

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services
PT Equipment Procedure # 47

Re: BioStep Semi-Recumbent Elliptical Clinical Pro

Date: September 14, 2005

Revised: October 19, 2008

Description:

A total body exercise machine that combines a natural sitting position with a smooth cycling motion. The BioStep works all major muscle groups, giving an effective cardiovascular workout. Arms and legs are used in an alternating fluid motion that simulates a normal cycling rhythm with the added benefit of resistance training. This piece of equipment maybe used to improved endurance in individuals with poor balance control, gross or specific weakness with weights up to 400 pounds.

Indication:

Patients with decreased cardio-respiratory endurance or weakness and decreased ROM of the upper and/or lower extremities or trunk.

Procedure:

1. Swivel the seat by lifting up on the swivel release lever directly under the rear and sides of the seat. Sit on the seat comfortably. Swivel the chair back to the original position. Lift one leg over the centerpiece.
2. Adjust arm position by unscrewing the arm adjustment knobs and slide the handle bar up or down until it is in the proper position.
3. For Quick Start – Press <Power On> to power up. Place one foot on each foot pedal and attach straps. Hold adjustable arm pieces and begin to exercise. Use the <+> and <- > buttons to adjust the resistance level. The machine will stop automatically when the individual stops exercising.
4. Each mode has a different program. The Basic Operation follows – Press <Power On> to power up. Place one foot on each foot pedal and attach straps. Hold adjustable arm pieces and begin to exercise. Use the keys to input 1) the weight of the exerciser 2) the exercise duration time 3) the desired profile (may scroll up and down to pick options) 4) the exercise mode selecting either isokinetic (strength exercise/speed control) or aerobic (constant/ resistance control) 5) adjust selected options in # 4).
5. The heart rate may be monitored by placing the hands on the upper hand grips.
6. Begin workout at 2 to 4 exercise sessions per week for 15-40 minutes. For overall cardiovascular fitness and weight loss, complete longer periods of exercise at a lower intensity.
7. Monitor vital signs.
8. Clean Machine as per Physical Therapy Cleaning Procedures.
9. The BioStep Semi-Recumbent Elliptical Clinical Pro receives Biomedical Testing annually in January of each year.