
SOLO-STEP INC.

Solo-Step System Guide



No fears. No falls. Just rehab.



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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.

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

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.

SOLO-STEP: WHO WE HELP

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

Solo-Step has been designed from the ground up for use by **Rehabilitation Centers, Therapy Clinics, Nursing Homes, Hospitals, Universities, and more** to give patients confidence and safety during strength and balance training.

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

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.

Some different types of patients who may benefit from using the Solo-Step are:

- **Amputee patients**
- **Geriatric patients**
- **Bariatric patients**
- **Neuro patients**
- **Adaptive athletes**
- **Balance disorders**
- **Pediatric patients**
- **Anyone at risk of falling**



INTENDED USE

The **Solo-Step Fall Protection for Rehabilitation System** (Solo-Step) is a fall protection device that is to be used under direct supervision 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 the equipment.

All assembly, operation, adjustment, modification, maintenance, and/or repair must be carried out by qualified personnel authorized by **Solo-Step, Inc.** While using the system, **all patients should be under direct supervision of a trained clinician (physical therapist, physical therapist assistant, athletic trainer, caregiver, etc.)**

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. THE SOLO-STEP SYSTEM SHOULD ONLY BE USED UNDER THE DIRECT SUPERVISION OF A TRAINED CLINICIAN.**

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 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 who are bariatric or who require special consideration.
- If the **Solo-Step** is installed near a pool, the facility's 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 or single point fixation (SPF).
- Maintenance and on-site engineering staff should inspect installation assembly and structure periodically as indicated in the maintenance schedule.

SOLO-STEP SYSTEM COMPONENTS

The Solo-Step Overhead Track & Harness System consists of five main components: the aluminum track, trolley, lanyard, carabiners, and harness.

Aluminum Track: The Solo-Step Overhead Track System is made with aircraft-grade extruded aluminum. The ceiling-mounted system comes in various track shapes, including straight, J-shaped, U-shaped, oval shapes, and more. Regardless of the shape of your Solo-Step system, each system will operate the same. The Solo-Step Track System has been safely tested to hold up to 2000 lbs.

Trolley: The Solo-Step Trolley is inserted into the aluminum track sections and allows the patient to move smoothly along the track. Solo-Step's high-performance trolley is composed of stainless steel roller axles.

Lanyard: The Solo-Step Lanyard includes an adjustable RopeMan Ascender release system that allows the therapist to easily adjust the tension for the patient. A 360-degree swivel at the top and bottom of the lanyard allows for unfettered movement. Our lanyards are available in various sizes depending on your facilities ceiling height.



SYSTEM COMPONENTS (CONT.)

Carabiner: The **Solo-Step Lanyard** contains two carabiners; one to connect to the trolley and one to connect to your patient's harness. The carabiner can be easily attached or detached from the harness.

Harnesses: **Solo-Step** offers a variety of harness sizes depending on the type of patients you treat and their size. The Solo-Step Performance Harness is available in sizes between XX-Small and XXL and can hold patients up to 600 lbs. Other harness options include unloading harnesses, bariatric harnesses and pediatric harnesses.



Track



Trolley



Lanyard



Carabiner



Harness

SPFs

(SINGLEPOINT FIXATIONS)

Single Point Fixation systems consist of a single point attachment that is mounted to your ceiling's upper structure, connected to a lanyard and harness.

- SPFs can be placed over many different pieces of equipment such as shuttle boards, BOSU balls, trampolines, parallel bars, and more!
- SPFs are single-point attachments, meaning patients will be in one spot during the exercise.
- Placing in an open space allows your patients to safely practice on foam pads, wobble boards, etc.

Limitations

- One patient can use the single-point system at a time.
- Solo-Step SPF systems should only be used with Solo-Step branded lanyards.





