

# Instruction Sheet

## Steamroller 150040



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location.

**IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact [Rehabmart.com](http://Rehabmart.com) immediately.**

**MATERIALS LIST:** 1 - Steamroller 1 - Instruction Sheet 1 - Maintenance Checklist

### TO USE

Our experience tells us that therapists will always find new and inventive ways to use our products. The directions below will help make it easier and more comfortable, but are not necessary to follow exactly. Many children will be comfortable going through once they have done it a few times.

1. Adjust the springs on the sides to provide the amount of pressure as desired (see IMPORTANT NOTES below).
2. Kneel in front of the rollers. Try to kneel with your knees apart, so that you can keep your back flat as you push through.
3. Push yourself in between the rollers, hands and arms first (like Superman). It helps to turn your head to the side to keep your nose from getting squeezed too hard. Keep your back as flat as possible.
4. Push your arms, head, neck and shoulders through both sets of rollers. Once you are this far in, you may either continue through the rollers, or remain here and enjoy the deep pressure. You may also roll back and forth as desired.

**NOTE:** As an alternative to pushing your head through, a therapist or helper can manually lift the upper rollers by grabbing the arms of the rollers on one side and lifting. Lift just enough for the client to get their head past the rollers, then gently lower the roller onto the client. **DO NOT** lift the roller arms too high - see below. This method will preclude a child from self-administering deep pressure--one of the goals of this product--but can be a way to get a child into the steamroller until they are comfortable with it.

### IMPORTANT NOTES

- The amount of downward pressure from the top rollers is adjustable. Minimum pressure is achieved by hooking the bottom loop of the spring in the top hook of the bracket on each side. To increase the amount of pressure, move the spring loop downward and hook it on a lower hook. There are two spring loops per roller, one on each side. Both spring loops must be hooked on the same hook on each side to exert equal pressure on both sides. **HOWEVER**, you may adjust the pressure for one roller independently of the other.
- **DO NOT lift the rollers too far manually.** This will stretch the springs beyond their ability to recoil, and you will have to purchase replacement springs.

### MAINTENANCE CHECKLIST:

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Check roller covers for loose stitches, rips, or tears. If loose stitches, rips, or tears are found, discontinue use until repaired.
- Check wood parts for splinters. If splinters are found, sand smooth and refinish with clear lacquer.

**STORAGE PROCEDURES:** Store where not accessible by clients without proper supervision.

### CLEANING INSTRUCTIONS:

- Check for client allergies first.
- Check with your infectious disease department before using these procedures.

**Safety Precautions** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

**This sheet is for example only.** It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

- Wipe with a damp cloth using soap and water or disinfectant. Dry before using.