

TherAdapt[®] Products Inc.
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Prone Stander

www.theradapt.com

Please read all of the following information before using this product.

TherAdapt[®] Products Inc. has designed and manufactured this product with the well being of the user and caregiver(s) in mind. It is our endeavor to provide products which are attractive, comfortable, useful, highly adjustable, long lasting and safe. As when using any product, precautions must be taken.



WARNING: This product must only be used under the recommendation of a physician and / or licensed therapist and with adult supervision. Never leave user unattended. It is your responsibility to properly use and maintain your Prone Stander. Failure to follow USE and CARE instructions or ASSEMBLE the stander properly as outlined may result in bodily injury.

THE MANUFACTURER IS NOT RESPONSIBLE FOR INJURIES RESULTING FROM ANY CUSTOMIZATION OR MODIFICATION OF THE EQUIPMENT THAT WAS NOT COMPLETED BY THE MANUFACTURER.

USE: The Prone Stander is designed for a single purpose: as a freestanding stander. It is to be used on the floor only. No other use is permitted.

CARE: Take care to inspect the ongoing condition of all parts of your Prone Stander. Verify that all knobs, bolts, and washers are properly positioned and secure. Contact the manufacturer for replacement or repair of necessary items. All components may be cleaned with mild soap and water, or a gentle sanitizing spray. Do not use abrasive cleaners. Wipe wood components dry after cleaning. Excess amounts of liquid on the wood may damage the finish. Always store indoors.

WARRANTY: The manufacturer provides a full one (1) year warranty, beginning the date shipped by the manufacturer. The warranty provides full replacement of all parts against breakage when used in compliance with the manufacturer's USE and CARE instructions. Use or modification beyond the normal capacity or range of adaptability designed into the products will void the warranty. The foregoing is TherAdapt's sole liability for consequential damages.

PLEASE COMPLETE AND RETAIN FOR YOUR RECORDS

Prone Stander PS- _____

Serial Number: _____

Purchase date: _____

***TherAdapt*[®] Prone Stander (PS-100/200/300) Instructions**

Packing List:

- | | |
|---|-------------------------------------|
| (1) Base unit stander | (2) 2 1/2" 1/4 - 20 hex head bolts |
| (1) Paired support bar | (1) 7/16" 1/4 - 20 locking nut |
| (2) Lateral thoracic supports with offset mount and strap | (4) 1 3/4" 1/4 - 20 hex head bolts |
| (2) Short pelvic straps with 1" D-rings | (4) 1 3/4" 1/4 - 20 carriage bolts |
| (2) Long pelvic straps with hook & loop | (2) 2 1/2" 1/4 - 20 carriage bolts |
| (2) Lateral knee blocks with removable pads | (4) Knobs with 1/4 - 20 stem bolts |
| (2) Trapezoid shaped anterior knee pads | (11) Thru-knobs w/ 1/4 - 20 inserts |
| | (15) Nylon washers |

Tools needed:

- (2) 7/16" open end wrenches
- (1) Phillips head screwdriver (PS-100 only)

The Prone Stander comes partially assembled. Assemble the support bar as follows:

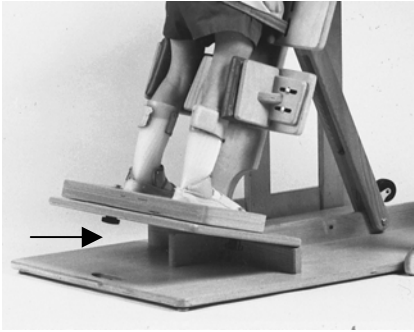


- 1. Attach the sliding support bar** to the back of the stander with the bolt and self-locking nut provided; tighten securely with (2) 7/16" wrenches (not provided).
- 2. Attach the bar to the base** with the bolt and knob provided; tighten securely.

