

**GLIDE** **TRAK**<sup>TM</sup>

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*Body Weight Support Training*

**Patient Set Up Guide + Tips and Tricks**

# | How to Use this Set Up Guide

- This guide is designed as a “quick read” visual manual
  - [GlideTrak Manual](#)
- The guide is to be used with the GlideTrak Video Training Library
  - [Video Training Library](#)
    - Password = “Welcome”
  - Direct video links are provided in the guide



# | Learning to Use GlideTrak

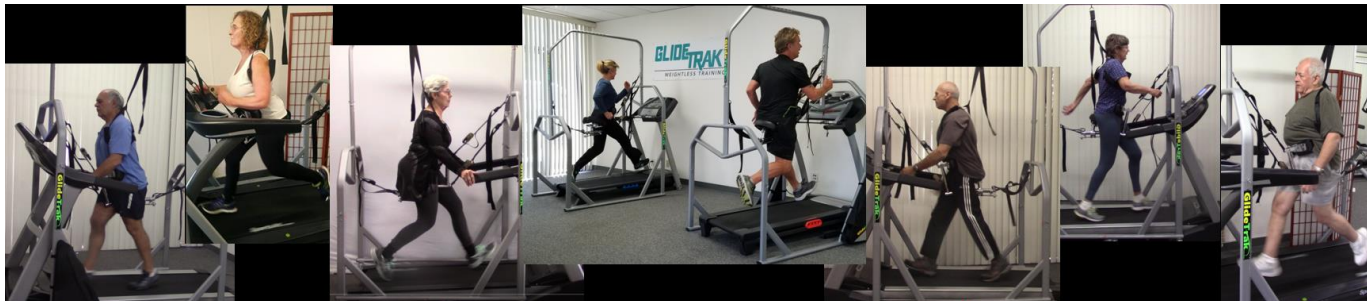
## Therapists

- GlideTrak set ups are not difficult to learn but it does take practice to become proficient
  - \*\*Set yourself up to better understand set up dynamics\*\*
  - Practice setting up piers or highly compliant patients
- There is no “perfect” set up, so don’t over adjust
  - If the patient is achieving their task and is not complaining, save any adjustment for the next session
- The set up tips and tricks are very helpful but mastering them all is not mission critical

