 <p>B.S. Aquino Drive, Bacolod City, Negros Occidental, 6100</p> <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p>	Document Code:	DPOTMH-E-66-P02-S02
	Effective Date:	06-30-2022
	Document Type:	Standard Operating Procedure
	Page Number:	1 of 3
	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	<b>GYM EQUIPMENT PROTOCOL (95 SI STAIR CLIMBER)</b>

### **PURPOSE:**

To describe in detail the steps in the operation of the gym equipment to ensure accuracy and safety while using the machine.

### **SCOPE:**

Applies to all Physical Medicine & Fitness Center Staff of Dr. Pablo O. Torre Memorial Hospital (DPOTMH)

### **RESPONSIBLE PERSON:**

Physical Therapist, Fitness Instructor

### **PROCEDURE:**

1. Physiatrist clears the client as candidate for a fitness program.
2. PT/FI will assess the client's fitness level and will formulate the exercise program.
3. FI/PT checks the client's BP and HR if necessary prior to the start of exercise.
4. To begin a work out, place both feet at the pedals and maintain a vertical trunk alignment as much as possible.
5. To start, press the START key or begin pedaling to activate the console for programming a new work out. The activated console lights up and displays SELECT WORK OUT or press QUICK START. If no key is pressed for 15 seconds, the console shuts down again.
6. Press the ENTER key after entering each value, such as WEIGHT or WORK OUT TIME, when prompted by the console display messages.
7. Use the numeric keypad to enter values such as LENGTH OR WORK OUT, AGE, TARGET HEART RATE, and INTENSITY LEVEL. While the work out is in progress, use the ARROW keys for the similar function.
8. Press QUICK START to begin a manual work out immediately.
9. Press CLEAR key to delete incorrect data. Pressing CLEAR a second time causes the MESSAGE CENTER to prompt the user for a new work out set-up.



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10. Press the following work out set-up as desired: FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING, PERSONAL TRAINER, and HILL PLUS.
11. Work out program ends automatically in a COOL DOWN MODE, which lowers the intensity level. Press the COOL DOWN key at any desired point during a work out to go immediately into COOL DOWN MODE.
12. The MESSAGE CENTER Window displays step-by-step instructions for setting up a work out. It displays statistics about the progress of the work out: Heart Rate, Floors Climbed, Floors/Minute and Calories.
13. During a work out, grasp the two sensors of the vertical handle bars for HR monitoring. Maintain a vertical trunk alignment as much as possible.
14. Begin a simulated stair climbing when time starts counting the TIME WINDOW.
15. Exercise ends when COOL DOWN time elapsed.
16. WORK OUT SUMMARY appears at the MESSAGE CENTER at the end of the exercise.
17. If, at any time while exercising, the user experiences faintness, dizziness, pain or shortness of breath, he or she shall be advised to stop immediately.



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### APPROVAL:

	Name/Title	Signature	Date
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Verified:	<b>MA. TERESA O. ANIERDES, PTRP, MBA-HA</b> PM&FC Supervisor		7/11/22
	<b>JOHN ANDREW B. SANCHEZ, MD, FPARM</b> Physiatrist		7/11/22
Reviewed by:	<b>DENNIS C. ESCALONA, RN, MN, FPSQua</b> Quality Assurance Supervisor		7/11/2022
Recommending Approval:	<b>ROSARIO D. ABARING, RN, MAN, PhD</b> Ancillary Services Division Officer		07.11.2022
	<b>FREDERIC IVAN L. TING, MD</b> OIC-Total Quality Division		7/18/22
Final approved by:	<b>GENESIS GOLDI D. GOLINGAN</b> President & CEO		7/29/22






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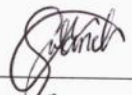
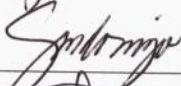
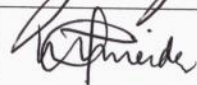





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Document Code:	DPOTMH-E-66-P02-W102
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Document Type:	Work Instruction
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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level and formulates the exercise program.	
3. Places both feet at the pedals to begin a work out, and maintains a vertical trunk alignment as much as possible.	Physical Therapist/Fitness Instructor
4. Begins by pressing the START key or begin pedaling to activate the console for programming a new work out.	
5. Enters values such as LENGTH OF WORK OUT, AGE, TARGET HEART RATE, and INTENSITY LEVEL.	
6. Presses the following work out set-up as desired: FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING, PERSONAL TRAINER, and HILL PLUS.	Client
7. Presses the COOL DOWN key at any desired point during a work out to go immediately into COOL DOWN MODE.	
8. Advises client to stop immediately if he/she experiences faintness, dizziness, pain or shortness of breath at any time while exercising.	

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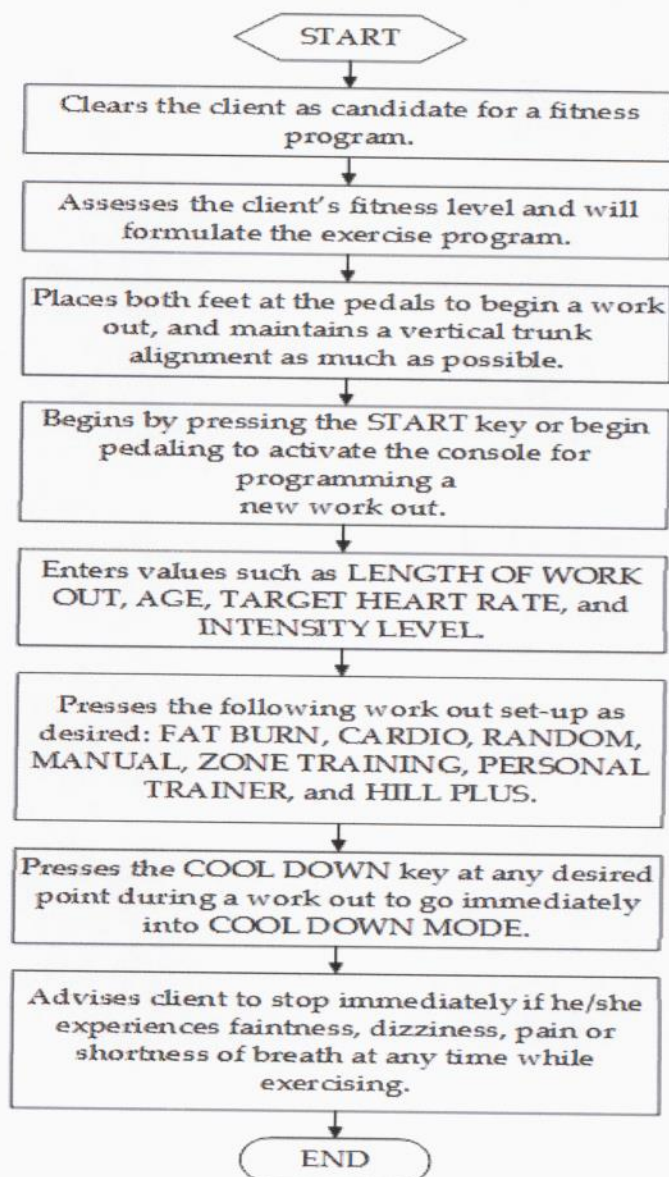


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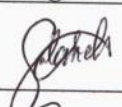
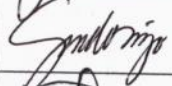
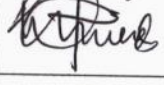


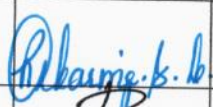

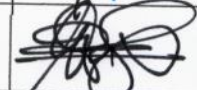
## FLOWCHART





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