

# GlideTrak™

PAT. PEND.



## GlideTrak™ Training Guide

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## High Percentage Body Unweighting System

### General Description

**GlideTrak™** is a highly versatile and affordable Body Unweighting System for pain free exercise and gait training. It features a unique Pelvic Suspension Design to lift the body and give complete support between steps.

### Features and Benefits

#### High Percentage Body Unweighting

- Innovative design allows partial to full Body Unweighting capability
- Simple strap or treadmill incline adjustments control desired amount of unweighting
- *Meets doctors orders for:*  
Non Weight Bearing, Touch Down Weight Bearing, Partial (50% or less) Weight Bearing or Weight Bearing as Tolerated
- *Challenges patients from beginning gait training to full exercise or performance training*



#### Designed to Fit Over Any Treadmill

- GlideTrak™ converts YOUR treadmill to a High Percentage Body Unweighting System
- Standard safety harness for patient confidence
- Frame rolls away on locking wheels for over the ground training or storage
- Easily assembled or taken apart in minutes
- Remove saddle any time for regular treadmill use

#### Hands-On Access to Patients

- Unobstructed views and hands-on access to patients during treatment
- Facilitate gait corrections and maximize hip extension
- Integrate trunk and arm movements
- Provide assistance or resistance



#### Patented Ergonomic Pelvic Suspension

- Securely cradles pelvis and lifts body weight
- No pressure on sensitive perineal area
- *Provides 100% body support* between each step
- Lift one or both legs any time to rest, ease pain, or correct gait and let the saddle completely support body weight
- Train with a single leg or gradually integrate the involved limb (***Differential Training***)
- Easy Fit Seat quickly adjusts to each patient



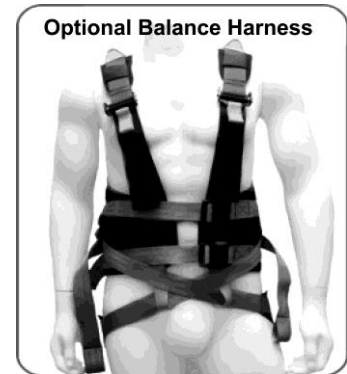
## High Percentage Body Unweighting System

### Features and Benefits

#### Safe Exercise and Postural Control

Exercise safely and securely on the GlideTrak™ with its standard shoulder harness

The optional **Balance Harness Upgrade** improves security, balance and postural control. It allows safe regular treadmill use and over the ground training for geriatric and other balance challenged patients. For use with or without the GlideTrak™ saddle assembly.



#### Neurological Treatment Benefits

- Offers the benefits of Body Unweighting, supported by numerous studies
- GlideTrak™ allows patients to sustain gait corrections at *faster than normal walking speeds*
- Faster gait speeds are the key that drives brain neuroplasticity resulting in enhanced gait, motor control and neurological recovery for many patients

#### Enhanced Sports and Orthopedic Recoveries

- Earlier pain free interventions
- Safe training through injuries
- Maintenance of peak fitness levels during recovery

#### Great for Use in Clinics and Homes

- Practical and affordable for home programs and lifelong exercise
- For more information visit: [glidetrak.com](http://glidetrak.com)

#### Packaging Details

GlideTrak™ Body Unweighting System	
<b>Standard Equipment</b>	Easy Fit Seat, Ratchet Adjustors, Locking Wheel Kit, Standard Safety Harness
<b>Assembly</b>	Easily Snaps Together or Apart
<b>Optional Balance Harness Upgrade</b>	Recommended for Postural & Balance Control, Comfort & Additional Security
<b>Max Weight</b>	350 Pounds
<b>GlideTrak™ Dimensions</b>	89" H X 42.5" W X 52" L
<b>Shipping Dimensions</b>	(Box: 44" X 37" X 10")
<b>Weight</b>	98 Pounds

#### Applications

- Orthopedic Injuries and Fractures
- Neurological Conditions
- Geriatric Balance & Posture Training
- Sports Injury Rehabilitation
- Pre and Post Operative Conditioning
- Joint Replacements
- Joint pain and Arthritis
- Sports Performance Enhancement
- Fitness & Cross Training
- Prosthetic & Single Leg Training
- Weight Loss Intervention



## **GlideTrak™ Training Guide**

This manual provides orientation and training to guide practitioners in efficient client set up and use of the GlideTrak™. The following steps will help you get started and greatly accelerate your training experience:

**1. Orientation to GlideTrak™ High Percentage Body Unweighting**

Go to [www.glidetrak.com](http://www.glidetrak.com) to browse introductory GlideTrak™ videos and information.

**2. Learn How to Set Up Patients on the GlideTrak™**

Visit [www.glidetrak.com](http://www.glidetrak.com)

Click on “Training Tools” under the support tab on the menu

“*GlideTrak Quick Start Guide*” and

“*GlideTrak Advanced Training Tips*” Videos

**3. Review** the documents listed in this Table of Contents

**4. Request** a live or Skype in-service training lesson

**5. Practice:** The most important component

- Practice walking and running on the GlideTrak™ *yourself* until you become comfortable with the set-up process and familiar with the sensation of Body Unweighted Exercise. Several longer GlideTrak™ exercise sessions are recommended as the more experience you personally have, the more efficient you will become at training patients.
- Just like Yoga, Pilates, Therapeutic Exercise, etc., it is important to learn the techniques and exercises before teaching them to patients.
- Practice setting up co-workers in the GlideTrak™ and ask them for feedback. It is helpful to practice with different body types and sizes.

- **Questions:** An advanced training session with your representative is recommended as they can answer questions and provide helpful client set-up tips. Work together with your staff as a team to set up new patients as you learn.
- **Important Tip:** *Remember to choose easier patients when you are first learning to use the GlideTrak™ and expand to more challenging patients as your confidence and efficiency quickly grow.*
- **Expectations:** Explain to each new GlideTrak™ patient the benefits of Body Unweighted Training for their condition. Also, describe what to expect just as you would when applying a new modality or beginning new therapeutic procedures/ exercises: For example:
  - Have the patient view a short GlideTrak™ introductory video prior to treatment or demonstrate GlideTrak use for them.
  - Explain the purpose of the gentle slope (ergonomic design) of the seat or how a good seat setting should feel.
  - Reassure patients that they will be safe with the shoulder stabilizer.
  - Discuss with patients the benefits of Body Unweighted Therapy specific to their condition.
  - As patients start moving in the GlideTrak™, help shift their focus to proper gait, arm swing and what they are accomplishing. Once patients get started, subtle seat adjustments can be made as needed during their first treatment.
- **Document Settings (time saver):** Be sure to record client seat settings and hook positions so that the next treatments will be easy to reproduce.
- **Diagram:** Refer to the diagram on the next page for GlideTrak™ Ideal Client Set-Up.

