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	Effective Date:	06-30-2022
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	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	GYM EQUIPMENT PROTOCOL (VERTICAL KNEE RAISE/DIP)

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 decide whether the client is 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 regimen.
- 5 Have the client climb onto the machine.
- 6 If client has to do vertical knee raise:
 - 6.1 Position him with back against back support
 - 6.2 Hold the upper handle both sides;
 - 6.3 Have the elbows rest on elbow pads;
 - 6.4 Ask client to hang his legs;
 - 6.5 For first timer, ask him to bend both knees up about 90° angle.
 - 6.6 Then slowly lower both knees to starting position;
 - 6.7 Repeat the cycle based on program prescribed by PT/FI
 - 6.8 Remind client to take a deep breath before doing exercises and exhale as he exerts effort on raising his knees;
 - 6.9 To progress instead of bent knees, client can raise legs with knees extended.

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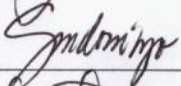
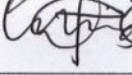
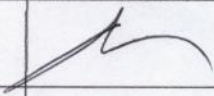

7 If client has to do dips:


- 7.1 Ask client to hold both lower handles facing the equipment;
- 7.2 Extend elbows and ask client to hang his legs with knees slightly bent or with feet crossed
- 7.3 Hold his body in an upright position;
- 7.4 Lower his body by bending his elbows;
- 7.5 Slowly push his body up by extending his elbows;
- 7.6 Repeat the cycle based on program prescribed by PT/FI;
- 7.7 Remind client to take deep breath before doing exercises and exhale as he exerts effort.

8 Remind the client to rest 15-30 seconds between sets and three seconds hold, two seconds rest for each cycle.


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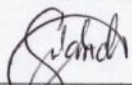
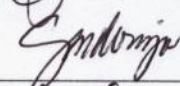
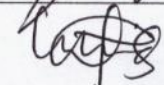
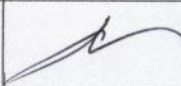

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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level and will formulate the exercise program.	Physical Therapist/Fitness Instructor
3. Proceeds to the machine after warming up if it is recommended by the PT/FI or if it is in the client's fitness program.	
4. Reminds the client to rest 15-30 seconds between sets and three seconds hold, two seconds rest for each cycle.	

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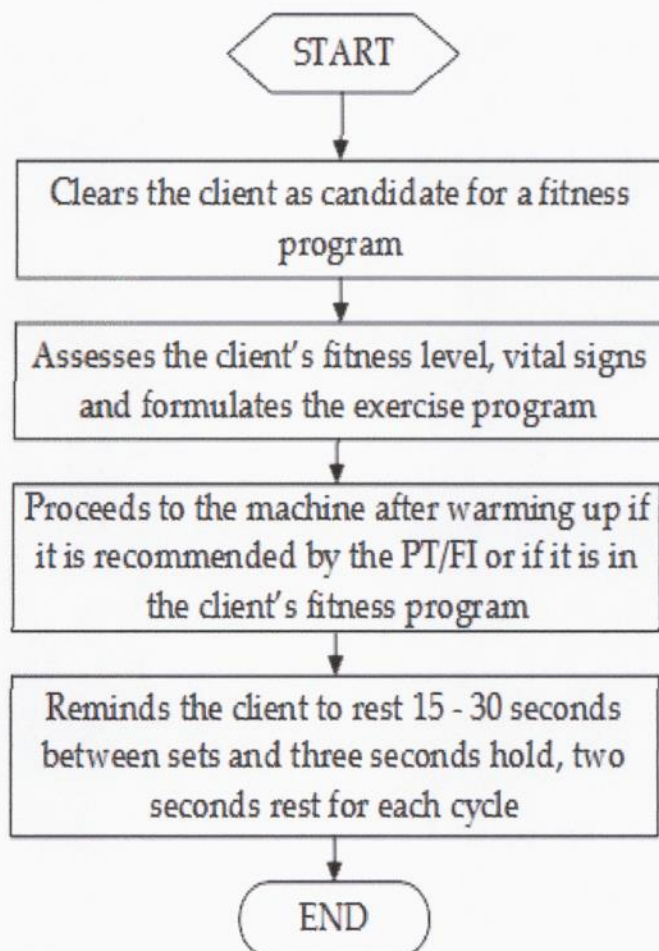



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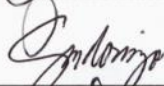
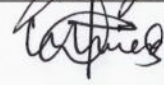
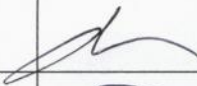

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FLOWCHART



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