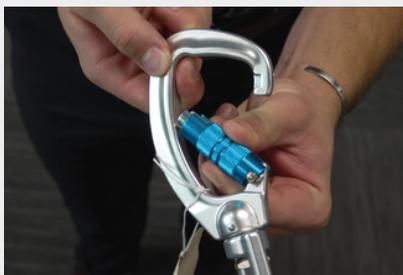
Scan the QR code to
watch our how-to
video!

OPERATIONS

CONNECTING THE LANYARD & TROLLEY

There are carabiners on each end of the lanyard, one to connect to the trolley and one to the patient's harness. To connect the lanyard to the trolley:

1. Twist the locking mechanism and push to open the carabiner.
2. Easily attach the carabiner through the open hole on the smooth gliding trolley.
3. Push the lower carabiner open to attach or detach your patient's harness.



Push to open carabiner



Attach carabiner to trolley



Attach carabiner to harness

RAISING & LOWERING THE HARNESS

To raise the harness:

1. Ensure proper support is provided for your patient while raising or lowering the harness
2. Pull in an upward direction on the end of the lanyard.
3. Ensure the harness is locked into place

To lower the harness:

1. Ensure proper support is provided for your patient while raising or lowering the harness
2. Pull on the RopeMan's release wire until the harness is able to be adjusted.
3. Ensure the harness is locked into place



Raising the harness



Lowering the harness

STANDING HARNESS APPLICATION

When applying the harness, it is important to make sure the straps are not twisted. To apply the harness while your patient is in a standing position:

1. Place the harness over the patient's shoulders and buckle the chest strap(s).
2. Tighten the chest strap(s) by pulling on the blue webbing.
3. The harness's side straps may be adjusted by feeding the harness straps through the side buckle and pulling upwards on the blue webbing. Repeat as needed on both sides of the harness.
4. Secure the leg straps by buckling the harness around each leg. Tighten the harness by pulling down on the blue webbing.



Placing of harness



Tightening of harness



Adjusting side straps



Adjusting leg straps

SEATED HARNESS APPLICATION

When applying the harness, it is important to make sure the straps are not twisted. To apply the harness while your patient is in a seated position:

1. Lower the harness onto your patient's chair.
 2. Position the harness so it will be under the patient as they sit onto the chair.
 3. Pull the lower end of the lanyard behind the chair so it is out of the patient's way.
 4. Place the harness straps over the patient's shoulders. Buckle and tighten the chest strap as needed.
 5. Pull the leg straps between the patient's legs. Buckle the leg straps to the side of the harness and tighten the straps as needed. Repeat this process on the other side.
 6. Ask the patient to stand. Pull upwards on the lanyard to lock it into its appropriate position.
- * Use additional support or another therapist if needed.



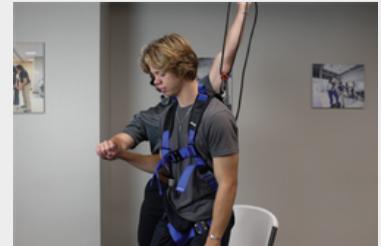
Harness chair positioning



Placement of harness



Adjusting leg straps



Helping the patient stand

REMOVING THE HARNESS

When finished with each therapy 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.

To remove the harness:

1. Hold onto the lanyard and release the RopeMan slowly to get slack in the lanyard.
2. Unhook the carabiner from the harness. The patient may also exit the harness while still attached to the lanyard.
3. To remove the harness, release the buckles around the patient's legs and chest.
4. Remove the harness from the patients shoulders.



Unhooking the harness



Removing the harness

CARE & SAFETY TIPS

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

Safety Tips

When applying the harness, make sure the straps are not twisted. *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.

CLEANING

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



SOLO-STEP HOW-TO VIDEOS



How to Use
The Solo-Step
Track System



How to Add
or Remove a
Solo-Step
Trolley



Solo-Step
10 ft. & 15 ft.
Freestanding
Assembly



Solo-Step
20 ft. & 30 ft.
Freestanding
Assembly



To view more Solo-Step How-To Videos, patient demonstrations, and more, scan the following QR Code



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.**

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