**Last: Note:** We hope you enjoy your GlideTrak™ training, and wish you many successful and memorable experiences with your patients.

# GlideTrak™ Ideal Set Up

Position client, belts and saddle as shown in illustration.

Client positioned to the center of the space within the GlideTrak™ frame.

Position **SAFETY SHOULDER STRAPS** behind the client.

Place **TOP HOOK** between chin and chest. Place **LOWER HOOK** one or two holes below. Set both straps tight.

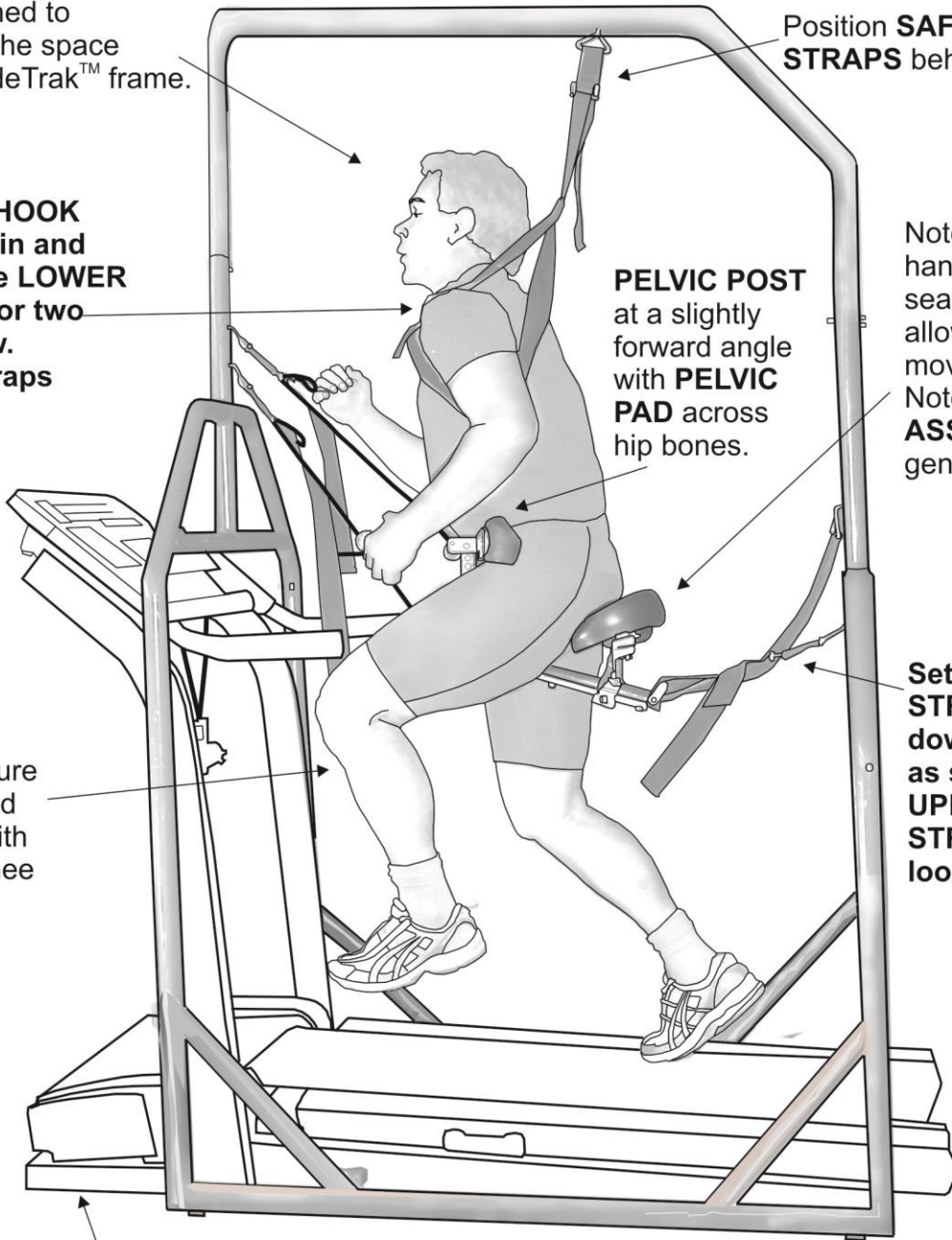
**PELVIC POST** at a slightly forward angle with **PELVIC PAD** across hip bones.

Note buttocks hang on angled seat edge to allow free leg movement. Note **SADDLE ASSEMBLY** general position.

Note posture upright and forward with a slight knee bend.

Set **REAR LOWER STRAP** to slightly downward angle as shown. **REAR UPPER SAFETY STRAP** to remain loose.

Set treadmill incline half way up before use to allow user to increase or decrease weight bearing with control arrows.





# QUICK START GUIDE

**1**

Pelvic Post  
Seat Adjuster

1. Set **PELVIC POST** and **SEAT ADJUSTER** to middle positions or to recorded settings for return clients.

**2**

Ratchet

2. Release **RATCHETS** by pulling center trigger and unwinding webbing with a firm tug as shown.

**3**

Shoulder Harness  
Front Top Hook  
Front Lower Hook  
Saddle Assembly

3. Ask client to mount center of treadmill.

Set **SHOULDER HARNESS** on patient for safety.

Set **FRONT TOP HOOK** to a hole even with the client's neck between chin and chest.

Set **FRONT LOWER HOOK** two holes below **FRONT TOP HOOK**.

Release straps to lower **SADDLE ASSEMBLY** to treadmill surface.

**4**

Safety Hook  
Greater Trochanter  
Rear Lower Hook  
Saddle Assembly

4. Ask client to stand with feet apart and pull the **SADDLE ASSEMBLY** between legs (front to back) and firmly up onto client.

Place **REAR LOWER HOOK** into a hole even with the patient's Greater Trochanter (prominent bone on outer hip).

Then place **SAFETY HOOK** 2-3 holes above **REAR LOWER HOOK**. This **SAFETY STRAP** should not have any tension.

