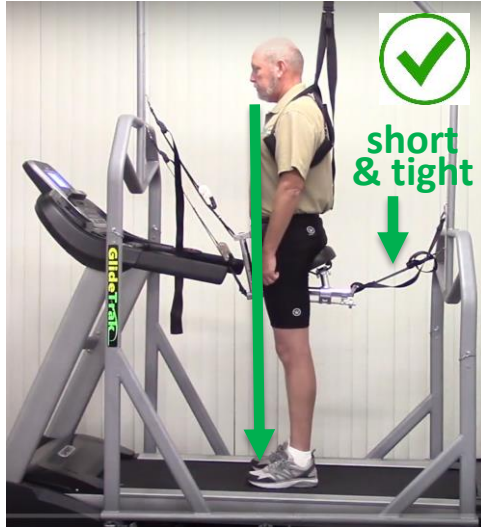


- Aiding in lifting users from a seated position
- Extra support / fall protection for mounting or dismounting the GlideTrak
- Fall protection when using the GlideTrak without the Saddle Assembly
- Fall protection when using the GlideTrak over the ground

| Saddle Settings Process

- Determining a user's saddle setting is an iterative process
 - It may take 2 to 3 adjustments before getting it “right”
- Use a first time Hip Pad setting of 4 and Seat setting of 4 for users between 5'6" – 6'0" and 140-200 lbs.
 - Make initial adjustments accordingly for users outside this range
- Minimize making changes until the second session if possible
 - Initial assessments are often wrong - let the user work with the setting before deciding on any changes
 - Minimizes having the user get on and off repeatedly
 - Exception: Moving the seat back is easily done with while the user is in place (with a helper)
- Record saddle settings and adjustment notes for next session

| Proper Position for Unweighting



- Snug the saddle onto the user
- STAND with legs straight and heels back
 - User should be full weight bearing
- Ensure Bottom Back Strap is short & tight
- Unweight user in this position
 - Ensures equal weight bearing between hip and seat pads
- Unweighting the user as in picture 2 creates a SITTING position
 - This results in improper mechanics and excess pressure on the glutes



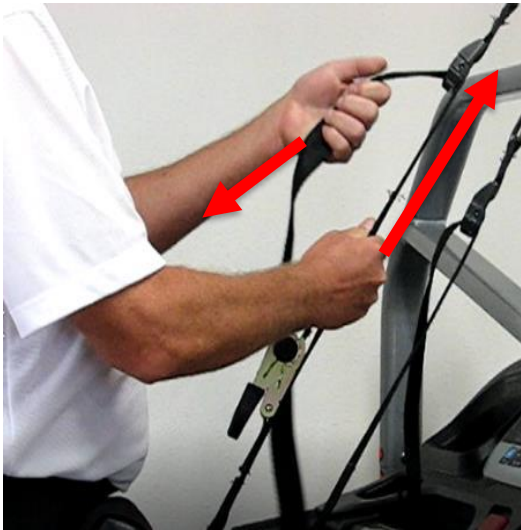
| Unweighting Technique

- **Confirm user is in proper unweighting position**
- Begin unweighting by tightening the Front Straps
 - Have the user go up on their toes or leaning slightly forward and back while tightening straps
 - See unweighting method videos for more detail
- Use the ratchets to achieve the desired unweighting
 - [Ratchet Use Video Link](#)
- Use alternate unweighting methods if needed
 - [Alternate Unweighting Methods Video Link](#)
- Tips and Tricks !!!
 - For each step, adjust the top front strap first then bottom strap
 - Keep the tension of the Top Strap equal or tighter than the Bottom Strap
 - “Over Unweight” at first then use treadmill incline to add weight bearing

| Handling the Straps for Unweighting

Use the “Belay Method” to tighten straps:

- Use strong arm to pull down on the loose end of strap
- Use weaker arm to pull up on the tight part of the strap
- Use the same technique from the side when making adjustments for the user



| Unweighting Settings

- Orthopedic users - Use higher % unweighting (~50% - 90%)
 - Use enough unweighting for movements to be pain free
 - Users can change unweighting in real time by modifying their gait
- Neurologic users - Use lower % unweighting (~40% - 70%)
 - Only use enough unweighting for user to be fully fall protected
 - If neuro users are dragging their feet on the treadmill while gait training, increase unweighting to raise them up
- You don't need a measure or scale to set unweighting
 - Your eyeball or users estimates of unweighting are completely sufficient

| “Standing” vs “Sitting”