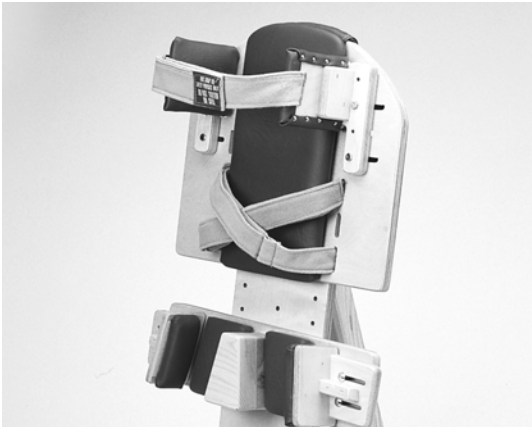
Once the stander is assembled it should be adjusted to the individual user to provide a customized fit. To adjust the stander the following procedure should be followed:



- 1. Adjust the knee pads.** The height of the knee support can be adjusted vertically by removing the corresponding knobs on the back of the stander. Remove the knee support, with the bolts attached, and position to the desired height. Replace the knobs and tighten securely. The width of the lateral support is adjusted by loosening the bolt-knob assembly, sliding the support horizontally, and re-tightening the knob. Note that all kneepads are adjustable with Velcro[®]-like hook and loop attachments.



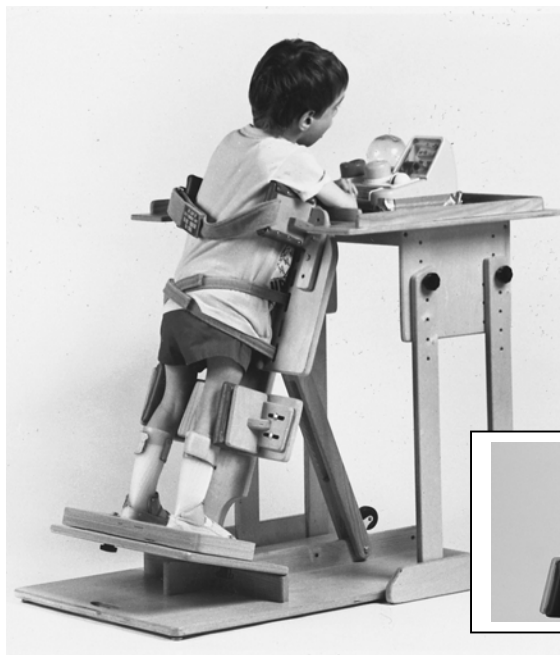
2. **Adjust the depth of the foot wells.** Remove the black knobs under the footplate. Lift the foot wells, with bolts attached, off of the footplate. Reposition the bolts in the desired set of paired holes, replace the knobs, and **tighten securely**.



3. **Adjust the chest plate height.** Remove the two knobs on the back of the stander that correspond to the two bolts of the chest plate. Lift off of the center support. Reposition the bolts in the desired set of paired holes, replace the knobs, and **tighten securely**.

Note: The **Early Intervention Prone Stander (PS-100)** can "grow" two inches by repositioning the bolts on the chest plate in the pair of lower holes.

Remove the chest plate from the stander. Remove the two Phillips screws on the back of the chest plate, which hold the chest pad in place, with a Phillips head screwdriver (not provided). Lift the chest pad off to access the two carriage bolts. Reposition them in the lower holes and re-attach the chest pad to the chest plate with the screws. Re-attach the chest plate to the stander at the desired height.



4. **Adjust the pelvic straps.** The pelvic straps are designed to be used in the crossed position, and can be inserted to pull from either side as needed to position the pelvis. To change the position of the straps pull them out through the back of the stander and re-insert in the desired slots.

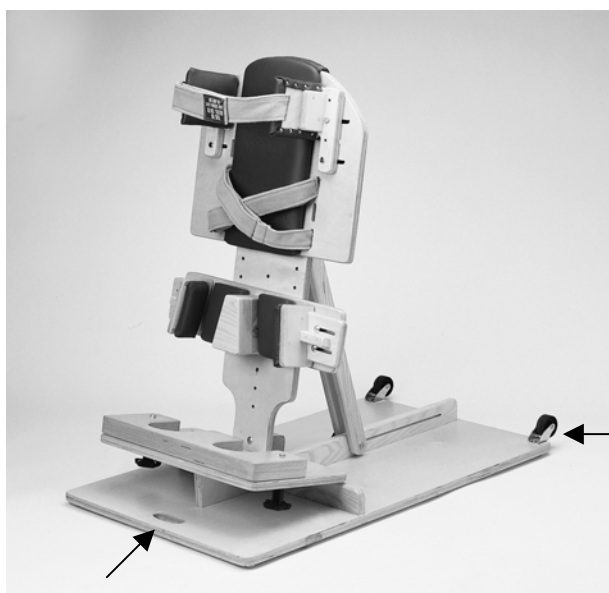
Note: The **TherAdapt[®] Spacer Bar Option** can be used to position the pelvic strap one or two slots lower than the slots on the chest plate for children with a long torso, short legs, or who require high chest support.



