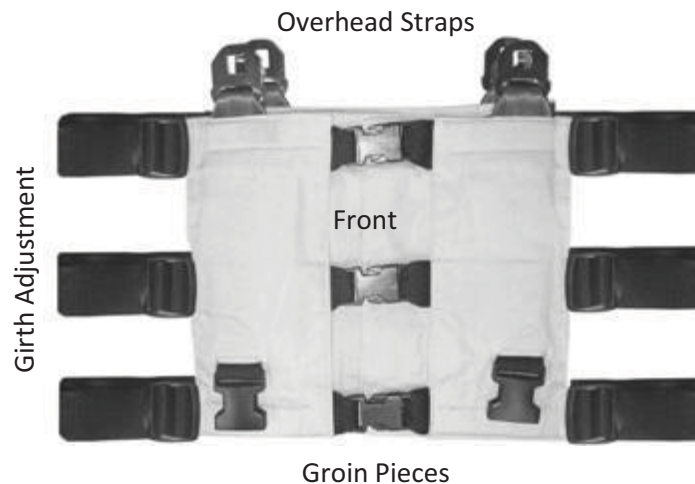


Harness Application

The harness was designed to support a patient in an upright position, allowing for full hip extension. This upright posture plays a critical role in the effectiveness of the gait therapy performed with partial weight bearing.

Harness Components

The front of the harness wrap refers to the point at which the two ends of the harness meet. The harness can be worn with the closure either in the front or in the back. There are four buckles on the top and bottom of the harness wrap. The four top buckles extend beyond the harness from the top seam and attach to the LiteGait® overhead straps. The bottom four buckles attach to the groin piece and do not extend past the bottom seam of the harness.



Preparing Harness for Application

1. Pick the appropriate harness (based on patient's girth) and groin piece (**based on patient's anterior-posterior diameter**) for the patient.
2. Adjust the groin strap buckles so there is symmetry in the straps-- equal strap length available on both ends of the padded groin piece and equal from side to side.
3. **Attach the groin piece to the back of the harness.**

NOTE: The side of the groin piece with the H-outline stitching (most padded) will go against the patient's body.

Estimating the Starting Size

Half the Girth Test

1. Estimate the harness girth before placing on the patient by folding the unbuckled harness in half so that the ends meet.
2. Hold the folded harness in front of the patients torso to estimate the width from one side of the body to the other.
3. Tighten or loosen the three rows of side straps on each side of the harness to estimated girth.



Symmetry Test

1. With the unbuckled harness folded in half, check the alignment of the top buckles (the ones that attach to the overhead straps of LiteGait). The buckles should line up / be adjacent to each other . If not adjacent , make small adjustment to side straps as needed to regain symmetry. Each side strap should be similarly lengthened to achieve symmetry.



Harness Application - While Standing

1. Wrap harness around patient with lowest side straps even with GREATER TROCHANTER.
2. Connect buckles top to bottom.
3. Adjust side straps* to the patient from bottom to top, alternate sides and tighten evenly. Be sure to maintain harness position at Greater Trochanter.

* To Tighten, push slack of strap towards buckle, while pulling free end as shown. Do not tighten top buckles over rib cage.

NOTE: A loose harness will ride up when overhead support is applied. This will cause discomfort in the groin region. A snug harness with no slack will grab the pelvic girdle and hold in place distributing weight evenly throughout harness wrap.

Quick Check

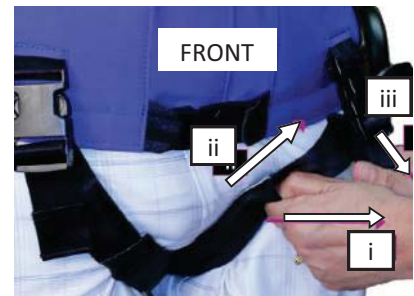
- 2 fingers should NOT fit between strap and body.
- Bulges of tissue may be present between girth adjustment straps if adjusted appropriately.

Attaching Groin Pieces

1. Route the groin piece between legs to front.
2. Connect both buckles - one on each side.
3. Tighten the groin strap snugly so there is NO slack.
 - To tighten, grab the groin strap or strap cover and:
 - i. Pull out toward adductor surface of leg.
 - ii. Pull up toward groin piece buckle.
 - iii. Use other hand to pull down on excess strap on free end, then **repeat** on other leg.
 - iv. Tighten back straps in the same fashion to remove all slack.

Quick Check

- Groin Piece should have NO Slack. Padding should be equal front and back. Padding should cover most of the inner leg with little or no exposed strap.
- Pull on top buckles, if harness moves up torso, straps require additional adjustment.



NOTE: A LOOSE GROIN PIECE DOES NOT IMPART GREATER COMFORT TO THE PATIENT, BUT ALLOWS THE HARNESS TO SLIDE UP THE TRUNK, PUTTING UNWANTED LOAD/FORCE ON THE GROIN AREA. TIGHTEN THE GROIN STRAP SO THAT NO SLACK REMAINS IN THE STRAPS. THIS ASSURES THAT THE HARNESS WILL NOT RIDE UP ON THE PATIENT.

