

RehabPro Multi-Purpose Bench Operating Instructions 2017



REHAB-PRO
www.rehabpropulleys.com

Inspection of Delivery:

Before unpacking the bench please inspect the packaging for shipping damage. Observable damage should be noted prior to signing the bill of lading. Please contact RehabPro, Inc. or your local dealer with concerns or questions about shipping damage.



M3B Ships UPS or FedEx

Assembly:

The RehabPro Multi-Purpose Bench ships fully assembled.

Utilization:

- 1. The intent of the RehabPro 3-Section Bench is to restore function in the musculoskeletal system through various forms of exercise administered by licensed physical therapists working in hospital or outpatient rehab facilities. The bench is to be used under supervision of the licensed individual at all times.**
- 2. Stepless angle adjustment of the front seat:**
 - a. Increase the seat angle by lifting the seat to the wanted position.**
 - b. Decrease the seat angle by opening the positive lock lever and lower the seat to the wanted position (see picture below).**



3. Stepless Angle and length adjustment of the long seat
- Increase the seat angle by lifting the seat to the wanted position (between 0 – 90 degrees)
 - Decrease the seat angle by opening the positive lock lever and lower the seat to the wanted position.



4. Length Adjustment of the long seat

- The seat adjusts in length by pulling on the “red” plunger under the seat. Maintain the pull on the plunger, move the seat to the desired length and lock the seat in place by releasing the pull on the plunger. **Make sure the seat is locked before use, i.e. seat does not slide when the pull on the plunger has been released.**



Accessories for RehabPro Multi-Purpose Bench

1. 3-D Shoulder Rotation Trainer (Item # KT9933)



- a. The purpose of the 3-D trainer is to assist the client in maintaining sufficient “room” in the supra humeral space during early rehab of the shoulder complex. .
- b. The 3-D function allows for proper joint alignment. Together with the standard pulleys it can adjust to any present joint limitations.

The RehabPro 3-D trainer can mount to either short side of the bench. The shoulder rotation bracket is attached to the bench frame with four 3”-5/16-18 bolts, washer and jam nuts (as shown in the pictures below. The two lower bolts are riding on the “red” cross bar on the bench.



The RehabPro 3-D Rotation Trainer is also the only trainer that fit every single MET multi-Purpose bench on the market.

2. Head Extension Piece (Item # M3B-1)



- a. The head extension piece provides support for the head and neck during upper quarter rehabilitation. This feature is particularly helpful when trying to separate upper extremity exercise from the impact on the cervical spine.
- b. It easily slides into the two metal brackets making up the long middle seats.

3. Narrow Long Middle Seat (Item # M3B-N)



- a. The narrow long seat allows free movement of the scapulae during upper extremity exercises.



4. Thoracic Mobilization Wedge (Item # M3B-W)



- a. The thoracic wedge allows for active and passive mobilization of the thoracic spine with an adjustable impact of gravity. Raising the long seat reduces the gravity force on the spine and vice versa.

Technical Information:

Total Weight	35 lbs.
Width	13"
Length	40"
Height	20"
Shipping Weight	40 lbs.

Warranty:

1 year bumper to bumper on all parts
5 years on all moving parts
Life time on frame

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