

# SLING INSTRUCTION SHEET REHAB WALKING TOTAL SUPPORT SYSTEM

Safe Client Handling Experts have recognized the potential of ceiling and floor-based lifts in rehabilitation. Potential areas of application are activation, promotion of weight bearing and proprioception, and gait training.

The Rehab Walking Sling provides an adjustable, contoured, non-slip torso support harness in a variety of sizes. The leg straps are removable, adjustable and available in a variety of lengths.

PART #	DESCRIPTION
510421	Rehab Walking Total Support System - JR
510422	Rehab Walking Total Support System - S
510423-A	Rehab Walking Total Support System - M
510424	Rehab Walking Total Support System - L
510425	Rehab Walking Total Support System - XL
510426	Rehab Walking Total Support System - XXL
510427	Rehab Walking Sling - Leg Straps - JR
510428	Rehab Walking Sling - Leg Straps - S
510429	Rehab Walking Sling - Leg Straps - M
510430	Rehab Walking Sling - Leg Straps - L
510431	Rehab Walking Sling - Leg Straps - XL
510432	Rehab Walking Sling - Leg Straps - XXL

**SAFE WORKING LOAD: 800 LBS**

## THIS SLING IS NOT SUITABLE TO LEAVE UNDER THE CLIENT.

The decision to leave a sling in place must be based on strong clinical reasoning and the rationale should be documented. A trained professional should always perform a risk assessment to determine the sling application method, design, and fabric to be used.

Always refer to your institutional policies and procedures to ensure appropriate precautions are being followed.

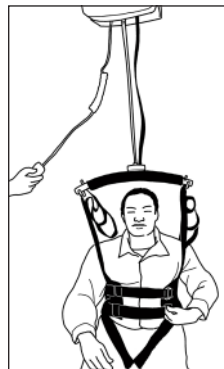
## FROM A SEATED POSITION:



1. With the individual seated in the wheelchair or chair, position the back support of the sling on the client's back. The torso support of the sling should be placed under the arms of the client. Loop the chest straps through the two D-rings and secure using the Velcro strips located on the torso straps.



2. With the individual seated in the wheelchair or chair, position the back support of the sling on the client's back.



3. The straps can be attached to the carry bar. We recommend the first loop be used as an initial starting point. The straps should bear the same weight distribution on each side.

## Handicare

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### FROM A SEATED POSITION CONTINUED



4. Raise the carry bar such that the straps begin to tighten. At this point, check to ensure that the straps are connected to the carry bar prior to proceeding. Continue lifting the client. During the lift if the sling feels uncomfortable, the client should be lowered and the straps and/or leg pieces repositioned.



5. In order to attain the best vertical positioning, the leg pieces on the back of the client may need to be repositioned (slide inward). During the lift the client should have access to parallel bars (or similar device) which is used to assist in lifting to an upright position, as well as for support. Once sufficient height is attained, the client can proceed with walking exercises.

### Requirements for use

As with all Handicare slings it is important to assess the physical capabilities of each client individually to ensure that the minimum required abilities are met. It is important that each client be assessed by a registered health care professional prior to the use of this sling for standing/walking.

Assessment of the individual should be carried out on a regular basis. Clients must meet the following basic functional criteria:

- 1) Trunk Control
- 2) Weight Bearing
- 3) Bridging
- 4) Quad Strength
- 5) Cognition/Predictability
- 6) Client should be able to, with minimal assistance, achieve a sitting – standing.

**NOTE:** This sling system, as with any standing/walking sling, should not be used to “LIFT” clients from a seated to standing positioning. Clients should possess the ability to stand.

The sling may be used to provide some assistance. The main function of the sling however, is to provide stability to clients being reintroduced to standing, weight-bearing and walking and to provide support in the event that the client falls/slips during such activities.

### SPECIAL INSTRUCTIONS:

This sling may not be practical for use by all individuals. Please consult with a health care professional trained in safe client handling for more details or uses of this or other sling models.

### WASHING INSTRUCTIONS:

The sling should be inserted into a washing/laundry bag prior to being placed into the washer. This is to prevent any unusual wear and tear of the sling by the agitator and/or other parts of the washing machine.



**Note:** The Rehab Walking Total Support Sling is made from polyester, vinyl & nylon materials. Life expectancy is up to 4 years depending on use, care and laundering process. Always follow general guidelines before use. Discard the sling if any tears or serious defects are found.

### GENERAL GUIDELINES

Only people who have received proper training should attempt to use Handicare's Lift Systems. Improper use can lead to serious injury.

**Please read and adhere to the following guidelines:**

1. Read all lift instructions before using.
2. Do not exceed safe weight capacity.
3. Visually inspect the sling prior to using it (check for cleanliness, fraying, cuts, or tears to straps and/or material).
4. A balanced fit is a safe fit: position the sling under and around the individual.
5. Do not use the lift systems for anything but their stated purpose.

All Handicare's loop-style slings are compatible with our complete range of carry bars.

To ensure anyone using Handicare's Lift Systems is properly trained, an on-going training program should be established. Contact your Handicare representative should you have further questions.

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