

CONNECTICUT VALLEY HOSPITAL

**Physical Therapy Services**

**PT Equipment Procedure # 7**

**Re: Restorator**

**Date: March 20, 2000**

**Revised: October 19, 2008**

**Description:**

A Restorator is a lower extremity “bicycle type” of reciprocal training device that is attached to a stationary chair. The Restorator is used for strengthening exercise, endurance training, and reciprocal exercise – lower extremities and eliminates the need for independent sitting balance.

**Indications:**

Geriatric or neurologically impaired individuals who need strength, reciprocal gross motor and endurance training but lack the balance necessary for stationary bicycle usage.

**Precautions:**

Hip Prosthetics, Acute Lower Extremity Arthritis.

**Procedure:**

1. Sit patient in chair.
2. Insert extension with footplates into metal bar attached to chair.
3. Place feet on footplates, estimate extreme range needed for appropriate knee extension (hips should be at approximately 90°).
4. Secure extension by placing handle forward to lock.
5. Fasten ankle and toe straps.
6. Set resistance knob at front of unit.
7. Instruct patient in alternating flexion/extension of lower extremities.
8. Set the timer.
9. When completed – release toe and ankle straps; remove feet from footplates; remove extension and footplates; and places out of the way.
10. Clean as per Physical Therapy Cleaning Procedures.