

# How to:

## Standard Unweighing Harness Application Standing Position

### Components of the Harness

#### Shoulder straps

- Orange tab
- Black barrel adjustment strap

#### Waist belt

- Anterior seat belt buckles

#### Thigh straps



#### Rope bag attachment

#### Hip extension buckles and straps

#### Gluteal strap

### Part 1 Applying the Waist Belt

1. Detach the thigh straps and apply the waist belt like a jacket.

2. Use the orange tab to loosen or black barrel adjustment strap to tighten the shoulder straps until:

2a. The top part of the waist belt is positioned under the **angle of the ribs**.

2b. The bottom portion is positioned over the **iliac crest** but above the **greater trochanter**.



3. Using the two plastic clips, attach the waist belt in the front and tighten until the seat belt buckles (facing downward) are positioned at, or in front of the **anterior superior iliac spine (asis)**. Use two hands to feed the black webbing through the plastic clips until optimal positioning is achieved.

4. Tighten the three straps in the back of the waist belt for secure fit.

### Part 2 Applying the Thigh Straps

1. Locate the two hip extension buckles and coinciding black straps on the posterior aspect of the waist belt and attach them to the female-ended buckles.

2. Adjust the length of the straps until the red gluteal strap is positioned just below the **gluteal folds**.



3. Wrap the black thigh straps around the upper legs and attach the plastic clips in front. The thigh cuffs should not be overly tight.

4. Attach the male-ended buckles to the anterior seat belt buckles in front of the waist belt. **Tighten firmly.**

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# How to:

## Standard Unweighing Harness Application Seated Position

### Components of the Harness

#### Shoulder straps

- Orange tab
- Black barrel adjustment strap

#### Waist belt

- Anterior seat belt buckles

#### Thigh straps



#### Rope bag attachment

#### Hip extension buckles and straps

#### Gluteal strap

### Part 1 Applying the Waist Belt

1. With the thigh straps detached, loosen the three straps on the posterior aspect of the waist belt (not pictured).
2. Loosen the shoulder straps using the orange tab and position the waist belt as low as possible to capture the **pelvis**.



3. Using the two plastic clips, attach the waist belt in the front and tighten until the anterior seat belt buckles (facing downward) are positioned at, or in front of the **anterior superior iliac spine (asis)**. Use two hands to feed the black webbing through the plastic clips until optimal positioning is achieved.
4. Retighten the straps in the posterior aspect of the waist belt until it is snug on the patient, and take up any existing slack in the shoulder straps.

### Part 2 Applying the Thigh Straps

1. Locate the left thigh cuff, (marked L on the inside) and wrap it around the patient's upper leg and attach the plastic clips. *Hint: Lifting the leg will allow for easier proximal thigh cuff placement.*
2. Attach the male-ended buckles with the red webbing to the anterior seat belt buckles on the front of the waist belt, leaving it loose.



3. Attach the patient to the FreeStep SAS, or the Unweighing System, and assist them into a standing position. An assistive device may suffice (not pictured).
4. Attach the hip extension buckles and **tighten all straps**.

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