

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 37

Re: C962i Treadmill

Date: June 16, 2000

Revised: October 19, 2008

Description:

The C962I Treadmill is an electric piece of exercise equipment that is used to increase lower extremity strength, generalized physical conditioning and improves cardio-respiratory functioning. This machine provides for variable walking/running speeds and incline levels by changing the rate and angle that the “belt” moves forward.

Indications:

The treadmill is used for aerobic conditioning and lower extremity strengthening with all types of patients who are able to walk at a minimum pace of 1.0 mph on level ground.

Precautions:

Monitor pulse, respiration, and blood pressure and for signs and symptoms of distress, if cardiac or respiratory conditions warrant it. Attach safety cord clip to clothing during workout. If the safety switch is moved or jerked into the OFF position, the running belt automatically slows to a stop. Shoes should be worn without dangling laces.

Procedure:

- 1.) Throughout the workout, the display can present a variety of statistics including elapsed time, distance traveled, speed, incline, calories burned, and heart rate.
- 2.) Turn treadmill on (plug should be into a 220 volt outlet). Apply safety cord to clothing.
- 3.) Have patient stand to the side of the running belt with his/her feet firmly planted on the right or left side platforms. (Have patient stand close enough to the electronic console, so he/she can extend their arms and touch the keys.)
- 4.) Press ENTER to set up the workout session. (Using QUICK START feature causes the calories display to show the calories being burned based on a 150 pound person and the amount of time is 60 minutes maximum.
- 5.) At the “Select Time” prompt, specify the duration of the workout using the keys. (Remember that the 5-minute cool down period extends the workout.) Press ENTER when the correct time is displayed from 10 to 60 minutes.

- 6.) At the “Select Weight” prompt, specify patient’s weight using any key. The console displays weight in 5-pound (2.3-kilogram) increments. Press ENTER when proper weight is displayed. Entering a weight allows the treadmill to accurately calculate how many calories the patient burns during the workout.
- 7.) Next, the user is prompted to press the SPEED key.
- 8.) Step onto the running belt while the speed is at or below 1 mph (1.6 kph). Hold onto the handrail until the patient is comfortable with the speed. During a workout, the user can change his/her work level using the WORK LEVEL/INCLINE CONTROL or keys. Doing this affects the incline and how hard the patient works. It also changes the entire level of the course profile.
- 9.) Continue the workout and maintain the exercise intensity by keeping the same speed as the pacer. Note: The patient can pause during his/her workout by pressing the STOP/PAUSE key. The belt slows to a gradual stop and the workout statistics remain displayed on the electronic console. To continue the workout, follow the instructions in steps 7 and 8.
- 10.) When the selected exercise program ends or the user reaches the time limit, a 5-minute cool-down period occurs. The TIME display counts down from 5 to 0 minutes. Speed is reduced to 1 mph (2 kph) and the incline returns to 0% grade. (The user has the option to increase the speed by pressing the SPEED key.) The workout statistics continue to accumulate until the cool-down period has ended.
- 11.) The treadmill incorporates a cool-down period into the workout. When the user reaches the end or time limit of a course, the following occurs:
 - A prompt appears explaining that the user is entering the cool-down period. If the speed was greater than 3 mph (4.8 kph), the running belt slows to 3 mph (4.8 kph). The lift moves to a 0% incline. The treadmill returns to Manual mode. The user can override the incline and speed by pressing the INCLINE or SPEED or keys. Note: The speed remains constant if the user was at or below 1 mph (1.6 kph).
 - The TIME display resets and begins counting down from 5 minutes.
- 12.) The workout statistics continue to accumulate and appear on the display during the cool-down period. After the 5-minute cool down has ended, a prompt “Final Workout Results” scrolls across the display. The workout statistics remain visible on the display for approximately 2 minutes; then, the initial start-up prompt appears.
- 13.) Review the workout statistics. If the user has gone through the cool-down period, the workout statistics remain on the display for about 2 minutes before the display returns to the initial start-up prompt. If the user ended his/her workout prior to the cool-down period, press RESET to return to the initial start-up prompt.

- 14.) Take the patient's pulse, respiration, and blood pressure following the workout. Record vital signs, as well as the usage time, incline, and rate of speed, on vital signs recording sheet. Try and increase difficulty of workout as patient's condition improves.
- 15.) Clean Treadmill as per Physical Therapy Cleaning Procedures.
- 16.) The Treadmill receives Biomedical Testing annually in January of each year.