 <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-S11
	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-LAT)

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 LAT PULL DOWN

- 4.1.1 Pivot seat to upper position.
- 4.1.2 Put the prescribed weight that is recommended by the PT/FI.
- 4.1.3 Grasp bar from high pulley with hands slightly wider than shoulder width apart and arms fully extended.
- 4.1.4 Sit down with thighs under roller pads.
- 4.1.5 Pull bar down to the front of the chest, keeping chest up and elbows under the bar. Slowly return. Instruct client to exhale while pulling the bar.


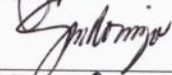
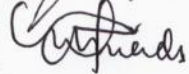





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	Document Type:	Standard Operating Procedure
	Page Number:	2 of 3
	Department/Section:	Physical Medicine & Fitness Center
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4.2 For LOW ROW

- 4.2.1 Pivot seat to lower position.
 - 4.2.2 Put the prescribed weight recommended by the PT/FI.
 - 4.2.3 Place feet on low row supports. Grasp handle with hands shoulder width apart and palms facing down.
 - 4.2.4 Pull handle towards chest slowly until elbows are along side body and return. Ask the client to exhale deeply while pulling the bar.
- 5 Instruct the client to complete the repetitions and sets prescribed by the PT/FI on his/her program.
 - 6 Remind the client to rest 15-30 seconds between sets and three seconds hold, two seconds rest for each cycle.


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APPROVAL:

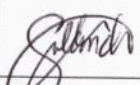
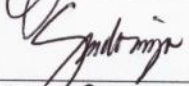
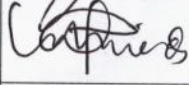


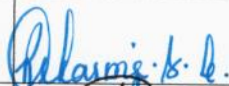

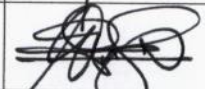
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Recommending Approval:	ROSARIO D. ABARING, RN, MAN, PhD Ancillary Services Division Officer		07.11.2022
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Final approved by:	GENESIS GOLDI D. GOLINGAN President & CEO		9/29/22

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	Page Number:	1 of 2
	Department/Section:	Physical Medicine & Fitness Center
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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. Instruct the client to complete the repetitions and sets prescribed by the PT/FI on his/her program.	
5. Reminds the client to rest 15 - 30 seconds between sets and three seconds hold, two seconds rest for each cycle.	

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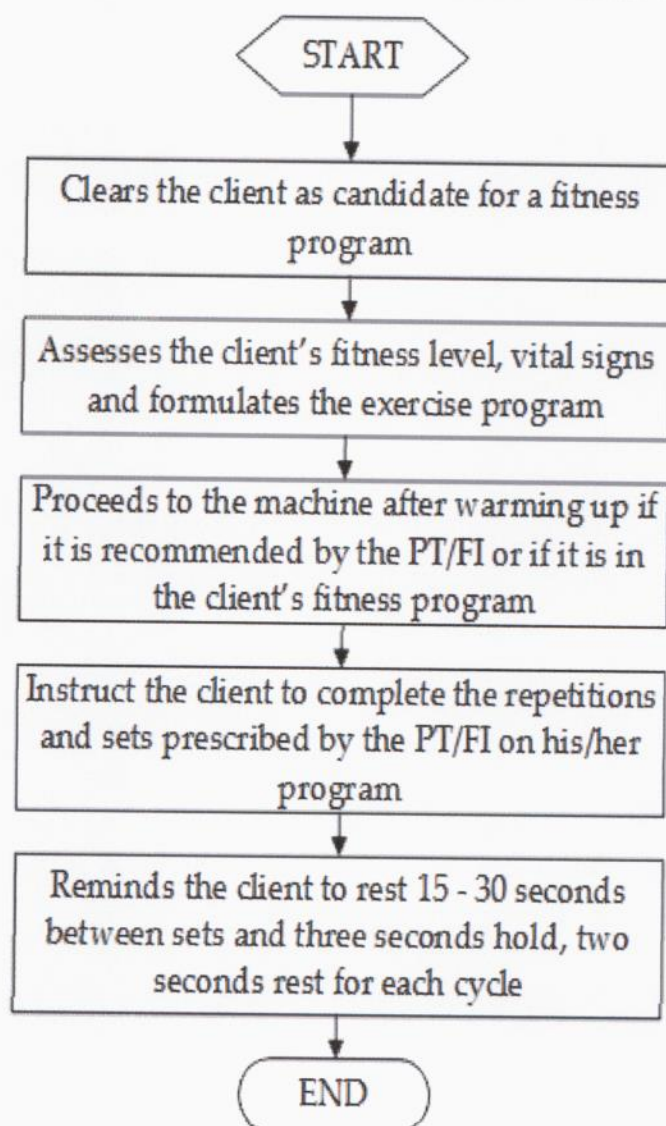



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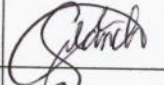
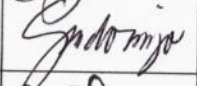
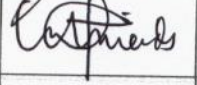
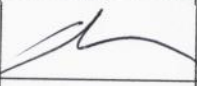



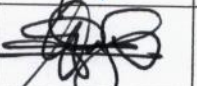
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Document Type:	Flowchart
Page Number:	1 of 2
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FLOWCHART



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