

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 11

Re: Tilt Table

Date: March 20, 2000

Revised: October 19, 2008

Description:

An electric table that can be angled from 0-90° to bring a patient from supine to an erect standing posture. There are three positioning straps and a footboard to provide for patient safety and prevent the trunk and legs from flexing forward.

Indication:

To permit gradual resumption of upright position with cardiovascular adaptation in preparation for ambulation training especially after prolonged bed rest. Weight bearing and upright posture when over all body strength does not permit independent standing.

Precautions:

Monitor for signs and symptoms of orthostatic hypotension or fainting.

Procedure:

1. Start with table flat, wheels locked, footplate removed and pillows as needed on the table.
2. Place patient on table. Position in center.
3. Replace footplate and position feet flat against it.
4. Attach three straps (chest, hips, and knee) and fasten securely.
5. Explain procedure to patient.
6. Press "up" switch raising table gradually monitoring vital signs. Raise the table slowly in 10° increments and maintain for 1-5 minutes initially. Over the course of treatment, increase time and angle until patient tolerates a fully upright position. Then the patient can be progressed to ambulation training.
7. At the end of the session, unbuckle straps (when table is flat) and transfer patient off table.
8. Monitor vital signs.
9. Clean tilt table as per Physical Therapy Cleaning Procedures.
10. Machine receives Biomedical Testing annually in January of each year.