**5**

Ratchet  
Front Upper Strap  
Front Lower Strap  
Pelvic Pad  
Pelvic Post  
Knee Bend 20 degree

5. Adjust **REAR LOWER STRAP** to center client front to back on treadmill track.

Use **SEAT ADJUSTER** to tighten or loosen seat fit as required. A good seat fit sets the **PELVIC PAD** squarely across the hip bones. Raise client with **FRONT LOWER STRAP** using **RATCHETS** as needed to achieve approximately 20 degree knee bend.

Adjust **FRONT UPPER STRAP** using **RATCHETS** if needed to tilt **PELVIC POST** to a vertical or slightly forward angle (approximately 5 to 10 degrees).

**Note:** Client should feel buttocks hanging on the angled edge of the seat with front hip bones (ASIS) pressing firmly into the **PELVIC PAD** as if their body has slipped into a funnel. This allows unrestricted leg movement.



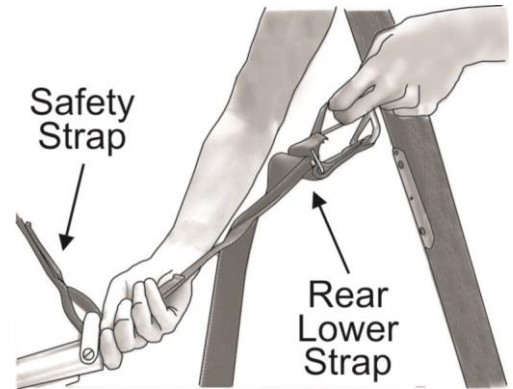


## Client Dismount Guide

1. Stop treadmill.
2. Have client hold onto handrails and rise up on toes (if able).
3. Stand behind the **GlideTrak™**, unhook the **SAFETY STRAP**, and release the **REAR LOWER STRAP** (as shown). Remove the **REAR HOOK** and push the **SEAT** down and forward through the client's legs.

**NOTE:** If client cannot rise up on toes, increase treadmill incline to reduce tension on straps. Then release **REAR LOWER STRAP**. You may want to lower the treadmill for the client to step down.

5. Remove **SHOULDER SAFETY HARNESS** and assist client off treadmill.



### **GlideTrak™ Tips**

#### **1. Time Saver:**

Be sure to document **SEAT** number, letter settings, and hook positions for EACH client to easily reproduce the next treatment.

**2. A good SEAT fit is indicated by the PELVIC PAD resting squarely across the ASIS (hip bones) just above the crease of the hip and well below the belly button.**

#### **3. SEAT BAR tilting into client's leg:**

- a) Check to be sure the client is centered in the **SEAT**. If not, readjust, making sure it is centered to the intergluteal cleft.
- b) Check that the **SEAT** is not too snug which can make it harder to center.
- c) If the **SEAT** persists in tilting left or right, contacting the client's leg, press on the **PELVIC PAD** to realign on ASIS as needed. Have the client repeat this process until their core automatically learns to center the seat and bar. Also, make sure the seat is centered on the intergluteal cleft. Have them shift their focus to the sensation of unweighted movement and their body will naturally master the correct position. Remind them to look ahead and maintain good posture.

#### **4. Review Expectations of GlideTrak exercise:**

- a) Explain the value of **GlideTrak™ High Percentage Body Unweighting** as a therapeutic exercise for their specific condition.

Remind clients that some patience and training will be necessary to achieve the most from subsequent sessions.

**NOTE: For single person self start please see Page 9**

# Guide for Solo Operation: Self Start and Dismount

**(General comment: Self set up is similar to setting up a client, except that it is easier to: Set the rear hooks first, step up onto the treadmill, slip the saddle between the legs from behind and then set the front strap hooks.)**

## Overall Instructions:

- 1: Set PELVIC POST and SEAT ADJUSTOR to middle positions, or to your personal settings.
- 2: Release RATCHETS by pulling center trigger and unwinding webbing with a firm tug as shown on page 8. Remove both front hooks.
- 3: Step up onto center of treadmill.
  - Place Rear Lower Hook into a hole even or one hole higher than your Greater Trochanter (prominent bone on outer hip).
  - Then place SAFETY HOOK (Rear Upper Strap) 2-3 holes above REAR LOWER HOOK. **This SAFETY STRAP should remain loose and without any load.**
  - Adjust rear lower strap to center seat front to back in GlideTrak™ frame.
  - Stand with feet apart and pull the SADDLE ASSEMBLY through between your legs (back to front) and set it firmly up onto your pelvis.
- 4: Set FRONT TOP HOOK into a hole between chin and chest height.
- 5: Set FRONT LOWER HOOK two holes below FRONT TOP HOOK.
- 6: Settle into seat to see if fits correctly. If seat requires adjustment, remove two front hooks, pull saddle assembly off pelvis and use SEAT ADJUSTOR to tighten or loosen seat fit as needed, then remount.
  - Apply SHOULDER HARNESS for safety, especially first time.
  - Rise up onto toes if able and remove slack by pulling two front straps tight.
  - **Knee Bend:** Tighten FRONT LOWER STRAP using RATCHET to achieve approximately 20 degree knee bend.
  - **Pelvis Angle:** Adjust FRONT UPPER STRAP to tilt PELVIC POST to a vertical or slightly forward angle (approximately 5-10 degree forward tilt) and to remove any slack. Use as desired.
- 7: DISMOUNT by allowing treadmill to come to complete stop.
  - Incline treadmill several degrees or until tension is removed from FRONT STRAPS. You may also rise up on toes (if able) to reduce tension on FRONT STRAPS.
  - Slack the front straps with the finger loop release or by using the ratchet release.
  - Rotate front hooks 90 degrees and then gently remove from holes for top and bottom straps. Once hooks are removed, remove saddle assembly from pelvis.
  - Remove shoulder harness and exit treadmill.



## **Step Beyond Low-Impact Physical Therapy with GlideTrak™ High Percentage Body Unweighting**

**GlideTrak™** High Percentage Body Unweighting Technology offers a tremendous new advancement in rehabilitation, sports training and aerobic conditioning by allowing athletes and clients to train without impact to sensitive joints and soft tissues. Further, those with neurological or medical conditions may move beyond the limitations of their pathologies to experience more rapid movement and significant gait improvements.

Therapeutic outcomes of **Body Weight Support Treadmill Training (BWSTT)**: have been well supported by studies, many of which can be found at the US National Library of Medicine (PubMed.gov, search **BWSTT**). One of the main benefits for patients using unweighted treadmills is the ability to practice rhythmic walking with less impact on their joints. In normal walking situations, pain from body weight can cause the patient to compensate with other muscles, thereby creating additional problems. Because speed and weight can be monitored with unweighting devices, supervising professionals can perform analysis and facilitate corrections. Unweighting ensures that the patient begins at a comfortable pace and weight.

