 <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-S04
	Effective Date:	06-30-2022
	Document Type:	Standard Operating Procedure
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	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	GYM EQUIPMENT PROTOCOL: (95T TREADMILL)

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:

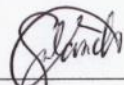
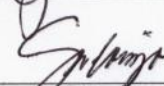

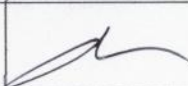

1. Physiatrist will do health screen of the client and will decide whether client is clear as candidate for a fitness program.
2. PT/FI will assess the client's fitness level and will formulate the exercise program.
3. PT/FI checks the client's BP and HR if necessary prior to start of exercise.
4. Stand on the striding belt facing the console, place feet in striding position. Maintain an upright trunk.
5. Clip the Emergency Stop Cable to client's shirt.
6. Place hands over the Ergo Crossbar.
7. To begin the workout, press "Change Workout" key or until the desired program (Manual, Random, Hill, Fat Burn, Cardio Fit Test) appears. Then press ENTER key.
8. Press the ENTER key after entering each value, such as Weight, Workout Time, Incline, Speed, when prompted by the console display messages.
9. Press Quick Start key to begin a manual workout immediately.
10. The strider belt will commence to move if the desired speed has been entered.
11. Press the "X" key once to pause, twice to exit.
12. Use the Increase/Decrease key pad of both upper & lower consoles to change the values of Incline, Time, and Speed, while the exercise is in progress.


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13. The Message Center Window displays the Mile/s covered, HR, Kcal as exercise progresses.
14. During workout, grasp the two sensors of the crossbar for HR monitoring.
15. Workout Summary appears at the Message Center at the end of the exercise.
16. Workout program ends automatically in a Cool Down Mode, while lowering the intensity by level.
17. Press "Stop" key for immediate exit.
18. If, at any time while exercising, the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.


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APPROVAL:

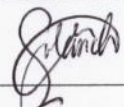

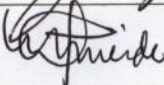
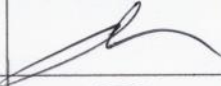

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Final approved by:	GENESIS GOLDI D. GOLINGAN President & CEO		

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KEY TASKS	PERSON RESPONSIBLE
1. Screens the client and decides whether client is clear as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level, vital signs and formulates the exercise program.	Physical Therapist/Fitness Instructor
3. Stands on the striding belt facing the console, place feet in striding position. Maintains an upright trunk.	
4. Clips the Emergency Stop Cable to client's shirt and places hands over the Ergo Crossbar.	
5. Begins the workout by pressing "Change Workout" key or until the desired program (Manual, Random, Hill, Fat Burn, Cardio Fit Test) appears.	
6. Enters values such as Weight, Workout Time, Incline, Speed, when prompted by the console display messages.	
7. Presses Quick Start key to begin a manual workout immediately.	Client
8. Uses the Increase/Decrease key pad of both upper & lower consoles to change the values of Incline, Time, and Speed, while the exercise is in progress.	
9. Grasps the two sensors of the crossbar during workout for HR monitoring.	
10. 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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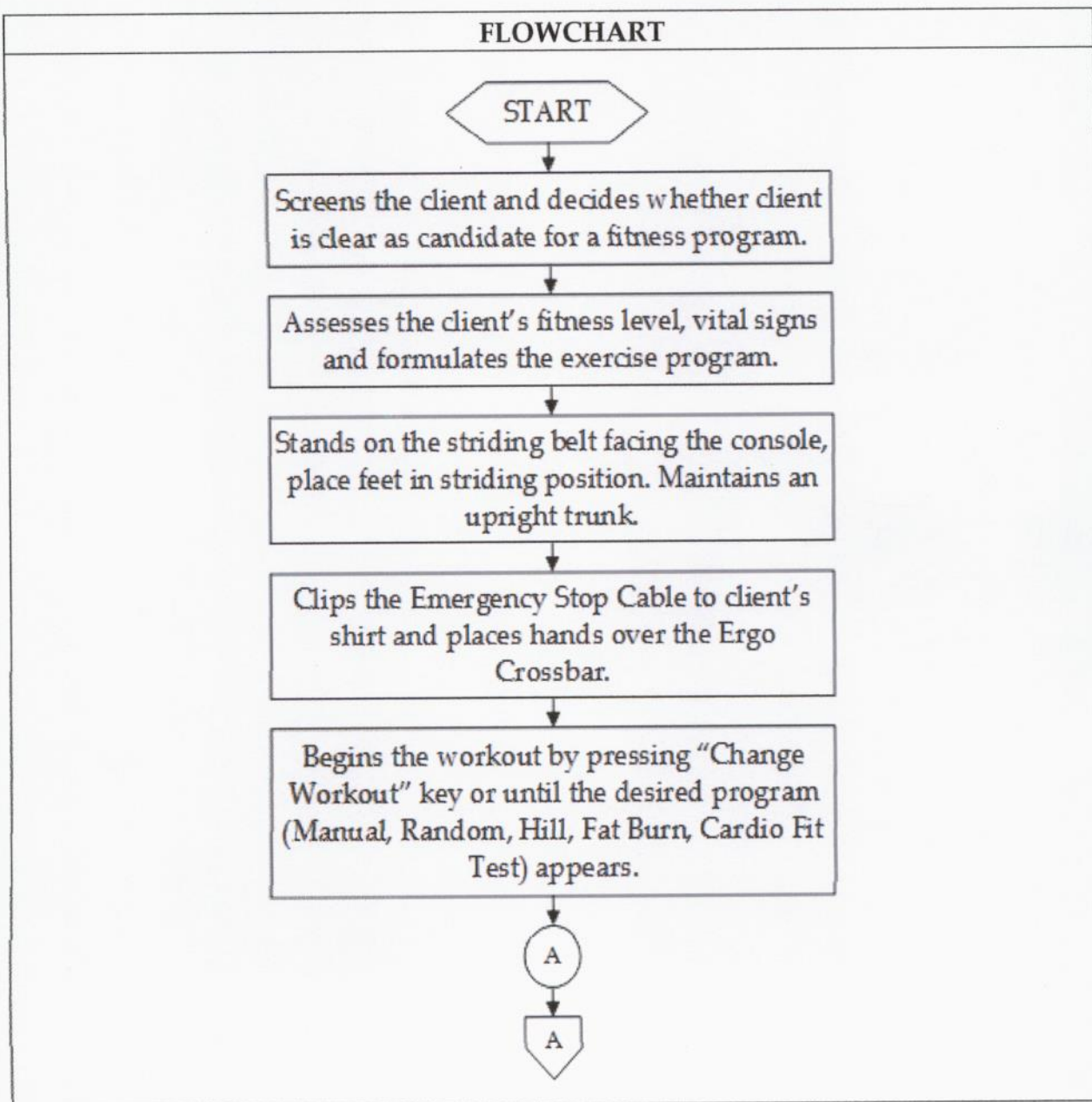