- 5. Adjust the lateral supports.** The lateral supports can be adjusted both vertically and horizontally on the prone stander. Remove the bolt-knob assembly, place the bolts through the desired slots in the supports and the pre-drilled holes in the stander, and adjust. Replace the knobs and tighten securely.

The permanent back strap is attached to the lateral trunk pads. Cheryl Colangelo, MS, OTR, designer of the *TherAdapt*[®] Prone Stander, offers the following instruction:

"This back strap should not be used for positioning the upper back. The proper solution for hyperextension is more likely to be decreasing the angle of the stander in relation to the floor. The strap should be applied loosely so as not to immobilize the trunk."



- 6. Adjust the angle in space.**

The Prone Stander is designed to adjust 10° to 30° from vertical (170° to 150°). By loosening the black knob at the base of the sliding support bar, the stander easily adjusts to the appropriate angle for the child.

Tighten securely after adjustment is made.

The Prone Stander transports easily by lifting up the base by the handle and rolling the stander on its back wheels (child not aboard).

We recommend the child be placed directly on the adjusted stander, and the crossed pelvic straps be tightened immediately to stabilize the pelvis. It is helpful to have the *TherAdapt*[®] Prone Stander Tray Easel (with appropriate Leg Set) in place to support the child's arms and help him to feel secure.

FOR PROFESSIONAL ASSISTANCE CALL 1-800-261-4919

TherAdapt[®] Prone Stander Options- Instructions

1. Kneeler Conversion Kit (PS-100KC, PS-200KC, PS-300KC)

Packing List:

- (1) Padded Conversion Kit with (3) ¼ - 20 hanger bolts
- (3) Thru-knobs with ¼ - 20 inserts
- (3) Nylon washers

The Kneeler Conversion kit is used in place of the anterior knee block provided with the Prone Stander.

- A. Remove the anterior knee support** from the stander by removing the two knobs at the back of the stander.



- B. Attach the kneeler conversion** to the stander at the appropriate height by inserting the three (3) hanger bolts through the triangle of corresponding holes.

- C. Place nylon washers on the hanger bolts, attach the three knobs with threaded inserts, and tighten securely before use.**



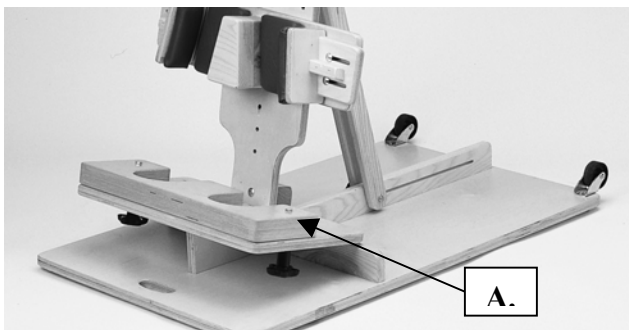
2. Footplate Riser (PS-100R, PS-200R, PS-300R)

Packing List:

- (1) Riser baseboard with gray non-skid tape
- (2) Rectangle spacer pieces with holes drilled on all 4 sides (Riser Bars)
- (2) 4" ¼ - 20 carriage bolts
- (2) Large black "flower" shaped knobs with ¼ - 20 threaded inserts

The Footplate Riser gives 2 ¼" height to the footplate. The distance can then be decreased in ¾" increments back to the original height as the "in-between" child grows. This allows a child to be fitted into the larger Prone Stander when there is not enough growth room remaining with the smaller size.