**BWSTT** systems, however, have traditionally been limited to Low Percentage Body Unweighting, where only small percentages, usually 20% or less body weight, can be removed before comfort is compromised. **GlideTrak™** provides the Highest Percentage of Body Unweighting from partial to complete unweighting with 100% unloading between each step. Patients unable to achieve pain free exercise on Lower Percentage Body Unweighting systems may now achieve comfortable unweighting and exercise on the **GlideTrak™**.

**GlideTrak's™** unique and comfortable pelvic suspension system is the first of its kind. This revolutionary seating concept simply lifts clients by the pelvis without placing any pressure on sensitive perineal tissues, or relying on constricting, uncomfortable and time-consuming harness systems used by other devices. The desired amount of weight bearing may be achieved then, by simple strap adjustments or by using the treadmill incline/decline feature from toe touch to full weight bearing. Importantly, **GlideTrak™** seat support allows patients to train with a single leg, lift both legs or gradually reintegrate an injured leg as tolerated (**differential training**).

**GlideTrak™ is highly versatile.**

- It can be used over any treadmill, or over the ground with the saddle and stabilizing harness.
- Simply remove the saddle from the frame for regular treadmill use.
- GlideTrak also makes regular treadmill exercise safe for seniors and other balanced challenged clients by using the **Optional Balance Harness** alone without the **GlideTrak™** saddle. Clients enjoy up to 10 – 20 % body unweighting from the harness; excellent for postural control work.

In addition, **GlideTrak™** offers the only complete training system where patients can rehabilitate indoors and continue lifelong exercise outdoors on their own **GlideCycle™**. Client acceptance is high and many describe unweighted movement as “a sensation of walking or running on the moon.”

**GlideTrak™** and **GlideCycle™** products are simple to use, enjoyable for clients and provide a valuable and very cost effective rehabilitation and training tool for clinics, sports teams, fitness centers, adaptive sports programs and personal fitness.

## **NEUROLOGICAL REHABILITATION APPLICATIONS**

**GlideTrak™** offers the benefits of Body Unweighting, supported by numerous studies. With **GlideTrak™**, patients are able to sustain gait corrections at faster than normal walking speeds. Faster gait speeds are the key that drives brain neuroplasticity resulting in enhanced gait, motor control and neurological recovery for many patients

### **ABILITY TO WALK OR RUN**

- Allows many individuals with mobility impairments to get out of a wheelchair or set aside an assistive device and actually stand upright, walk or even run.

### **NORMALIZED MOVEMENT**

- Makes it possible for clients to walk with normalized movement patterns and muscle control in ways that would not be possible without unweighting.
- Provides confidence and stability necessary for multitask training, improving skill level, and encouraging reciprocating movements

### **SAFE EXERCISE**

- Shoulder harness system provides safety and stability while eliminating fall risk or fear of falling.

### **POSTURAL AND PROPRIOCEPTIVE STIMULATION**

- Integrates upright posture with environmental stimuli to enhance proprioceptive recovery.

### **FUNCTIONAL IMPROVEMENTS**

- Improvements carry over into functional activities and ambulation.

### **BALANCE AND CORE CHALLENGES**

- Safe for adding balance challenges with shoulder stabilizer and optional balance harness.
- Significant stimulation to core and back muscles similar to exercises on a therapy ball.

### **INCREASED WORKLOAD**

- Allows many patients with neurological conditions to achieve increased or desired workloads and training intensities for overall health and well being.
- Gentle and effective endurance training and functional exercise

### **EASY ACCESS TO PATIENTS**

- Allows complete access to patients during use so that therapists may manually assist with leg placement, trunk and arm motions.

### **FACILITATION OF EXTREMITY MOVEMENTS**

- May use elastic bands for resisted exercise or to assist in facilitating movement of the extremities (such as hip flexion, knee extension, and prevention of ankle abduction or foot drop) even in situations with no muscular control.

### **ORTHOPEDIC APPLICATIONS**

Enhances Sports and Orthopedic recoveries through earlier, pain free intervention, safe training through injuries and maintenance of peak fitness levels during recovery.

### **IDEAL FOR PRE-OPERATIVE CONDITIONING AND STRENGTHENING**

- Ensures optimal health and post-operative progress.

### **ACCELERATED ACTIVITY AFTER INJURY OR SURGERY**

- Safe, pain free and accelerated weight bearing, gait training and running.

### **DIFFERENTIAL TRAINING**

- Able to train well leg while protecting and unweighting involved leg.
- May train a single leg or lift both legs to pause.

### **PAIN FREE UNWEIGHTING AND WEIGHT-BEARING PROGRESSION**

- Simple strap or treadmill incline/decline features allow precise unweighting until movement and exercise become pain free.
- Meets Doctor's orders for: Non weight bearing (NWB), touch-down weight bearing (TDWB), partial weight bearing (PWB), or weight bearing as tolerated (WBAT).

### **EARLY MOVEMENT AND GAIT TRAINING**

- Allows early gait training even before incisions are healed and before a patient can get into a pool. Appropriate for patients approved for partial weight bearing by their physician.

### **NATURAL MOVEMENT**

- Simulates a more natural walking and running environment than a pool by allowing gravity to challenge the body but without unnecessary or painful impact.

## **ORTHOPEDIC CONDITIONS**

### **IDEAL FOR POST-OPERATIVE TOTAL HIP PATIENTS**

- Enforces hip range of motion, including the difficult-to-achieve extension.
- Functional hip and lower leg strengthening without unnecessary shearing or impact.
- Allows return to lifelong walking and running exercise at desired intensity.

### **IDEAL FOR POST-OPERATIVE TOTAL KNEE PATIENTS**

- Excellent aid in restoring terminal knee extension and quadriceps function, especially in reverse treadmill mode without unnecessary shearing and impact.
- May begin gait training prior to incisions healing and prior to any aquatic exercise.
- Allows return to lifelong walking and running exercise at desired intensity.

### **IDEAL FOR POST-OPERATIVE KNEE REHABILITATION**

- Safe, pain free and early introduction to gait normalization and running.
- Functional, open and closed chain strengthening and conditioning without unnecessary shearing or impact.
- All muscles are challenged without significant stress to the tibiofemoral or patellofemoral joints.

