



Rickshaw™ rehab exerciser instructions

CanDo Rickshaw Rehab Exerciser

SKU #: 10-0690

ATTENTION

Your CanDo Rickshaw Rehab Exerciser has been built to the highest standards of quality to ensure years of superior service. Please take the time to read the informative instruction guide and pay particular attention to the safety information provided.

Here are some precautions you should take to reduce the risk of injury:

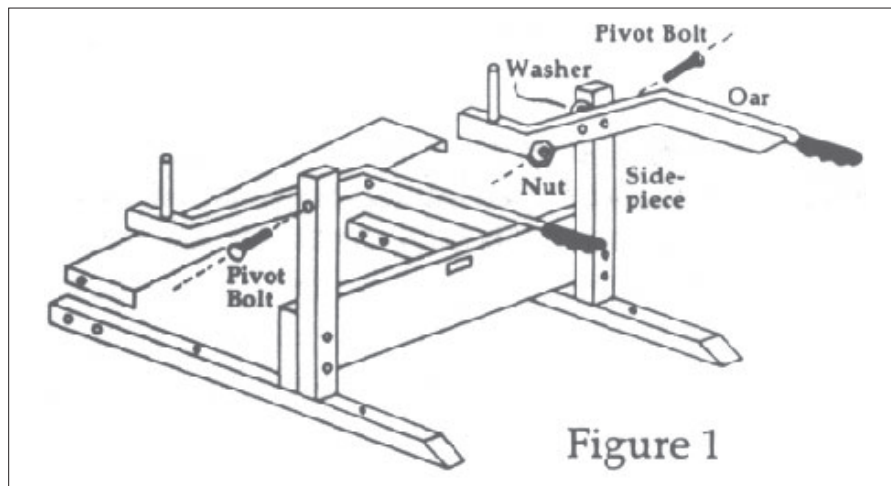
1. Read and understand ALL instructions.
2. Determine, with a physician or therapist, the suitability of this product for the intended user.
3. Check that all bolts, pivots, and other parts are tight at all times.
4. Always lock your wheelchair brakes.
5. Keep fingers away from the oar pivot points.
6. Do not drop the oars with weights on them.
7. Work up the amount of weight and duration slowly, under the supervision of your therapist.
8. SAVE THESE INSTRUCTIONS.



ASSEMBLY OF YOUR RICKSHAW REHAB EXERCISER

1. Assemble the base

Bolt the two flat plates to each side of the base, as in Figure 1. The front plate is mounted on the backside of the vertical posts, with the flat plates' flange at the top.



2. Attach the oars

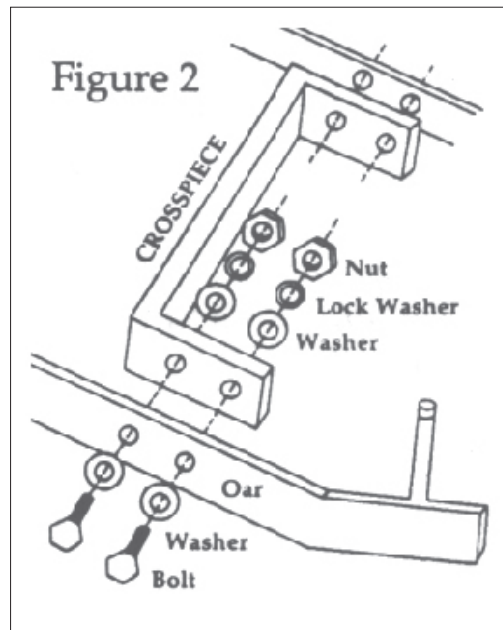
Using the two large bolts supplied, bolt the two oars against the inside of the two vertical posts. Place a large washer between each oar and post. Tighten each large nut snugly, but not so tight that the oars bind when pivoting. Lubricate with oil or WD-40 lubricant.

3. Attach the crosspiece (optional)

The oars on the Rickshaw Exerciser can move independently or in tandem. The cross-piece locks the two oars together so that they work in tandem. Consult with a therapist to find out if tandem or independent movements are best for you.

To install the cross-piece, use the bolts provided to connect the cross-piece between the oars (see Fig. 2). The warning label on the cross-piece should face forward.

Note: If the user has a stronger and weaker side, always place the disk weights on the oar that the stronger side will be lifting. This will avoid excess torque on the cross-piece.



USING THE RICKSHAW EXERCISER

1. Stack any standard disk weights on the upright weight posts at the rear of the oars. (Weights not included)
2. Roll your wheelchair between the two oars, then lock both brakes. You may exercise either facing the Rickshaw or have it at your back.
3. The oars may be pumped up and down in tandem or independently (i.e., letting one oar down while simultaneously raising the other). As strength develops through repeated use, additional weight may be added.

Note: The weight used, number of repetitions per set, and the frequency of use for maximum development varies widely depending on the individual. For maximum benefit and safety, an individual exercise program should be developed under the supervision of your therapist.