# | Learning to Use GlideTrak

## Patients

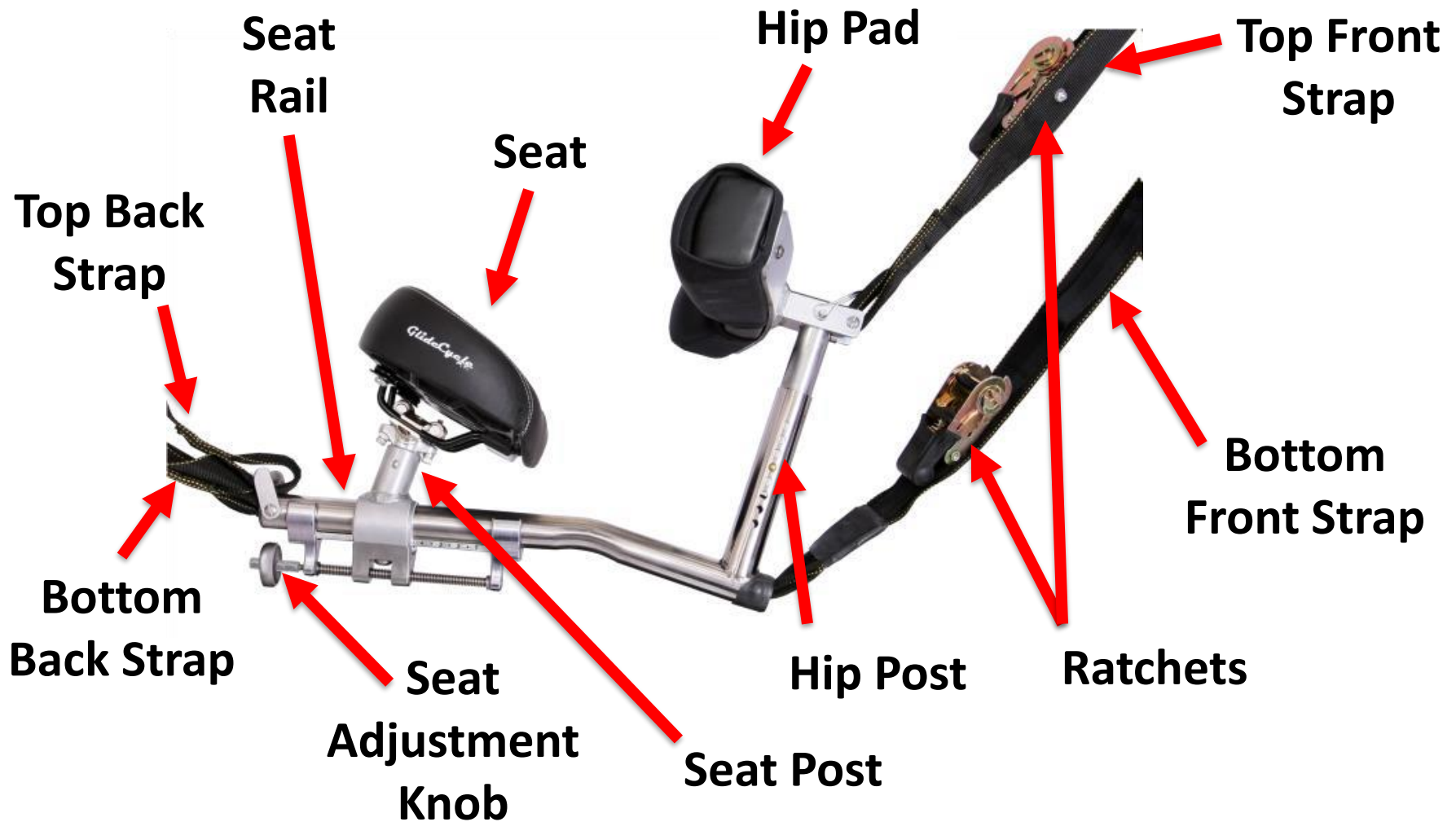
- Most all patients take to the GlideTrak well and see results almost immediately!!
- Some patients may be nervous about using the GlideTrak or may take longer to “Get It”
- Show patients your confidence in the GlideTrak
  - Focus patients on the positive results they will achieve
  - Ask patients to use their best “Can Do” attitude
  - Demonstrate to patients that they cannot fall



# | Safety First

- ❖ Client falls while mounting and dismounting the GlideTrak are the biggest safety risk
  - Carefully spot patients during mount and dismount
  - Place safety straps on patient immediately upon mount and remove only when the patient is ready to dismount
  - Use the upper body harness and 3:1 lift for balance challenged patients
- ❖ Be careful when restoring a patient's weight
  - Make sure their feet are underneath them and their knees are locked and ready to accept their weight
- ❖ Use the assisted through the legs mount (vs step over methods) for unsteady and balance impaired patients

