

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 43

Re: KAT Trainer 1250 Balance System

Date: March 10, 2004

Revised: October 19, 2008

Description:

The KAT Trainer 1250 Balance System is a device designed for use in balance training. It has a centrally pivoted balance platform utilizing a pressure bladder for adjustable stability. The KAT Trainer 1250 Balance System can be used for training with individuals with balance problems or previous ankle injuries.

Indications:

Patients who exhibit loss of balance and proprioception, difficulty weight shifting, frequent falls or neglect. Patients with decreased ankle ROM and gastrocnemius tightness.

Precautions:

Potential loss of balance and injury in standing position - use gait belt and/or second person initially. Have the patient hold the rails at all times initially.

Procedure:

1. Set the PSI level at 5 to 10.
2. Have the patient step onto the machine and hold onto the rails. After the patient becomes used to using the machine, little or no touch on the rails is desired.
3. Have the patient try to maintain the platform level.
4. Observe for comfort level by watching their posture and their leg movements.
5. Length of time should begin with 3 to 5 minutes and increase to 15 minutes as patient's balance improves.
6. Decreasing the PSI level will challenge the patient's balance further.
7. When time is completed, have the patient again hold onto the rails and step off the machine.
8. Clean as per Physical Therapy Cleaning Procedures.
9. The KAT Trainer 1250 Balance System receives Biomedical Testing annually in January of each year.