### **EFFECTIVE FOR ANTERIOR KNEE PAIN CONDITIONS**

- May prove to be one of the single most effective forms of exercise for patients with the difficult-to-manage anterior knee/patellofemoral pain.
- Well tolerated by many even at high aerobic intensities.
- Actually allows chronic knee inflammation to subside by replacing painful activities with pain free exercise. Clients benefit from this type of “**active recovery**” through continued strengthening and conditioning.
- Muscles are challenged without significant stress to the knee or patellofemoral joint.

### **SIGNIFICANT UNWEIGHTING FOR FOOT AND ANKLE REHABILITATION**

- Rapid gait normalization
- Optimal sprained ankle recovery tool

### **SIGNIFICANT UNWEIGHTING FOR POST-FRACTURE REHABILITATION**

- Upright, functional gait training and exercise without reliance on weight bearing through arms
- Greater range of motion than on stationary bicycles or elliptical trainers



## **CHRONICALLY PAINFUL CONDITIONS**

- Avoids joint impact and excessive eccentric forces that induce post-exercise pain and muscle soreness.
- Offers an ideal exercise option **beyond low impact** for many individuals with chronically painful conditions such as Osteoarthritis, Rheumatoid arthritis, Fibromyalgia.
- Alternative for those who cannot tolerate bicycling due to strain at the neck, back, wrists or sensitive hands. GlideCyclists move in a more upright posture with little pressure to hands and wrists.
- Tolerated well by many individuals with various forms of back pain, including but not limited to: scoliosis, osteoarthritis and stenosis, less acute disc injuries, sciatica and healed fractures.

## **SPORTS REHABILITATION**

### **EARLY TREATMENT**

- Offers early gait training and accelerated walking, running, aerobic conditioning and recovery from injury.

### **ACCELERATED CONDITIONING**

- GlideTrak™ may be used even before an athlete is able to safely or effectively condition on a stationary bicycle or in a pool.

### **EARLY RESTORATION OF RUNNING AND FUNCTIONAL MOVEMENTS**

- Allows early restoration of running form by minimizing impact.
- Provides more functional carryover to actual running and sports activity than bicycling or indoor machines that work muscle groups differently.

### **PROTECTION OF INJURED LIMB**

- Allows pain free conditioning or training while protecting injured leg.
- Allows limited weight bearing as needed on one or both legs (**differential training**) or single leg training (just ask our “Amputeam” runners).

### **CROSS TRAINING AND ACTIVE RECOVERY**

- Provides optimal cross training and **active recovery** days.
- Makes it possible for athletes to increase the number of training days and intense or long workouts without excessive joint impact (thus creating a competitive advantage).

## **EARLIER SPEED AND POWER TRAINING**

- Allows earlier return to speed and power training with less soreness and stress to recovering tissues.

## **NATURAL MOVEMENT**

- More natural transition to running motion than from a pool, stationary bicycle or elliptical machine.
- Movements in a pool against water resistance are slower and different than an out of water running environment.
- GlideTrak™ training does not change the external environment or eliminate forces of gravity. It simply reduces the impact to joints and healing tissues.

## **EXAMPLES OF SPORTS THERAPY APPLICATIONS:**

- Post-operative hip, knee, leg or ankle rehabilitation
- Anterior knee pain syndromes (Chondromalacia, extensor mechanism dysfunction, patellar tracking problems, various tendinopathies, bursitis)
- Ligament or joint injuries
- Muscle strains and contusions
- Turf toe, heel spurs, metatarsalgia, plantar fasciitis
- Various back or hip conditions

## **ATHLETIC PERFORMANCE ENHANCEMENT**

### **CROSS TRAINING**

- Powerful cross training tool for many sports.
- Simulates running more closely than low impact machines and is similar or superior in function to other treadmill unweighting devices at only a fraction of the cost.
- Ideal cross training sport for bicyclists as GlideCycling promotes significant core challenges and use of upright postural muscles. **GlideTrak™** exercise lengthens shortened muscles and strengthens them into new and functional ranges.

### **ACTIVE RECOVERY**

- Provides valuable active recovery workouts that allow maximal aerobic conditioning without the usual soreness, fatigue and eccentric tissue breakdown from standard training.

## **COMPETITIVE ADVANTAGE**

- Makes it possible for athletes to gain a competitive advantage by increasing the number of training days and intense or long workouts without excessive joint impact.

## **CONDITIONING FOR LARGER ATHLETES**

- Effective mode of conditioning for large athletes, especially football linemen.
- May be used for off season weight loss or management and for building an endurance base prior to the start of a season.
- **GlideTrak™** products are more comfortable on joints, promote enhanced running motion and help to prevent injuries, especially in larger or predisposed athletes.

## **EXAMPLES OF SPORTS PERFORMANCE ENHANCEMENT APPLICATIONS:**

- Stride lengthening and enhancement
- Power training with brake-resisted explosive starts and hill training
- Speed training
- High knee running
- Reciprocal bounding (long jump approaches)
- Double leg bounding
- Single leg training

## **WEIGHT LOSS AND MANAGEMENT**

### **EXERCISE WITHOUT LIMITATIONS**

- Makes it possible for overweight and obese individuals to walk and run.
- First form of exercise for many that is not limited by pain, insufficient range of motion or very low activity tolerance.

### **MINIMIZED JOINT STRESS**

- Allows exercise at a significantly reduced body weight to minimize joint stress and pain, encouraging compliance and a sense of empowerment.

### **CONTROLLED WORKLOADS**

- Enables client and therapist to control workload and prevent rapid fatigue or overtaxing of musculoskeletal or cardiorespiratory systems.

## **IMPROVED EXERCISE TOLERANCE**

- Allows longer periods of exercise within target heart rate zones due to improved comfort, lower perceived effort and greater overall enjoyment.
- Fun and motivating experience.

## **SEAT ACCOMMODATIONS**

- Accommodates individuals up to 350 pounds.

## **GERIATRIC CLIENTS**

### **WALKING AND EXERCISE**

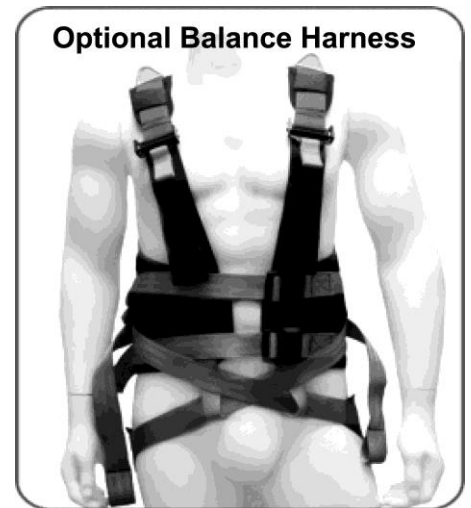
- Safe walking and exercise for many individuals who normally would not feel safe on a treadmill or would require assistance or assistive devices on the ground.