# | Saddle Assembly Nomenclature





# | Set Up Basics – Strap Settings

**Top Front  
Strap - at  
Chin Level**

**Bottom Front  
Strap - 2 Holes  
Below  
Top Front Strap**

**Hole #**

**#1**

**#8**

**Top Back Strap - 2-3  
Holes Above  
Bottom Back Strap,  
ALWAYS LOOSE**

**Bottom Back  
Strap - Wrist  
Level When Arm  
at Side**



# | Set Up Basics – Saddle Settings

**Hip Pad Position:**  
On Hip Bones,  
not the  
Abdomen



**Seat Position:**  
At or Above  
Gluteal Fold

**Hip Post - Slightly**  
**Forward of Vertical**



# | Set Up Basics – Tips & Tricks



**Rotate Hook 90  
and Angle  
Forward to Insert  
or Remove**

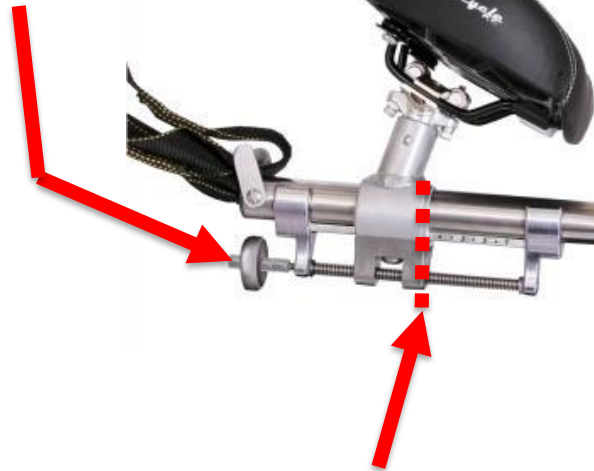


**Set Safety Strap  
Hook 1-2 Holes  
Behind Back of  
Head**

**KEEP LOWER BACK  
STRAP SHORT  
(12"-15" max) and  
TIGHT BEFORE  
UNWEIGHTING**

# | Hip Pad and Seat Adjustments

To Adjust the Seat,  
Turn the Knob  
Righty - Losey,  
Lefty - Tightly



Set Seat Pad Position - Set  
Along Numbered Scale Here



To Adjust Hip  
Pad, Pinch  
Buttons & Twist  
Pad Slightly

Hip Pad Position –  
Count Holes Down  
From Top

# | Example Patient Set Up Card

Patient Name: Jane Doe

Top Front Strap: 3

Bottom Front Strap (-2): 5

Bottom Back Strap: 7

Top Back Strap (-3): 4

Hip Pad: 5

Seat: 4.5

# | Patient Mounting & Dismounting Options

## Standard Step Over Method



[Standard Step Over Mount Video](#)

# | Patient Mounting & Dismounting Options

## Modified Step Over Method



[Modified Step Over Mount Video](#)



# | Patient Mounting & Dismounting Options

## Assisted Through the legs Mount



[Assisted Through the Legs Mount Video](#)



# | Safety Strap Use



- Only patients that are able to reliably stand unaided should use the safety harness
  - Use the balance harness for patients unable to stand unaided
- Place the strap on patient immediately after stepping up onto the treadmill
- Only remove the strap as the patient is stepping off treadmill
- Place the strap hook 2 holes behind the back of the patients head
- Tighten the strap until it is almost snug
- The safety strap is for fall protection only – never use the strap for unweighting

# | Balance Harness Use

The Balance harness is used for:

[Harness Use Standing Patient](#)

[Harness Use Seated Patient](#)

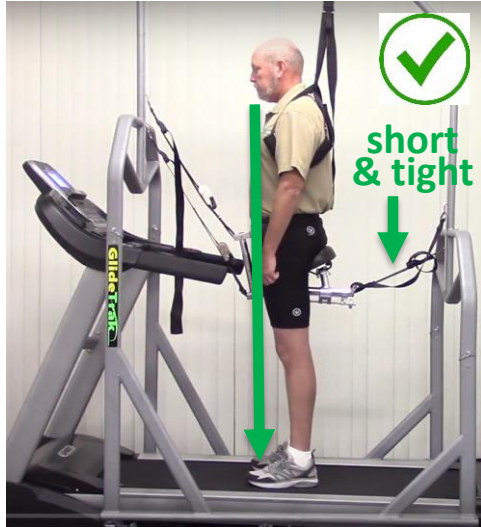


- Aiding in the lifting of patients from a seated position
- Extra support / fall protection for mounting or dismounting the GlideTrak
- Fall protection when using the GlideTrak without the Saddle Assembly
- Fall protection when using the GlideTrak over the ground

# | Saddle Settings

- Determining a patient's saddle setting is an iterative process
  - It may take 2 to 3 adjustments before getting it “right”
- Use a first time Hip Pad setting of 4 and Seat setting of 4 for patients between 5'6" – 6'0" and 140-200 lbs.
  - Make initial adjustments accordingly for patients outside this range
- Minimize making changes until the second session if possible
  - Initial assessments are often wrong
    - Let the client work with the setting before deciding on any changes
  - Minimizes having the patient get on and off repeatedly
  - Exception: moving the seat back is easily done with the screw gun while the patient is in place
- Record saddle settings and adjustment notes for next session

