 <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-S10
	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: (FIT 3 MULTI-GYM MACHINE-BICEPS)</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.


#### **4.1 For BICEPS CURL**

- 4.1.1 Pivot seat to lower position and adjust the roller pads to upright position.
- 4.1.2 Put the prescribed weight recommended by the PT/FI.
- 4.1.3 From a standing position, grasp hands with palms facing up and hands shoulder width apart.
- 4.1.4 Starting with arms fully extended without locking your elbows, bend arms to curled position towards chest and slowly return. Instruct client to exhale deeply while bending arms to curled position.

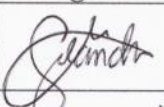
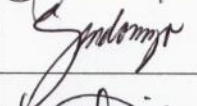
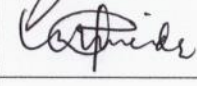


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## **4.2 For TRICEPS EXTENSION**

- 4.2.1 Pivot the roller pads to upright position.
  - 4.2.2 Grasp handle with palms facing down and hands shoulder width apart.
  - 4.2.3 Bring handle down so forearms are at a 90° angle to your body
  - 4.2.4 Keeping elbows at sides, press handle down until arms are fully extended and slowly return.
  - 4.2.5 Ask the client to exhale deeply while pressing the handle down.
- 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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	<b>JOHN ANDREW B. SANCHEZ, MD, FPARM</b> Physiatrist		7/11/22
Reviewed by:	<b>DENNIS C. ESCALONA, RN, MN, FPSQua</b> Quality Assurance Supervisor		7/11/2022
Recommending Approval:	<b>ROSARIO D. ABARING, RN, MAN, PhD</b> Ancillary Services Division Officer		
	<b>FREDERIC IVAN L. TING, MD</b> OIC-Total Quality Division		
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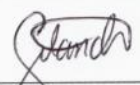

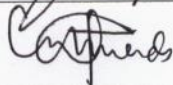
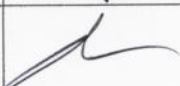

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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level, vital signs and formulates the exercise program.	Physical Therapist
3. Proceeds to the machine after warming up if it is recommended by the PT/FI or if it is in the client's fitness program.	
4. 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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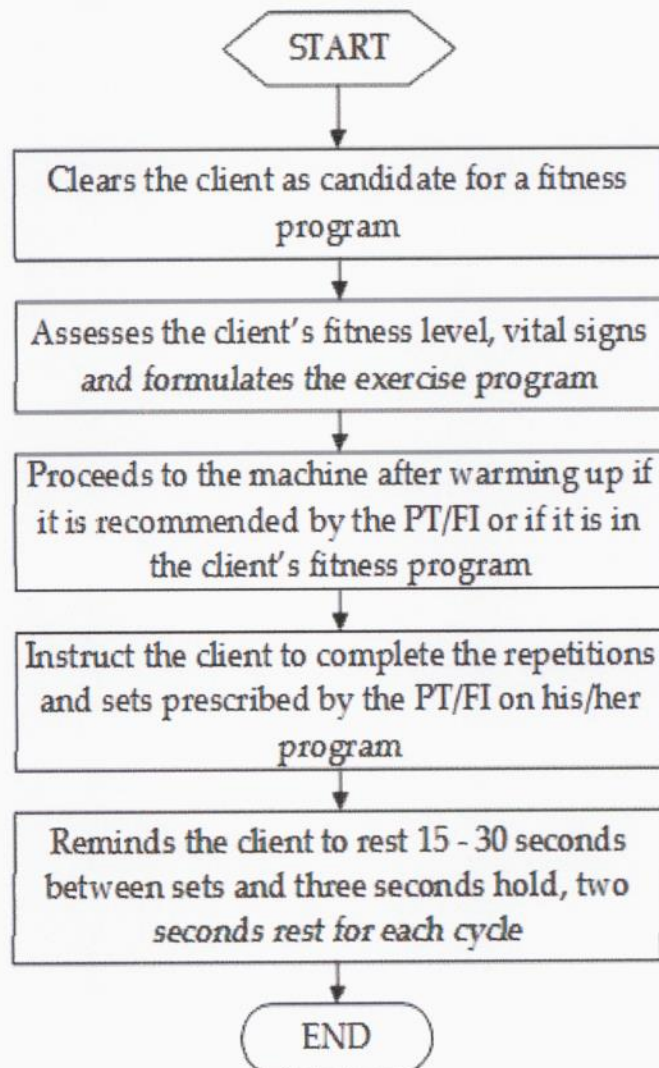



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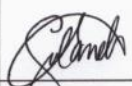
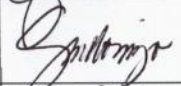
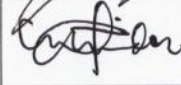
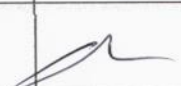

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### FLOWCHART



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