

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 36

Re: Deluxe Competition Weight Bench Press

Date: June 16, 2000

Revised: October 19, 2008

Description:

The Weight Bench is a non-electric bench used to support an individual in a reclining position in order to lift weights in the form of a weighted barbell, dumb bells, etc.

Precautions:

A second person is necessary to “spot” to assist in lifting weights if lifter becomes tired and unable to return barbell to support. Encourage normal breathing pattern (Exhale when raising bar; Inhale when lowering bar.) – avoid “Valsalva effect.”

Procedure:

Apply desired equal weights to both ends of barbell. Secure with weight collars. Lifter should recline on bench with legs straddling bench and head not quite underneath bar and feet flat on floor. Lifter should place hands equal distance (usually slightly wider than shoulder width) on barbell. Raise (with or without assistance of spotter) the barbell. Once the barbell is balanced, begin lowering and raising barbell. Return barbell to support. Lifter should then stand up. Remove weights from barbell. This procedure may be done with dumbbells also.

Cleaning:

Clean Weight Bench as per Physical Therapy Cleaning Procedures.