### **BALANCE AND ENDURANCE TRAINING**

- Gentle and effective gait, balance and endurance training, especially for those with joint pain, weakness or frailty.

### **SAFETY FEATURES**

- Shoulder harness system provides safety and stability during exercise and eases fear of falling.
- An optional **Balance Harness Upgrade** improves security, balance and postural control.
- The **Balance Harness** also allows safe regular treadmill use and over the ground training for geriatric and other balance challenged patients with or without the GlideTrak™ saddle assembly.



### **MINIMIZED JOINT IMPACT AND STRESS**

- Allows exercise at a significantly reduced body weight to minimize joint stress and pain.

### **CORE STIMULATION AND CONFIDENCE**

- Stimulates and challenges core and back muscles similar to exercising on a therapy ball which is important to lower fall risk and improve confidence.

### **POSTURAL ENHANCEMENT**

- Facilitates postural muscle control and strength.

### **FUNCTIONAL IMPROVEMENTS**

- Improvements carry over into functional activities and ambulation.

## **NEW PROSTHETIC DEVICES**

- Accelerates gait training in amputees with new prosthetic devices by promoting safety and comfort during the period of muscular adaptation. Allows single leg differential training.

## **EXCEPTIONAL AEROBIC EXERCISE**

- Ability to exercise at high or low intensities.
- Geriatric clients may exercise at a safe intensity while even the highest level athletes can effectively challenge their aerobic and muscular systems.

## **EXCELLENT CORE STRENGTHENING AND BALANCE TRAINING**

- Athletes to older individuals.
- Multidirectional challenges to core muscles, back muscles and balance abilities.

## **FITNESS CENTER APPLICATIONS**

- Fun, effective, low-impact, life long form of exercise for everyone from athletes, aging boomers seniors and people with disabilities.
- Entirely new technology that allows unweighted walking and running like never before.
- More complete body workout than many other types of exercise, including core, postural and upper extremity muscles.
- Facilitates greater hip and lower extremity range of motion than bicycling, elliptical trainers and jogging, with greater activation of gluteals, hamstrings and ankle dorsiflexors.
- Provides the first access to upright, effective, aerobic exercise for many individuals with disabilities.
- Allows transition from physical therapy and sports rehabilitation to independent health club work outs.

## **ADAPTIVE SPORTS PROGRAMS**

- Wide applications to recreational therapy and adaptive sports programs.
- Offers **upright** mobility opportunities in adaptive sports programs to people with a much wider range of disabilities.
- Applications include but are not limited to: Amputations, incomplete spinal cord injuries, traumatic brain injuries, strokes, Multiple Sclerosis, certain individuals with Cerebral Palsy, Parkinson's, obesity, joint deformity, arthritis and other painful conditions.
- Exercise opportunities for cancer survivors, individuals with peripheral vascular disorders and many other mobility limitations.
- Amputees and others can run upright at high speeds and long distances.







## GLIDETRAK™

- High Percentage Body Weight Support Treadmill Trainer (BWSTT) for therapy, fitness and sports performance enhancement
- Pelvic suspension saddle rests in a unique frame that easily fits over any treadmill in physical therapy clinics, health clubs or private homes
- Ideal for post operative, post-injury, geriatric, balance or neurologically impaired and overweight patients, athletes and those with mobility limitations (including amputees)
- Unweighted to partial weight-bearing exercise
- Early, safe and pain free introduction to normalized walking and running
- First disability access to exercise in health clubs for many who cannot use upright, weight bearing equipment or stationary bicycles
- Performance enhancement, overspeed training, stride-lengthening for runners, cyclists, athletes
- Provides a gentle transition to outdoor training on the GlideCycle™



## GLIDECYCLE™

- The world's first Outdoor Body Unweighted Sports Runner for everyone
- Closest experience to natural running, but without damaging joint impact forces
- Allows for the highest cardio/aerobic fitness levels possible even while recovering from injuries
- Unweighted to partial weight bearing exercise outdoors
- Allows those who normally cannot walk or run, the freedom and mobility to exercise outdoors at the desired intensity
- Requires less balance than a bicycle as the feet are in contact with the ground



## GLIDESDALE™

- Designed for people who weigh from 250 – 350 lbs. and up to 6'8" ft. tall
- Unique step-down frame keeps it light with the extra strength needed
- Heavy-duty wheels and brakes, high pressure tires



## GLIDECYCLE™ CARRY BAG

- Custom made especially to fit the GlideCycle™ for easy and safe transportation
- Can be used by the handle straps or used with the backpack straps



# **SAMPLE PROTOCOLS FOR BODY UNWEIGHTED EXERCISE (Physician Approval Required)**

## **ACL PROTOCOL**

- **GlideTrak™ Training:**  
Single well leg conditioning and gait training (Fully stabilized in shoulder harness).  
**1-2 WEEKS POST-OP**  
When patient is feeling well and ambulating with or without crutches.
- **GlideTrak™ Running:**  
**8 WEEKS POST-OP**  
Or as early as early as 6 weeks with physician's permission, beginning with 10-20% weight bearing and progressing to 50-100% WBAT.  
**The goal is to avoid resisted knee extension and depending on the type of repair, resisted knee flexion.**
- **GlideCycle™ Outdoors:**  
**AS EARLY AS 8-10 WEEKS POST-OP**  
With physician's permission, otherwise 12 weeks or as tolerated.

## **TOTAL KNEE ARTHROPLASTY**

- **GlideTrak™ Walking/Gait Training:**  
As tolerated once walker is discontinued.
- **GlideTrak™ Jogging/Running:**  
**6-8 WEEKS POST-OP OR AS TOLERATED**  
(Standard programs allow pool running at 7 weeks, elliptical training and treadmill walking up to 7-12 degree inclines at 8 weeks.)
- **GlideCycle™ Outdoors:**  
**AS EARLY AS 8 WEEKS POST-OP**  
Or as tolerated by patient.  
  
**12 WEEKS POST-OP**  
Patients generally have to wait this long to begin outdoor bicycling which requires sufficient range of motion and healing.

