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|  <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-S09 |
| | Effective Date: | 06-30-2022 |
| | Document Type: | Standard Operating Procedure |
| | Page Number: | 1 of 3 |
| | Department/Section: | Physical Medicine & Fitness Center |
| | Document Title: | GYM EQUIPMENT PROTOCOL: (FIT 3 MULTI-GYM MACHINE) |

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 After warming up, the client may proceed to the machine if it is recommended by the PT/FI or if it is in the client's fitness program.
 - 4.1 For **SHOULDER PRESS**
 - 4.1.1 Adjust bench to upright position. Adjust seat pad to angled position.
 - 4.1.2 Put the prescribed weight recommended by PT/FI.
 - 4.1.3 Pivot the press arm to Shoulder Press position so handles are level with top of shoulders.
 - 4.1.4 Grip handles firmly and press up to full overhead position without locking elbows and return.
 - 4.2 For **INCLINE PRESS**
 - 4.2.1 Adjust bench to inclined position. Adjust seat pad to the angled position.
 - 4.2.2 Put the prescribed weight recommended by PT/FI.
 - 4.2.3 Pivot the press arm to Incline Press position so handles are slightly above chest.

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4.2.4 Grip handles firmly and press to full position without locking elbows and return.

4.3 For BENCH PRESS


4.3.1 Adjust bench and seat pad to flat position.

4.3.2 Put the prescribed weight recommended by PT/FI.


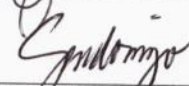
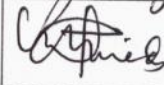


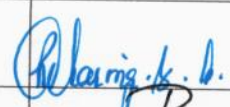


4.3.3 Pivot the press arm to Bench Press position so handles are slightly above chest.

4.3.4 Grip handles firmly and press to full position without locking elbows and return.

- 5 Instruct the client to exhale deeply while pressing up to full position.
- 6 Instruct the client to complete the repetitions and sets prescribed by the PT/FI on his/her program.
- 7 Remind the client to rest 15 - 30 seconds between sets and three seconds hold, two seconds rest for each cycle.

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| | JOHN ANDREW B. SANCHEZ, MD, FPARM Physiatrist |  | 7/11/22 |
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| Recommending Approval: | ROSARIO D. ABARING, RN, MAN, PhD Ancillary Services Division Officer |  | 07.11.2022 |
| | FREDERIC IVAN L. TING, MD OIC-Total Quality Division |  | 7/18/22 |
| Final approved by: | GENESIS GOLDI D. GOLINGAN President & CEO |  | 9/29/22 |




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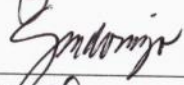



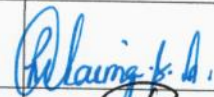

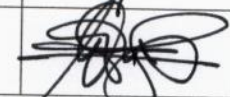
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| KEY TASKS | PERSON RESPONSIBLE |
|--|--------------------|
| 1. Clears the client as candidate for a fitness program. | Physiatrist |
| 2. Assesses the client's fitness level, vital signs and formulates the exercise program. | Physical Therapist |
| 3. Proceeds to the machine after warming up if it is recommended by the PT/FI or if it is in the client's fitness program. | |
| 4. Instructs the client to exhale deeply while pressing up to full position. | |
| 5. Instructs the client to complete the repetitions and sets prescribed by the PT/FI on his/her program. | |
| 6. Reminds the client to rest 15 - 30 seconds between sets and three seconds hold, two seconds rest for each cycle. | |

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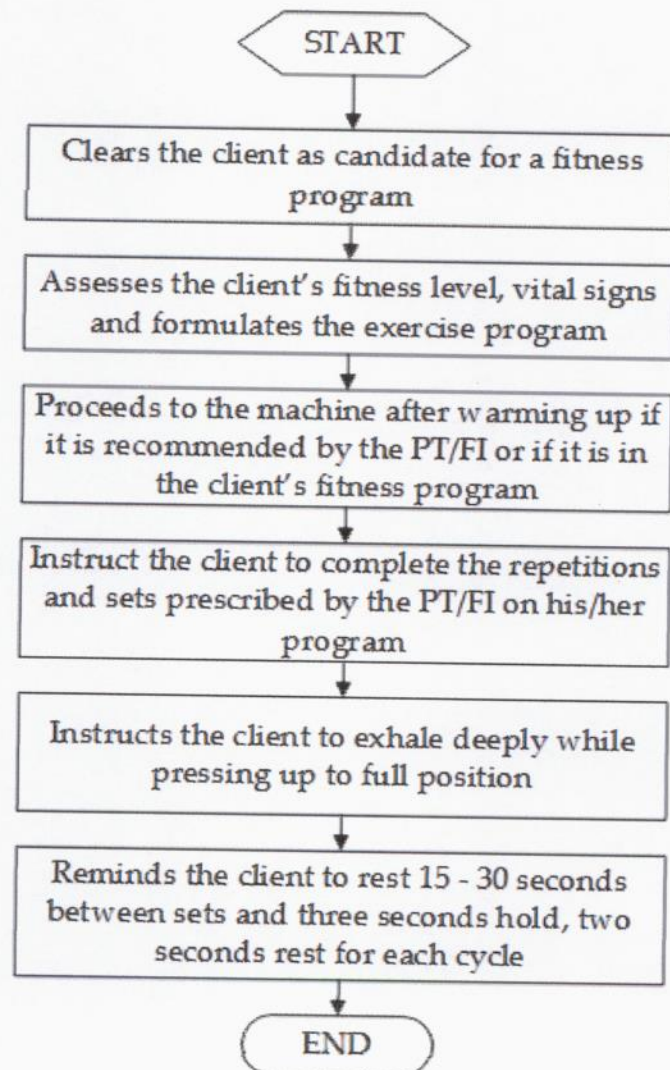



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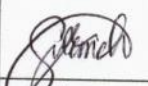
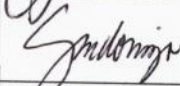
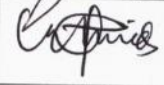


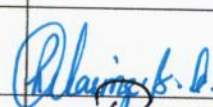


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FLOWCHART



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