# | Proper Position for Unweighting



- Snug the saddle onto the patient
- Have patient STAND with legs straight and heels back
  - Patient should be weight bearing
- Ensure Bottom Back Strap is short & tight
- Unweight patient in this position
  - Ensures equal weight bearing between hip and seat pads
- Unweighting the patient as in picture 2 creates a SITTING position
  - This results in improper mechanics and excess pressure on the glutes



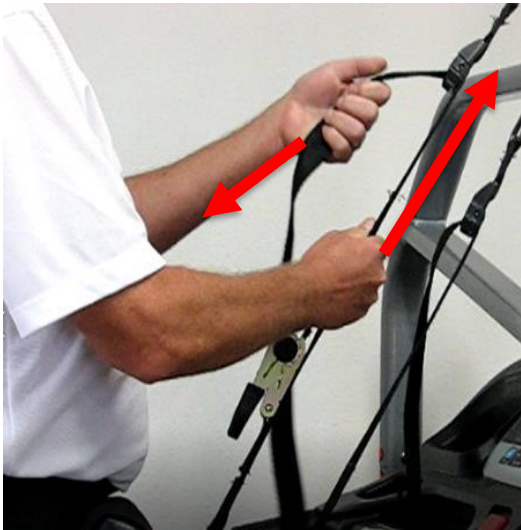
# | Unweighting Technique

- **Confirm patient is in proper unweighting position**
- Begin unweighting by tightening the Front Straps
  - Have the patient go up on their toes or leaning slightly forward and back while tightening straps
  - See unweighting method videos for more detail
- Use the ratchets to achieve the desired unweighting
  - [Ratchet Use Video Link](#)
- Use alternate unweighting methods if needed
  - [Alternate Unweighting Methods Video Link](#)
- Tips and Tricks !!!
  - For each step, adjust the top front strap first then bottom strap
  - Keep the tension of the Top Strap equal or tighter than the Bottom Strap
  - “Over unweight” at first then use treadmill incline to add weight bearing

# | Handling the Straps for Unweighting

Use the “Belay Method” to tighten straps:

- Use strong arm to pull down on the loose end of strap
- Use weaker arm to pull up on the tight part of the strap
- Use the same technique from the side when making adjustments for the patient





# | Unweighting Settings

- Orthopedic patients - Use higher % unweighting (~50% - 90%)
  - Use enough unweighting for patient's movements to be pain free
  - Patients can change unweighting in real time by modifying their gait
- Neurologic patients - Use lower % unweighting (~40% - 70%)
  - Only use enough unweighting for patients to be fully fall protected
  - If neuro patients are dragging their feet on the treadmill while gait training, increase unweighting to raise them up
- You don't need a measure or scale to set unweighting
  - Your eyeball or patients estimates of unweighting are completely sufficient

# | “Standing” vs “Sitting”

- **“Sitting” while training is the most common patient mistake**
  - [Sitting vs Standing Video Link](#)
- Patients must support all remaining weight after unweighting
  - “Sitters” engage the leg primarily below the knee
  - “Standers” engage the entire leg (thigh and calf)
- To reduce the tendency of patients to sit:
  - Make sure patients are standing properly when unweighting
  - Point out to them when they are sitting vs standing
  - Tilt the saddle assembly forward by tightening the top strap
    - See slides later in presentation
  - Incrementally reduce the unweighting until they have no choice to stand then reintroduce unweighting

# | Dismounting the GlideTrak

**Press thumb & hold  
Pull back on strap**



- Prepare patient for weight bearing
  - Have the patient straighten their legs and lock their knees
  - Verbally confirm they are ready for weight bearing
- Release the Bottom Front Strap first
  - Patient will drop slightly but are still supported
- Release the Top Front Strap second
  - This is when they will be full weight bearing
- Two thumbs may be necessary to release the strap cam
  - Have the patient go up on their toes to ease release of cam
- The Bottom Back Strap can be used by an assistant for unweighting if desired
  - Remember to reshorten the strap for the next use

