



# Instructions

## For applying the **Gait Trainer** sling

The Gait Trainer sling is comprised of an upper part for the body and two cuffs for the legs. When using the sling, the upper part must always be connected to the leg cuffs.

### Step 1



Apply sling to the hanger bar oriented behind the patient as shown.

### Step 2



Apply the trunk portion of the sling to the patient's body using the three buckles at the front.

The upper borders of trunk portion should be a hands' width distance from the armpits.

### Step 3



If able, patient should shift weight and raise their thigh to assist leg cuff placement.

As needed, compress into bed / surface to apply the leg cuffs. Orient the border of leg cuff at the middle of the patients thigh.

Place the strap that will connect to the upper part of sling next to hip joint.

### Step 4



Secure Velcro straps on the leg cuffs beginning with strap closest to the knee, and finish with the strap closest to the hip.

Make sure to have a two fingers distance between the bottom of the leg cuff to the back of the knee (popliteal).

The Velcro must overlap by at least 4 inches.

### Step 5



Prior to standing, ensure leg cuff buckles are attached.

Before standing the patient, have the patient lean forward and raise the hanger until the straps are taught.

Recheck that the straps are placed properly and secure on the hanger.

### Step 6



The patient is now ready to stand.

Activate the patient to degree possible, and you raise the hanger at the same time to support the patient to degree needed.

### Step 7

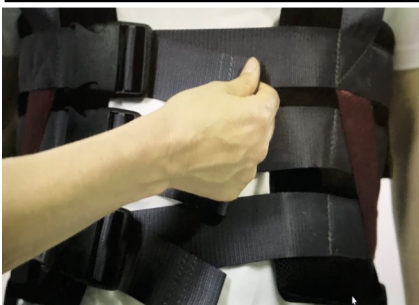


When the patient is standing, retighten each of the Velcro straps on the leg cuffs one at a time, starting at knee.

Adjust the buckles attaching chest to leg cuffs to ensure they are both tight and firm.

Do not raise the hanger so far that the user is lifted from the floor.

### Step 8



Last, adjust the chest buckles to be tight and firm with no movement.