## **TOTAL HIP ARTHROPLASTY**

- **GlideTrak™ or GlideCycle™:**  
**12 WEEKS POST-OP**  
May only begin sooner with physician's permission.

## **MENISCAL REPAIR**

- **GlideTrak™ Walking and Gait Training:**  
**2-3 WEEKS POST-OP**  
As tolerated for patient.
- **GlideTrak™ Running:**  
**6 WEEKS POST-OP**  
Similar to pool running or earlier with physician's permission.  
(The Elliptical Trainer and Stepper  
require more weight bearing and may begin later  
at week 7 or 8.)
- **GlideCycle™ Outdoors:**  
**8-10 WEEKS POST-OP**  
As early as 6 weeks with physician's permission on level  
ground or gradual inclines. Avoid steep inclines.  
  
**3 MONTHS POST-OP**  
Begin regular running program.

## **NON-OP MCL INJURY (GRADE 2-3)**

- **GlideTrak™ Training:**  
**7-14 DAYS POST-OP**  
As tolerated, without pain or increased swelling, beginning  
with fast walking, progressing to light jogging and sprinting.
- **GlideCycle™ Outdoors:**  
**3-6 WEEKS POST-OP DEPENDING ON RECOVERY**  
Again, must meet criteria for pain free activity without  
increased swelling.

# **GLIDECYCLE™ VALUE PROPOSITION FOR OUTPATIENT CLINICS: GREAT FOR YOUR PATIENTS GREAT FOR YOUR BUSINESS**

## **PATIENT ENJOYMENT**

- Patients enjoy walking and exercising without mobility limitations and pain leading to **word-of-mouth referrals** and **loyal, returning customers** (priceless).

## **BENEFITS TO PATIENTS AND THERAPISTS**

- Enhanced treatment outcomes and accelerated recoveries are a great benefit to patients and therapists and improve the favor of physician referral sources and third party payers.

## **REIMBURSEMENT FOR TREATMENTS**

- Enjoy reimbursement by third party payers and Medicare when utilizing the GlideTrak™ for therapeutic exercise, gait, balance or functional training.
- Please refer to the chart with appropriate CPT codes and a description of each at the end of this document.

## **PROVISION OF REASONABLE AND NECESSARY TREATMENTS**

- Patients may begin supervised gait training and running much sooner, even before incisions are healed enough to start aquatic therapy.
- Skilled Unweighted Therapy eliminates the need to refer patients away from the clinic to pool therapy or unsupervised gym programs therefore allowing better retention and supervision of patients when appropriate and beneficial.

## **SHOWCASE YOUR PRACTICE**

- Set your clinic apart and generate new interest and referrals by offering low-impact, Body Unweighted Training with the revolutionary and cost effective technology of GlideTrak™ or GlideCycle™.

## **ENHANCE MARKETING OPPORTUNITIES & MATERIALS**

- Join the growing number of clinics enhancing websites and marketing materials by featuring Body Unweighted Therapy, Training Programs and Products.
- Utilize free publicity opportunities with the announcement of new and innovative GlideTrak™ technology and services available at your clinic through press releases, local news stations, newspapers and internet media.

- Choose a patient with a personal interest story for news reporters to follow. Patients who made a spectacular recovery using the GlideTrak™, patients who lost significant weight on the GlideTrak™, patients who regained lost mobility on the GlideTrak™.

### **DRAW NEW POPULATIONS OF PATIENTS**

- Clinicians can now take charge of the available opportunities to attract more patient populations they are best suited to treat.
- For example, 78% of 36 million new runners require some treatment in their first year.
- With GlideTrak™, clinicians may introduce Body Unweighted Technology, along with specialized treatments and conditioning programs, and form partnerships with running stores, running clubs, local sports teams, athletic training programs, retirement communities and more, to draw new patients they most enjoy working with.

### **CREATE YOUR OWN REFERRALS**

- Attract your own patients in addition to those referred by physicians.
- Reverse the trend and establish a working team by referring your new patients to physicians.

### **CASH PAY OPPORTUNITIES**

- **Retain Therapy Patients:** Cash pay programs provide a simple and convenient stream of revenue by allowing patients to continue using the GlideTrak™ or other GlideCycle™ products upon completion of supervised therapy.
- **Lease to Purchase Option:** GlideTrak™ or GlideCycle™ PT Pro units can be leased to clients upon completion of supervised therapy to continue prescribed exercise at home or outdoors.
- **Boost cash revenue** by drawing additional client populations through cash pay, community and wellness programs with multi-visit cards.
- **Attract high level athletes, elite runners and weekend warriors** seeking a competitive advantage or recovery workouts.
- **Gain recognition as a GlideTrak/GlideCycle™ training center** by either billing or accepting cash payments for training sessions with new customers.

## **PROFITS FROM REFERRAL FEES AND COMMISSIONS**

- Exciting opportunities exist for businesses to receive commissions from customer referrals or sales of GlideCycle™ products in accordance with the APTA Code of Ethics, state laws and regulations as well as company policy.
- Businesses may simply refer appropriate and interested patients for GlideCycle™ sales and receive a 5% finder's commission.
- Businesses may receive up to a 20% commission under an independent contractor agreement and by providing training, customer support and closing the sale. GlideCycle™ will provide products, support and necessary materials to independent contractors.

**Almost everyone can experience greatly  
enhanced mobility and exercise with  
GlideCycle™ products.**

For more information please contact GlideCycle™

**(541) 292-7520  
P.O. Box 3532  
Ashland, Oregon 97520**

**[www.glidecycle.com](http://www.glidecycle.com)**





## Billing Codes for GlideTrak™ Therapy

CPT CODES	DESCRIPTION	ADDITIONAL DESCRIPTION
97110	Therapeutic Exercise	Incorporates one parameter (strength, endurance, ROM or flexibility) to one or more areas of the body. Examples include: treadmill for endurance, isokinetic exercise for ROM, lumbar stabilization exercises for flexibility, and gymnastic ball for stretching or strengthening.
97112	Neuromuscular Reeducation	Examples include: PNF, Feldenkreis, Bobath, BAP's Boards, and desensitization techniques. Incorporating reeducation of movement, balance, proprioception, kinesthetics, posture, etc... Is usually used to restore prior functions (e.g. Stroke patient), however, may also be used for initially establishing function (e.g. A child with neurological damage).
97116	Gait Training	Training of the manner or style of walking, including rhythm and speed. Working with a patient to restore balance, normal stance, swing, speed and sequence of muscle contractions for walking. Use this code when training a patient to use crutches, cane or treating a <b>locomotion deficit</b> , or stair climbing.
97760	Orthotic Management, 15 minutes	Includes assessing the patient, determining the most appropriate orthotic (e.g. Static vs. dynamic); designing, selecting and fabricating the orthotic. <b>Also includes further orthotic training during follow-up visits including exercise performed in the orthotic</b> , instruction in skin care and wearing time.
97761	Prosthetic Training, Upper and Lower Extremities, 15 minutes	Same as above.