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FLOWCHART



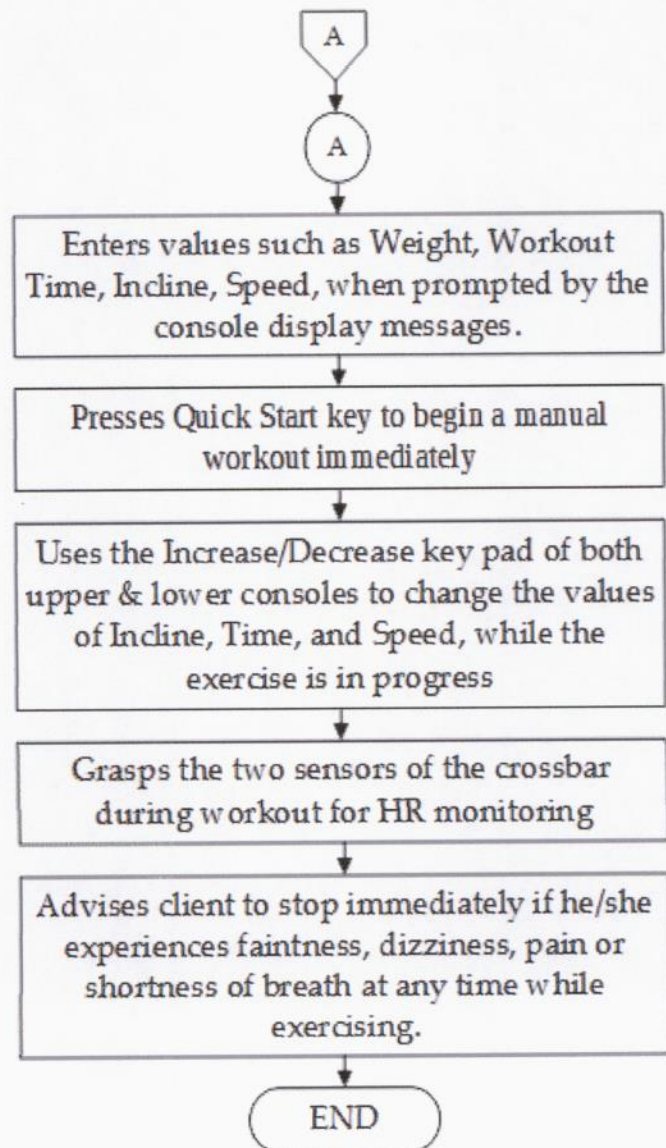



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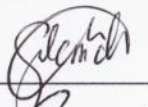
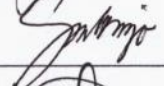
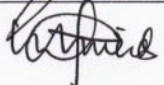
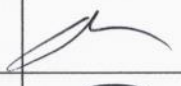

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