

# HARNESS APPLICATION TIPS

## 1. Estimating the starting size



### HALF THE GIRTH TEST

- Fold the harness in half with the open end lined up.
- Hold the harness near the patient's abdominal area.
- Is this harness half bigger than the patient's profile/width?
- Does the harness folded in half equal half the girth of the patient?
- Adjust the size as needed so that the harness barely fits around the patient.

### ADJUSTABILITY

LiteGait harness is highly adjustable – Adult size from 26 to 60 inches small adult from 24 to 45 inches junior and Walkable from 17 to 33 inches. The large amount of adjustability is accomplished by having straps on both sides of the harness wrap. Extra care must be given to keep the harness symmetric (see symmetry test) as adjustments are made. Based on the Half the Girth test, one can determine if it needs to be made larger or smaller. Follow the appropriate instructions.

## HARNESS APPLICATION TIPS

### GROW TO FIT

- The front panel has side release buckles in the middle.
- Undo the front panel buckles.
- Locate the back panel of the harness wrap.
- Hold the harness from the middle of the back panel. The front panel black buckles will be towards the bottom.
- Hold the harness against gravity.
- Locate the side buckles - 3 on each side.
- Hold the sides of each buckle with two fingers.
- Angle the buckle to about 45 degrees
- Pull on the buckle to increase the width of the harness.
- Do this for each of the six buckles equally.



### TIGHTEN TO FIT

- Locate the front panel of the harness wrap.
- Undo the front panel buckles.
- Align the open ends together.
- Hold the harness wrap from the front panel open ends against gravity. The back panel will be towards the bottom.
- Pull each side strap down to decrease the width of the harness.
- Do this for each of the six buckles equally.



### SYMMETRY TEST

- Undo the buckles in the front.
- Align the open ends together and fold the harness wrap in half.
- The front two metal buckle connectors (plastic for walkable) nearest to the open end will line up together.
- Put your finger in the middle of the back panel.
- Gently pull away while holding the front of the harness wrap.
- Do the back two metal buckles line up?
- Is the length of the black strap on both sides equal?
- Adjust the straps as needed to achieve symmetry before applying the harness to the patient.

# HARNESS APPLICATION TIPS

## GROIN PIECE CHOICE

- Choose the groin piece that allows padding of the most groin area without exceeding the size of the groin area.
- Attach the groin piece to the buckles on the lower back panel before applying the harness to the patient.
- Incorrect choice of the groin piece either leaves a portion of the groin piece strap uncovered or does not allow for proper tightening of the harness.

## **2. Placing the Harness on the patient**

### HARNESS PLACEMENT

- Place the harness or adjust its placement so that the lowest of the straps is below the hip joint axis of rotation.
- If placed correctly, the lowest strap on the harness will cover or be located on the Greater Trochanter.
- The harness needs to be moved up if it is below the buttocks or the pubic bone.

### WRAP AROUND

- Wrap the harness around the mid-section of the patient.
- Connect the top front buckle so that the harness stays on the patient.
- Tighten the top two side straps if needed.
- Also connect the middle and the bottom buckle.
- Tighten the side straps by pulling each side strap away from the buckle.
- Tighten each of the six buckles in small increments and equally.
- This ensures symmetric harness placement.
- Continue tightening each strap according to the two-finger test.

### TWO-FINGER TEST

- Insert two of your middle fingers between the patient and the strap and grab the strap with your thumb near the buckle.
- Pull the strap toward the buckle while pulling on the free end of the strap.
- This reduces the friction in the buckle and allows for extra tightening.
- Stop tightening if your two fingers no longer fit behind the strap.



*It is correct to see tissue “bulges” between straps.*

## HARNESS APPLICATION TIPS

### 3. Groin piece application

#### SADDLE UP

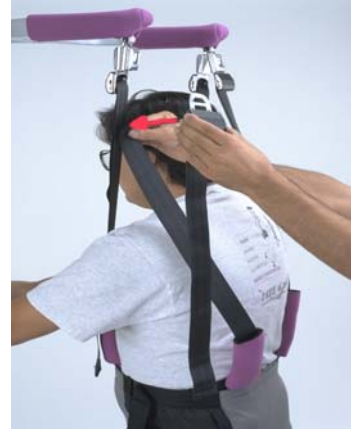
- Route the groin piece between the legs to the front.
- Connect both buckles – one on each side.
- Lengthen the strap to reach if needed.
- Tighten the groin piece straps to pull the groin piece right up against the patient.
- Grab the **cover or the strap** on the groin portion of the strap and pull to each side away from the middle while also pulling up and tighten the loose end of the strap.
- Repeat this for both front straps and also the back two straps.



## HARNESS APPLICATION TIPS

*Now your patient is ready to be connected to the overhead shoulder straps.*

- Do so by first adjusting the height of the unit to its minimum if the patient is sitting.
- If the patient stands adjust the height to a level that leaves the top of the yoke 6 inches above the top of patient's head.
- Once the right height is achieved, you may have to extend the straps to reach the patient.
- Connect the top buckle connectors on the harness to the overhead shoulder straps female buckles.
- Pull on the straps just to reduce the excess length – the straps need not be pulled hard at this point.
- Adjust the relative length of the straps as needed.
- Use the lift mechanism (if available) to adjust the amount of total support or to bring the patient into a corrected upright position.



### **OVERHEAD STRAP ADJUSTMENTS**

- To tighten straps:  
With one hand pull up on the strap attached to the harness.  
With the other hand, pull free end of strap down.
- To loosen straps:  
With one hand, hold overhead buckle outwards.  
With the other hand pull the part of the strap attached to the harness down.
- To prevent patient leaning to one side, e.g. Right side:
  - a) Tighten front & back straps on the Right side OR
  - b) Loosen front & back straps on left side. Use Lite Gait lift to raise patient upright.
- To prevent patient leaning forward:
  - a) Tighten right & left FRONT straps OR
  - b) Loosen right & left BACK straps. Use Lite Gait lift to raise patient upright.
- To prevent patient leaning backwards:
  - a) Tighten right & left BACK straps OR
  - b) Loosen right & left FRONT straps. Use Lite Gait lift to raise patient upright.