Harness Application – In Supine

1. Roll patient away from you.
2. Attach groin piece and place harness on patient with half of the harness rolled and under patient. (Figure 1)
3. Hold harness in place with lowest strap at greater trochanter
4. Roll patient into supine.
5. Pull harness around.
6. Straighten harness. Reach behind patient to feel back buckle position. Check for symmetry. (Figure 2)
7. Connect front buckles
8. Tighten all 6 side straps with leg straight. (Figure 3)
9. Connect the groin piece to the front buckles and tighten as in previous section. (Figure 4)
10. Roll patient away from you
11. Tighten back straps of groin piece, removing all slack. (Figure 5)



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

Quick Check

- *Harness should be equally spaced from side to side*

Leg Strap Application

1. Wrap Velcro thigh cuff portion below bulk of thigh and above knee so strap does not interfere with knee function.
2. Strap should be perpendicular to ground and pointing up toward the hip on the outside of leg.
3. Connect male buckles on leg straps into plastic groin piece female buckles.
4. Tighten all three straps keeping center strap perpendicular to the ground and on the lateral surface of the leg. The bifurcation point on the strap (where the strap splits into two) needs to be at the hip joint axis of rotation to maintain symmetry.
5. Straps must be tightened completely, using a two-handed technique and getting rid of all slack, to properly anchor the harness in place and properly transfer the support to the thighs.



CAUTION: SITTING WHILE IN THE LEG STRAPS WILL DISPLACE THE HIP AXIS OF LOCATION AWAY FROM AND OUT OF THE LEG STRAPS; REPOSITIONING OF THE LEG STRAPS WILL BE NECESSARY.

Connect the Harness to your LiteGait®

1. Lock all four casters to make the device stationary and adjust the yoke to the correct position, giving the patient approximately 5 to 6 inches of head clearance.
2. Extend the overhead straps until they are long enough to reach the metal buckles on the harness. Attach the four buckles that hang from the overhead straps to the appropriate buckles on the harness. Pull (shorten) the back straps until there is no slack. Leave a few inches of slack in the front straps.
3. Once the patient is connected, unlock casters. With one hand on LiteGait, press up button on hand switch to lift patient into a standing position. Roll LiteGait® forward slightly while lifting so patient ends up directly under the yoke buckles. If desired, have patient hold handlebars during sit to stand. If necessary, adjust height of the handlebars to suit the patient.
4. Re-adjust overhead straps to maximize postural support as necessary. To tighten (shorten) strap, gently lift up on the connected section of the strap and pull down on the loose end of the strap simultaneously. To lengthen strap, lift metal tab up and out and then pull down on strap. Repeat as necessary for all straps.
5. The unit can now be used for over ground therapy or to assist the patient in stepping up onto the treadmill.

If Lifting is not Necessary

With higher level patients who don't need assistance to achieve standing, the harness may be connected to the LiteGait® with the patient standing on the floor or over the treadmill.

1. Lock all four casters to make the device stationary and adjust the yoke to the correct position, giving the patient approximately 5 to 6 inches of head clearance.
2. Extend the overhead straps until they are long enough to reach the metal buckles on the harness. Attach the four buckles that hang from the overhead straps to the appropriate buckles on the harness. Adjust all straps to maximize postural support as necessary.
3. If handlebars are desired, adjust height of the handlebars to suit the patient.
4. The unit can now be used for over ground therapy or to assist the patient in stepping up onto the treadmill if necessary.

Stepping up onto Treadmill

1. Position LiteGait® unit at the end of the treadmill walking surface (if not already there) and **lock both directional casters**.
2. Standing beside the patient, slowly roll the unit forward toward the front of the treadmill while simultaneously pressing the up button on the hand switch.
3. While continuing to press the up button, assist the patient with stepping up onto the treadmill as needed.
4. Once the patient is standing on the treadmill, quickly re-tighten the overhead straps if necessary to increase the support provided by the unit, or use the lift mechanism to increase the overall support. In some cases it may be necessary to tighten all four overhead straps in order to decrease the distance between the patient's head and the overhead support (to achieve the ideal 5 to 6 inches of head clearance).
4. Roll the unit to the front of the treadmill and **lock the caster brakes**.
5. Double check to see that the unit is locked into place and that the patient is in the center of the treadmill walking surface.
6. Adjust the handlebars to the appropriate height.

CONTINUED ON PG 24

Stepping up onto Treadmill (Continued)

7. To exit the unit, reverse the process. Keep **directional casters** locked until the LiteGait® is at the end of the treadmill. It is helpful to ensure that the **locking casters** are nudged into an outward rolling position so they do not get caught on the treadmill as they roll.
8. Keep in mind that some patients will need to sit directly into a chair at the end of their session even if they started the session in standing.

Over Ground Therapy

Follow “Connect the Harness to your LiteGait® and Lift Patient” steps as noted in previous section. LiteGait® can be used over ground to perform gait training as well as to provide support for a variety of other activities such as balance training, therapeutic exercise, postural support for ADL, etc. Please refer to your booklet “Protocols for Partial Weight Bearing Gait and Balance Therapy” for more information, or email our clinical support department at clinicalsupport@litegait.com.

NOTE: THE CASTER BRAKES SHOULD BE LOCKED WHENEVER THE UNIT IS STATIONARY. RELEASE THE CASTER BRAKES ONLY FOR MOVEMENT OF THE UNIT.



Over Treadmill



Over Ground