- **“Sitting” while training is the most common user mistake**
 - [Sitting vs Standing Video Link](#)
- Users must support all remaining weight after unweighting
 - “Sitters” engage the leg primarily below the knee
 - “Standers” engage the entire leg (thigh and calf)
- To reduce the tendency of users to sit:
 - Make sure users are standing properly when unweighting
 - Have a helper point out when they are sitting vs standing
 - Tilt the saddle assembly forward by tightening the top strap
 - See slides later in presentation
 - Incrementally reduce the unweighting until they have no choice to stand then reintroduce unweighting

| Dismounting the GlideTrak

Press thumb & hold
Pull back on strap



- Prepare user for weight bearing
 - Have the user straighten their legs and lock their knees
 - Verbally confirm they are ready for weight bearing
- Release the Bottom Front Strap first
 - user will drop slightly but are still supported
- Release the Top Front Strap second
 - This is when they will be full weight bearing
- Two thumbs may be necessary to release the strap cam
 - Have the user go up on their toes to ease release of cam
- The Bottom Back Strap can be used by an assistant for unweighting if desired
 - Remember to reshorten the strap for the next use

| First Time GlideTrak Use

- First time use objectives:
 - Orient the user to GlideTrak
 - Give the user the feeling of unweighting
 - Show them they can train safely; No Falls and No Pain
 - Assess the saddle settings for further customization
- Keep the first user session (training time) short
 - One 10-15 minute session or two 10-12 minute sessions with a short break in between is ideal

| GlideTrak Use Tips and Tricks

- Wear appropriate clothes
 - Bicycle shorts and stretch yoga clothes work best
 - Loose fitting sweats work as well
 - Slacks, jeans and dresses are undesirable
- Check that users shorts are not bunched up
- Use the restroom before workout
 - The hip pad may cause a sense of urgency in some users

| Saddle Comfort

- Users are least comfortable upon first couple of uses
- “Can Do” attitude - motivated users adjust quickest to the saddle
- Comfort is worse at rest and at slow treadmill speeds
 - ***Only assess comfort with the user moving at least 1.5 – 2.2 mph***
 - Make sure user is standing and weight bearing while moving
- Differentiate between pain vs discomfort
 - Pain requires readjustment
 - Discomfort often goes away with frequent use
- Use the following adjustment guide to correct comfort for issues

| Correcting Hip Pad Discomfort

Try the following to reduce Hip Pad discomfort:

- Ensure the users clothes are not bunched or binding
- Make sure the user is standing vs sitting
- Make sure the hip pad is on the hip bones
- Try less unweighting by increasing treadmill incline
- Tilt the saddle assembly back (see later slides)
- Try the saddle bridge - [Saddle Bridge Video Link](#)

| Correcting Seat Pad Discomfort

Try the following to reduce Seat Pad discomfort:

- Ensure the users clothes are not bunched or binding
- Make sure the user is standing vs sitting
- Make sure the seat pad is not below the gluteal fold
- Try less unweighting by increasing treadmill incline
- Tilt the saddle assembly forward (see later slides)
- Try the saddle bridge - [Saddle Bridge Video Link](#)

| Correcting Rubbing of Center Tube

Try the following to reduce rubbing of the center tube:

- Ensure the user is centered on the seat
- Have the user tighten their core to help stabilize the seat assembly (SA)
- With the user moving, push down on hip pad on the side where the tube is rubbing
 - Ask the user to help center themselves on the seat while doing this
 - Be user - this may take several times to work
- Make sure the hip pad is not too high
 - The SA can rotate when the hip pad is on the abdomen vs the hip bones
- Determine if the user is walking evenly
 - Gait or posture asymmetry can cause the SA to rotate
 - Use the push down method until the asymmetry can be corrected
- Try the saddle bridge - [Saddle Bridge Video Link](#)

| Saddle Tilt Adjustment - Forward

Nominal Tilt



Forward Tilt



- Forward (vs nominal) tilt is used for:
 - Reduced tendency to sit on seat
 - Reduced pressure of the glutes on the seat
 - More athletic and aggressive workouts
 - Increased rear leg extension
- Tightening the top strap moves the hip post tilt forward
- For a highly forward tilted saddle, raise the Bottom Back Strap hook up one hole
- Forward tilt may increase pressure on the hip pad

[Saddle Tilt Video Link](#)

| Saddle Tilt Adjustment - Backward

Nominal Tilt



Backward Tilt



- Backward (vs nominal) tilt is used for:
 - Reduced pressure of the hip pad
 - Aiding “sitting” for users unable to carry any weight while working out
- Tightening the bottom strap moves the hip post tilt back and increases unweighting
 - Use treadmill tilt to compensate for increased unweighting
- Lower the Bottom Back Strap Hook one hole is necessary
- May increase seat pressure, reduce back leg extension and increase tendency to sit

