

**CONNECTICUT VALLEY HOSPITAL
PHYSICAL THERAPY SERVICES**

PT Equipment Procedure #27

Re: Seated Rower (Schwinn Airdyne Windrigger)

Date: March 20, 2000

Revised: October 19, 2008

- Description:** The seated rower is a piece of exercise equipment that is used to increase overall physical strength and endurance. This machine allows for use of lower extremities, upper extremities and trunk. It consists of “wind” resistance, dual foot platforms, a sliding seat and hand grip bar.
- Indications:** The repetitive movements involving coordination of the upper and lower body helps to improve strength, endurance and coordination of gross body movements.
- Precautions:** As with all patients, cardio-vascular condition should be assessed and the patients’ status during exercise should be monitored.
- Procedure:**
1. Sit on seat facing fan wheel. Place feet in footpads and strap feet securely in place.
 2. Beginning body position – draw knees to chest, grab handle with both hand palms down. Keep arms straight.
 3. As patient exhales, push against the footpad and straighten legs, as legs are extending, lean back slightly and pull the handle to abdomen.
 4. Once legs have been extended and handle has been drawn to abdomen, then begin to extend arms and bring knees back towards chest.
 5. Repeat steps 3 and 4 until a rhythm is achieved.
- Features:** Incline: To incline the rower and thereby increase the workout intensity, release the pull-pin lock on the rear rail and rotate the rear rail forward. The user may select a program mode (manual, interval, pyramid or regatta) and then enter an ability level and select time or distance.
- Cleaning:** Clean Rowing machine as per Physical Therapy Cleaning Procedures. This machine receives Biomedical Testing annually in January of each year.