Assemble the footplate riser as follows:

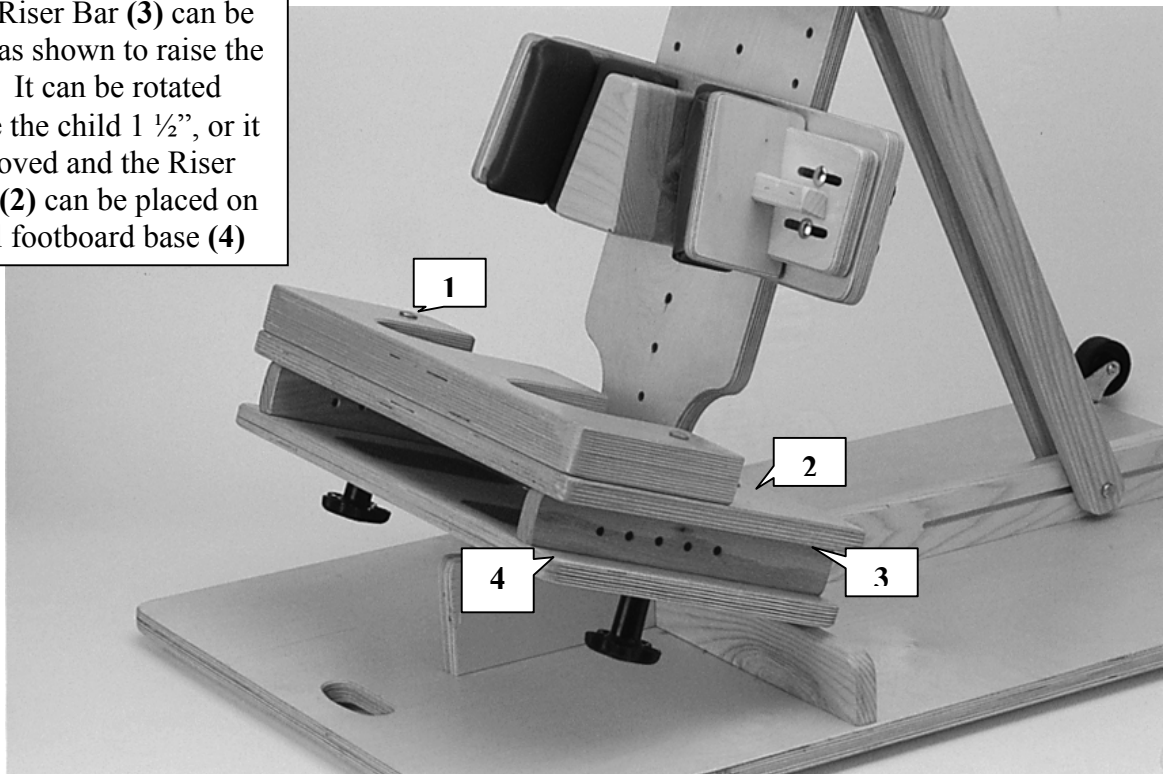


A. Remove the knobs under the original footplate and remove the top foot well guide from the base.

B. Remove the shorter bolts from the foot well guide and replace with longer bolts provided with the footplate riser. Thread these bolts through the foot well guide board (1), the Riser baseboard (with non-skid gray tape positioned up) (2), the appropriate holes in the

riser bar (3), and finally the original footboard base (4). Secure the bolts in place under the footplate with the (2) large knobs and **tighten securely before use.**

Note: The Riser Bar (3) can be positioned as shown to raise the child 2 ¼". It can be rotated 90° to raise the child 1 ½", or it can be removed and the Riser Baseboard (2) can be placed on the original footboard base (4)



3. Spacer Bar (PS-100SB, PS-200SB, PS-300SB)

Packing List

- (1) Rectangular wood spacer
- (2) Knobs with $\frac{1}{4}$ - 20 stem bolts
- (2) Nylon washers

A. Attach spacer bar on center bar below the chest support and above the knee block. Secure with knobs, placing a nylon washer between the knob and the wood.

Tighten knobs securely before use.

B. Remove the lower set of pelvic straps from the chest plate by pulling them out from the back. Insert the straps into the slots on the spacer bar from the rear.



TherAdapt[®] Prone Stander Accessory Information



The TherAdapt[®] **Prone Stander Tray Easel** has a “square” cut out to interface ideally with the **Prone Stander**. Instructions for assembly and adjustment of the easel are included with the unit.

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