

**CONNECTICUT VALLEY HOSPITAL
PHYSICAL THERAPY SERVICES**

PT Equipment Procedure #28

RE: Upper Extremity Ergometer

Date: March 20, 2000

Revised: October 19, 2008

- Description:** Ergometer is an upper extremity strength and endurance. Resistance can be graded with an adjustable tension control knob. Distance, speed and duration of exercise are monitored.
- Indications:** For aerobic conditioning and upper extremity strengthening, especially for patients who lack normal functioning of lower extremities and therefore can not ride standard or recumbent bicycles.
- Precautions:** Monitor pulse and respiration if cardiac or respiratory conditions warrant it. Monitor amount of tension on UE ergometer especially if user has UE injury.
- Procedure:**
1. Sit comfortably and close to the ergometer; the common edge of the table and ergometer should be no more than 2-5" (5-12 cm) from the trunk of the user's body.
 2. Adjust the vertical height and horizontal position of the padded forehead rest so the broad part of the forehead sits comfortably against it. Put a cover on the headrest. As the user looks straight ahead, the bottom edge of the forehead rest should be even with the line of sight. The user's neck, shoulder and back posture should be comfortably straight and erect. The user sits too far from the cycle and is bent over and leaning forward, muscle strain and fatigue will prematurely occur.
 3. Grasp the handgrips and begin the circular arm movement slowly until the user is comfortable with his/her balance and the action of the cycle.
 4. To increase the tension of the cycle wheel, simply turn the tension control knob to the left. The tension knob is color-coded with red on the left being maximum tension, green in the middle for moderate tension and yellow on the right being minimal resistance.
 5. Clean Ergometer as per Physical Therapy Cleaning Procedures.

- 6.** Each Upper Extremity Ergometer receives Biomedical Testing annually in January of each year.