## **TREADMILL RECOMMENDATIONS**

### **1. Handrails:**

- The GlideTrak works best when clients enter and exit from the side.
- Make sure handrails do not run the entire length of the treadmill.

### **2. Deck Height for Step Up**

- For Rehab Settings or clients challenged by steps, 7-9" deck height is ideal.
- Most fitness center deck heights are at least 12" high and work well for all other clients.

### **3. Speed Settings**

- At least 10 mph is needed for performance running.
- Many treadmills begin at 0.5 mph with 0.5 increments which works for the majority of users.
- Rehab settings or generally frail clients only, need a starting speed of 0.1 mph with 0.1 mph increments.

### **4. Incline Range**

- Ideally to Level 10 for easy unweighting adjustments but not a requirement.
- Nearly all treadmills offer this feature.
- Incline level is not necessary for unweighted running but is useful for quick adjustments.

### **5. Able to Incline or Decline Deck with Belt Stopped**

- Rehab clinics and frail patients do best on units that allow incline and decline of the deck while the belt is stopped. Many units require the belt to move before the incline or decline feature can be activated. Although this is not an absolute requirement for such patients, it is very helpful.
- Most users won't require this feature. It can be more challenging to find treadmills with this feature.

## 6. Treadmill Dimensions

- Clinics and Health Clubs should look for treadmills decks as close to 60” long as possible and at least 20 or more inches wide.
- Home users may purchase the largest deck they can afford but healthy clients will do well on most treadmill decks.
- For home use, look for used treadmills, and then Google in the brand and model to view features.

## 7. Warranty and Suppliers

- Be sure to purchase from a reputable company that can provide warranty and service.
- Private businesses that are doing well or local retail stores such as Sports Authority and Sears are good options.
- For high volume use in clinics, it is good to work with a reputable fitness equipment distributor.
- The best treadmills offer at least a 2 year or longer warranty on parts and service.
- Entry level, professional level equipment for clinics can still be purchased at stores such as Sports Authority.
- NordicTrak offers good models for home use and entry level clinic use.
- For higher volume use and running, purchase the highest powered motor that is affordable. Professional equipment sales reps can tell you which models will be best for your requirements and negotiate price breaks.

## 8. Professional Brands for High Volume Use

- Precore, SciFit, Lifefitness, True, InMotion, SportsArt, Cybex, and StarTrak are good brands for the demands of high use environments.
- There are, of course, additional brands to consider, and as always, take into account the supplier and warranty.



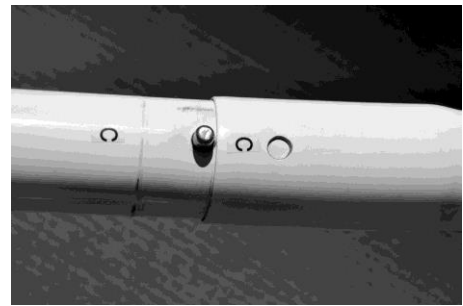
# GlideTrak™

## Initial Assembly Instructions

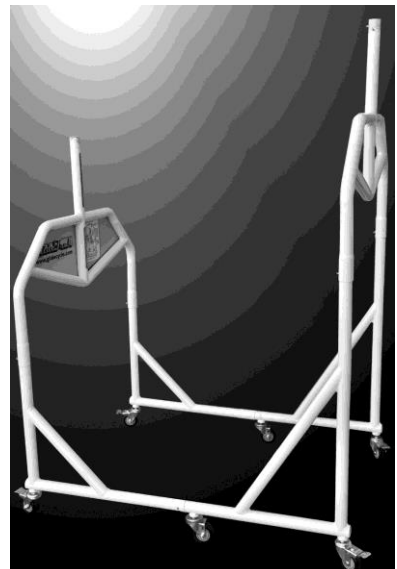
1. Please remove all GlideTrak™ parts from the box to your working space, and remove all packaging materials from parts.
2. You will find 6 wheels with locking brakes, and 6 rubber adjustable pads. For most applications, use the wheels.
3. On the four base legs, locate 6 threaded base plates into which you will screw in the threaded post on each wheel or pad. There is a locking nut on each threaded post that may be used for leveling the GlideTrak™ in place. Screw them all the way in for now (it helps to set the brake on the wheels for easy turning)
4. For assembly: each part of the GlideTrak™ frame has a letter on the end. Assembly will follow the **ALPHABET IN ORDER.**



5. Locate A and insert it to the matching A on a second frame part. Follow the alphabet matching B to B and C to C and so on. Twist and wiggle parts and frame until the snap button pops into place. Be patient with the snap button alignment making sure the frame is squaring up.
6. After fitting A,B,C and D, you will have two parts to the GlideTrak™ frame as shown below. Slide them together aligning letters E to E and F to F, and the frame base will be assembled as such. It may help to release the brakes on the wheels before this step.



(NOTE: you can push in 4 snap buttons on A,B,C,D and twist or fold the GlideTrak™ flat for storage or rolling away folded as would a baby crib.)



7. Assemble the two parts of the top bar and insert the ends matching G to G and H to H. Again be patient, wiggle and twist for alignment of the snap buttons and your frame assembly will be complete. Add the shoulder strap assembly or the optional Balance Harness as shown.
8. Cut away any wrapping and plastic ties from the saddle assembly. There will be two parts, the assembly and the seat which will need to be placed onto its wire frame. You will need one Phillips screwdriver for this task.

9. Remove the screws from the seat, and place the seat on the wire frame on the saddle assembly. Work it into position until you can line up the holes into which to place the screws and tighten them down setting the second screw while the first screw is still loose.



10. Unpack the screw gun and place in the charger for battery use.
11. Level to the floor at wheel assembly if necessary. Congratulations, your GlideTrak™ is ready to use.
12. Refer to pages 7 through 10 for client or solo set up to begin use.
13. **Please call your sales technician or our office if you have a question:**

**541 292 7520.**



**Notes:**