# | First Time Patient Use

- First time use objectives:
  - Orient the patient to GlideTrak
  - Give the patient the feeling of unweighting
  - Show them they can train safely; No Falls and No Pain
  - Assess the saddle settings for further customization
- Explain the theory and benefits of unweighting for gait training or rehabilitation
  - This enhances patient motivation and compliance
- Keep the first patient session (training time) short
  - One 10-15 minute session or two 10-12 minute sessions with a short break in between is ideal

# | GlideTrak Use Tips and Tricks

- Strongly encourage patients to wear appropriate clothes
  - Bicycle shorts and stretch yoga clothes work best
  - Loose fitting sweats work as well
  - Slacks, jeans and dresses are undesirable
- Check that patients clothes are not bunched up
- Have the patient use the restroom before their workout
  - The hip pad may cause a sense of urgency in some patients

# | Saddle Comfort

- Don't ask patients if they are comfortable
  - Asking puts their full attention on comfort
- Patients are least comfortable upon first couple of uses
  - Distract the patient during set up
  - Motivated patients will adjust to the saddle after a couple uses
- Comfort is worse at rest and at slow treadmill speeds
  - *Only assess comfort with the patient moving at least 1.5 – 2.2 mph*
  - Make sure patient is standing and weight bearing while moving
- Use your judgement to differentiate between mis-adjustment pain vs acclimatization discomfort
- Use the following adjustment guide to correct comfort for issues



# | Correcting Hip Pad Discomfort

Try the following to reduce Hip Pad discomfort:

- Ensure the patients clothes are not bunched or binding
- Make sure the patient is standing vs sitting
- Make sure the hip pad is on the hip bones
- Try less unweighting by increasing treadmill incline
- Tilt the saddle assembly back (see later slides)
- Try the saddle bridge - [Saddle Bridge Video Link](#)

# | Correcting Seat Pad Discomfort

Try the following to reduce Seat Pad discomfort:

- Ensure the patients clothes are not bunched or binding
- Make sure the patient is standing vs sitting
- Make sure the seat pad is not below the gluteal fold
- Try less unweighting by increasing treadmill incline
- Tilt the saddle assembly forward (see later slides)
- Try the saddle bridge - [Saddle Bridge Video Link](#)

# | Correcting Rubbing of Center Tube

Try the following to reduce rubbing of the center tube:

- Ensure the patient is centered on the seat
- Have the patient tighten their core to help stabilize the seat assembly (SA)
- With the patient moving, push down on hip pad on the side where the tube is rubbing
  - Ask the patient to help center themselves on the seat while doing this
  - Be patient - this may take several times to work
- Make sure the hip pad is not too high
  - The SA can rotate when the hip pad is on the abdomen vs the hip bones
- Determine if the client is walking evenly
  - Gait or posture asymmetry can cause the SA to rotate
  - Use the push down method until the asymmetry can be corrected
- Try the saddle bridge - [Saddle Bridge Video Link](#)

# | Saddle Tilt Adjustment - Forward

## Nominal Tilt



## Forward Tilt



- Forward (vs nominal) tilt is used for:
  - Reduced tendency to sit on seat
  - Reduced pressure of the glutes on the seat
  - More athletic and aggressive workouts
  - Increased rear leg extension
- Tightening the top strap moves the hip post tilt forward
- For a highly forward tilted saddle, raise the Bottom Back Strap hook up one hole
- Forward tilt may increase pressure on the hip pad

[Saddle Tilt Video Link](#)

# | Saddle Tilt Adjustment - Backward

## Nominal Tilt



- Backward (vs nominal) tilt is used for:
  - Reduced pressure of the hip pad
  - Aiding “sitting” for patients unable to carry any weight while working out
- Tightening the bottom strap moves the hip post tilt back and increases unweighting
  - Use treadmill tilt to compensate for increased unweighting
- Lower the Bottom Back Strap Hook one hole is necessary
- May increase seat pressure, reduce back leg extension and increase tendency to sit

## Backward Tilt



[Saddle Tilt Video Link](#)

# | