 <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-S05
	Effective Date:	06-30-2022
	Document Type:	Standard Operating Procedure
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	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	<b>GYM EQUIPMENT PROTOCOL: (ABDOMINAL/BACK EXTENSION MACHINE)</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:**


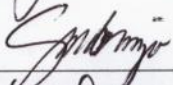
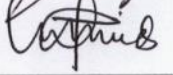


1. Physiatrist clears the client as candidate for a fitness program.
2. PT/FI will assess the client's fitness level and will formulate the exercise program.
3. FI/PT checks the client's BP and HR if necessary prior to the start of exercise.
4. After warming up, the client may proceed to the machine if it is recommended by the PT/FI or if it is in the client's fitness program.
5. Have the client sit in a comfortable position with his feet on the foot rest.
6. Adjust lumbar pad close to chest so as the client is in slight extended position as a starting position for back extension exercises.
7. Put the prescribed weight that is recommended by the PT/FI based on his fitness test.
8. When doing abdominal exercises, have the client hug on lumbar pad. Ask the client to inhale first then exhale as client flexes his trunk. Focus on contracting abdominal muscles. Complete the repetitions and sets as prescribed by PT/FI on program.
9. Remind the client that the weight should not touch or bang when doing the exercise.


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10. When doing back extension exercises, have the client hold on handles on both sides. Ask the client to breathe deeply then exhale while doing trunk extension. *Maintain a proper posture with chest out and trunk straight. Complete the repetitions and sets prescribed by the PT/FI on program.*
11. 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:**

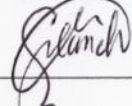
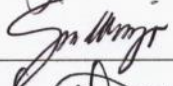
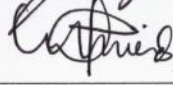


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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level, vital signs and formulates the exercise program.	Physical Therapist/Fitness Instructor
3. Advises the client to sit in a comfortable position with his feet on the foot rest.	
4. Adjusts the lumbar pad close to chest so as the client is in slight extended position as a starting position for back extension exercises.	
5. Puts the prescribed weight that is recommended by the PT/FI based on his fitness test.	
6. Reminds the client that the weight should not touch or bang when doing the exercise.	
7. Reminds the client to rest 15-30 seconds between sets and three seconds hold, two seconds rest for each cycle.	

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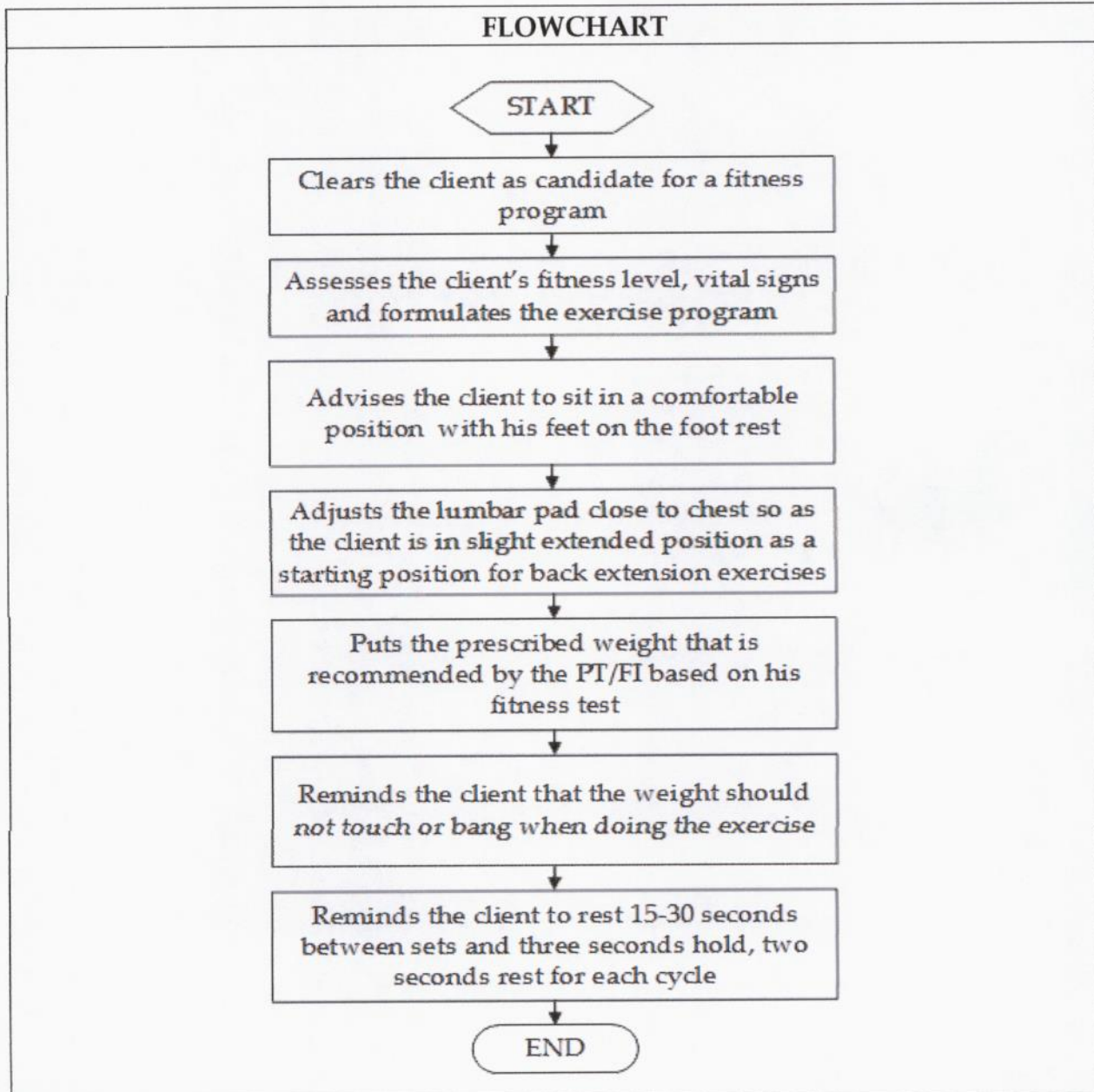



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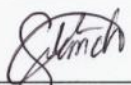

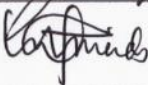
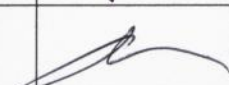

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## FLOWCHART



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