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	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 (SWISS BALL)

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 Ball could be used in different procedures.
 - 5.1 *For balance; client kneels on ball with a PT/FI as a spotter then balances himself keeping body erect; then client can progress to standing ball.*
 - 5.2 *For coordination; ball can be used with weight training, client could sit on ball while doing exercises with dumbbells.*
 - 5.3 *For core muscle strengthening; client can do on-elbows, then hold his body in a straight position contracting both abdominal and gluteal muscles. Client can progress to hand on ball.*
 - 5.4 *Push-Ups on Ball; client do hands on ball then do push-ups or push-ups with feet on balls.*
 - 5.5 *Crunches on Ball; client sit on ball first then slowly moving forward till his back in the ball then do crunches; client can progress with weights on chest.*
- 6 Always remind the client to contract abdominal muscles in doing exercises with ball.

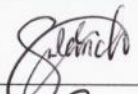
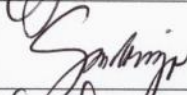
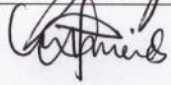
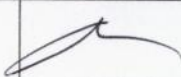




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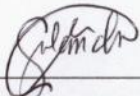
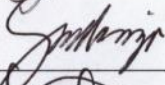
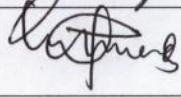
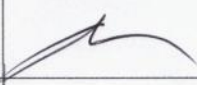

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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level and will formulate the exercise program.	Physical Therapist/Fitness Instructor
3. Proceeds to the machine after warming up if it is recommended by the PT/FI or if it is in the client's fitness program.	
4. Uses Swiss Ball in different procedures	
5. Reminds the client to contract abdominal muscles in doing exercises with ball.	

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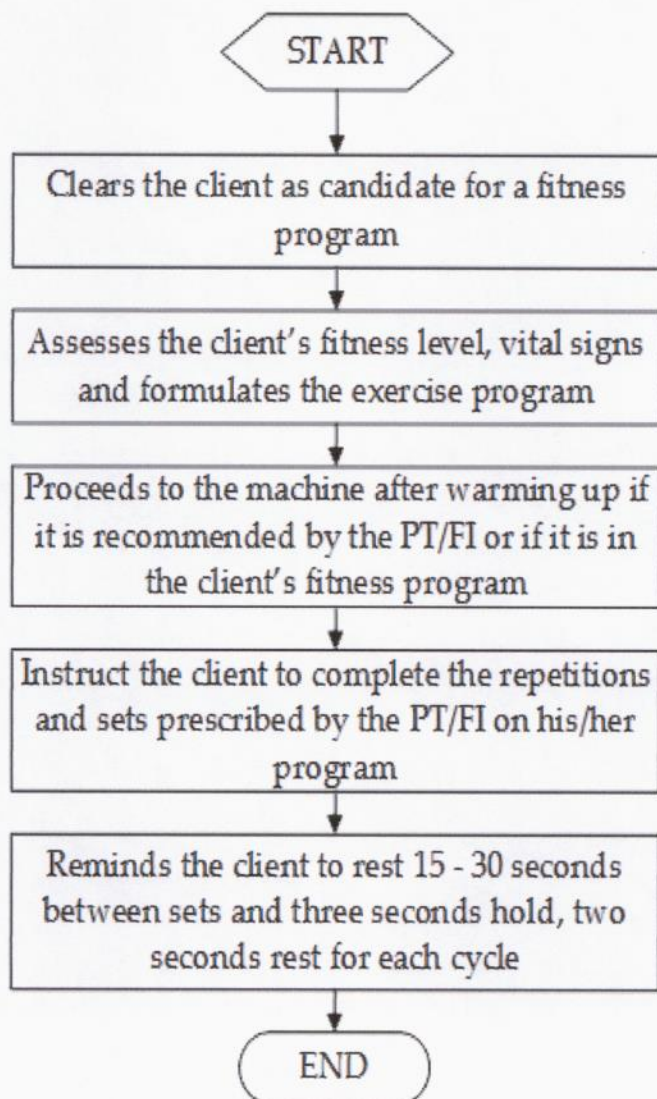



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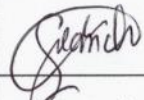
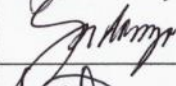



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FLOWCHART



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