[Saddle Tilt Video Link](#)

| Saddle Bridge Use



- Use the Saddle Bridge for:
 - Thin, slight of frame users
 - users unable to get comfortable
- Men tolerate the saddle bridge well except at very high unweighting
- A seat position wider than normal is typically used with the saddle bridge
 - This transfers some weight bearing from the saddle assembly to the saddle bridge



[Saddle Bridge Use Video Link](#)

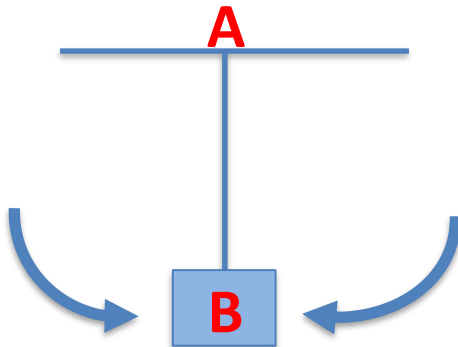
| Correcting Side to Side Instability

Side View

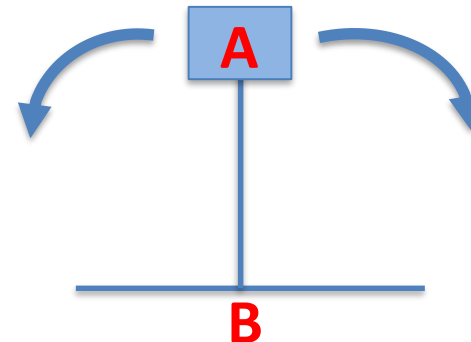


- The top strap should always have equal or greater tension than the lower strap to prevent lateral instability
- Tighter bottom strap tension induces lateral instability

Tighter Top Strap = Stable



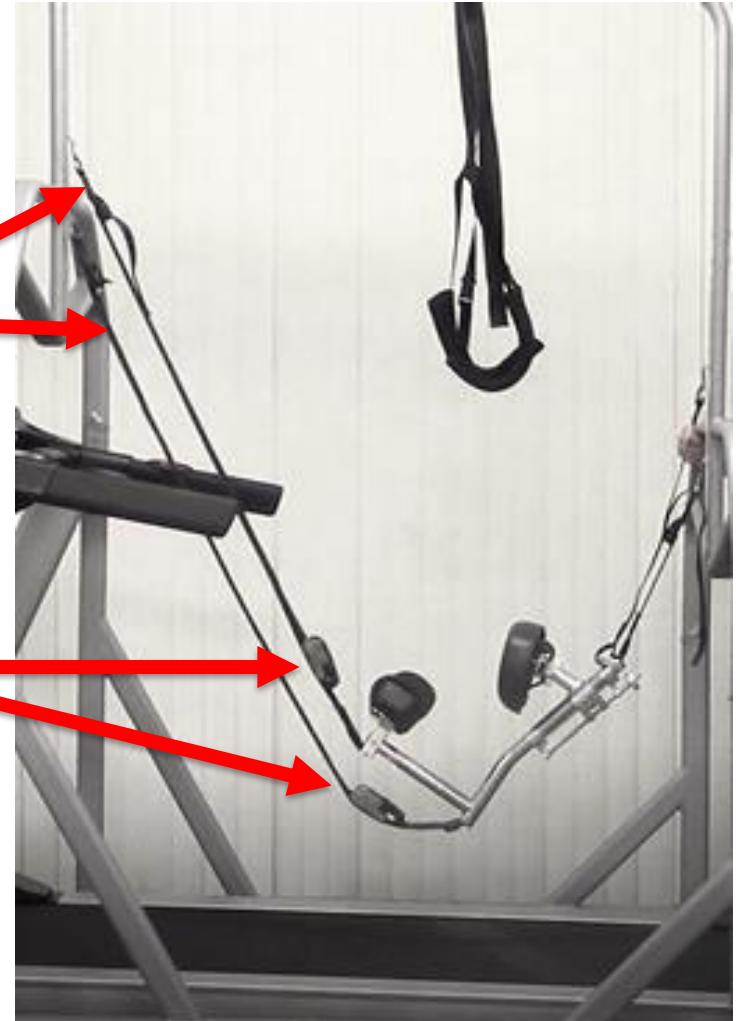
Tighter Bottom Strap = Unstable



Front View

| Hanging the Saddle When Not in Use

- Keeping the top strap slightly tighter than the lower strap prevents the saddle from rolling
- Always reset the ratchets so they are ready for the next user
 - [Ratchet Use Video Link](#)



| GlideTrak Training Guide

Thank You for Purchase of GlideTrak

If you need assistance of any kind, do not hesitate
to contact us at:

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