
SOLO-STEP INC.

Quick Reference Guide



No fears. No falls. Just rehab.



CONTACT

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SOLO-STEP: WHO WE ARE

OUR COMPANY

The **Solo-Step Track System** is the first and original track system put on the market in 2002 for the purpose of protecting patients from falling.

The equipment has been designed from the ground up for use by **Rehabilitation Centers, Therapy Clinics, Nursing Homes, Hospitals** and **Universities**, with the purpose of giving patients confidence in their safety.

We maintain our company's core values as they shape both our work environment and motivation to make the world a safer place.

"The mission of our company is to help people realize a safer and more effective way to go through the rehabilitation process, giving complete confidence to countless patients around the world."

- Mike Muth

(President of Solo-Step Inc.)

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INDEX

PAGE 03 | Intended Use and Notice to Users

PAGE 04 | Caution

PAGE 05 | Overview

PAGE 06 | Indication/Contraindications

PAGE 07 | Care and Safety

PAGE 08 | Operations

PAGE 09 | Operations Cont.

PAGE 10 | Cleaning

PAGE 11 | Questions and Information



INTENDED USE

The **Solo-Step Fall Protection for Rehabilitation System** (Solo-Step) is a fall protection device that is used by trained clinicians (*physical therapists, physical therapist assistants, athletic trainers, caregivers, etc.*) to allow patients to realize a safer and more effective way to go through the rehabilitation process.

This system is an effective tool to be used on patients with diagnoses who have symptoms involving; lack of balance, weakness, lack of endurance, confusion, proprioceptive dysfunction or any situation where falling can be an issue.



USER NOTICE

Solo-Step, Inc. has developed the safest possible rehabilitation support system; following the product instructions is very important. Making equipment adjustments under the direction or supervision of a trained clinician (*physical therapist, physical therapist assistant, athletic trainer, caregiver, etc.*) is all part of achieving safe, reliable, and proper performance, while avoiding injury.

CAUTION!

In order for **Solo-Step** products to provide safe, reliable and proper performance, the following conditions must be adhered to. Failure to comply with these conditions will void all applicable warranties. *Claims for damage or defect of any kind of nature must be made in writing within five days of receipt of equipment.*

All assembly, operation, adjustment, modification, maintenance, and/or repair must be carried out by qualified personnel authorized by **Solo-Step, Inc.**

The product must be used in accordance with this Reference Guide and adhere to the Installation Requirements.

***IMPORTANT* THE SOLO-STEP FALL PROTECTION FOR REHABILITATION SYSTEM IS INTENDED FOR FALL SUPPORT ONLY; IT IS NOT TO BE USED AS A LIFTING DEVICE.**

SOLO-STEP OVERVIEW

Solo-Step is an innovative rehabilitation support system designed with safety, comfort, and simplicity for the patient and trained clinician. This provides multiple benefits including increased safety by reducing the fear of falling, and increasing productivity to patients, clinicians and facilities.

In addition, Solo-Step minimizes the risk of injury to clinicians and is a cost effective solution for preventing falls. It was designed specifically for patients who require assistance with mobility, but it can also be used with other therapeutic devices.



CONTRAINDICATIONS

All trained clinicians must read this reference guide and watch training videos prior to using the **Solo-Step** device with any patient.



INDICATIONS

- Consult a trained clinician and your **Solo-Step Inc.** Representative for patients that are bariatric or that require special consideration.
- If the **Solo-Step** is installed near a pool, facilities maintenance/engineering department should inspect for possible corrosion.
- **Solo-Step's** standard system is contraindicated for patients over 500 pounds per 7.5ft track section.
- Maintenance and on-site engineering staff should inspect installation assembly and structure periodically as indicated in the maintenance schedule.

CARE & SAFETY

The harnesses are designed with safety and comfort in mind. The harness design secures a patient using padding on potential pressure points and ensures straps and padding are supporting a patient in key areas for maximum safety and comfort. Use extra foam padding or sheep skin where pressure/rubbing occurs.

SAFETY TIPS

When applying the harness, make sure straps are not twisted and buckles are snapped closed. *Comfort is essential.*

The **Solo-Step System** and components should be inspected prior to each use by a trained clinician. The Solo-Step System should be utilized as part of the total rehabilitation process.

The lanyard may wear with time and should be replaced as necessary. It should be inspected for any signs of wear and tear such as cuts, tears, or frays.

PRECAUTION: Always introduce **Solo-Step** harness and procedures slowly while providing proper patient education on treatment goals to instill confidence and ensure positive outcomes. Ensure both visually and mechanically that the harness and all buckles are securely fastened, and all excess slack is removed from lanyard settings

OPERATIONS

Apply harness, making sure straps are not twisted and all buckles are snapped completely closed. Harness straps and buckles are adjustable by the ever-present trained clinician. Straps are secured by safety buckles that have double push-release tabs and are rated up to 500 pounds. The design requires both tabs be compressed at the same time, which protects against accidental release.



ROPEMAN & CARABINER

The state-of-the-art ropeman and carabiner are used to connect the harness to the lanyard. The ropeman can be adjusted by simply pulling up on the tab as the patient stands or sits. The clip on the carabiner can be opened by twisting the clip to the left. The system is designed to be easy to use so that the focus can remain on the patient.

OPERATIONS (CONT.)

When finished with each session, ensure the patient is supported by a trained clinician and/or device before releasing the ropeman. If done improperly the patient could fall while in the harness.



REMOVING THE HARNESS

- The trained clinician should hold on to the lanyard and release the ropeman slowly to get slack in the lanyard. The carabiner can then be unhooked from the harness or the patient can exit the harness while still attached to the lanyard.
- Each patient will have different needs, but in most cases the lanyard should not exceed more than two **(2)** inches (*approx. 5 cm*) of slack while in use.

CLEANING

1. Harness may be hand washed with mild soap and warm water then air dried.
2. Harnesses may be cleaned and sanitized with a disinfectant as needed.
3. Harness may be machine washed on cold setting and hung to dry.
4. Follow Universal Precautions and facility recommendations for cleaning and maintenance of components.



QUESTIONS & INFORMATION

www.SoloStep.com

If you have any further questions or need additional information please contact **Solo-Step Inc.**
In the event of an emergency, please contact your trained clinician or your local emergency number.

PHONE: 866-631-1117

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