

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services
PT Equipment Procedure # 50

Re: NuStep TRS 4000

Date: February 8, 2009

Description:

A total body exercise machine that combines a natural sitting position with a smooth cycling motion. The NuStep 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. Workload Adjustment – set the workload by locating the workload adjustment lever on the right side of the NuStep. To increase the workload, push the lever forward and down. To decrease the workload, pull the lever backward and up.
4. Step Height – the maximum step height is 8.5 inches. Small heights may be accomplished by not extending your feet as far.
5. Set up – press enter and the arrow to increase or decrease the weight to your weight. To reset, select the reset button.
6. Display – the NuStep will display Time, Heart Rate (if a NuStep/Polar Upgrade Kit is used.), METS expended, Calories used. The machine will cycle through these parameters unless one is selected.
7. 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.
8. Monitor vital signs.
9. Clean Machine as per Physical Therapy Cleaning Procedures.
10. The NuStep TRS 4000 receives Biomedical Testing annually in January of each year.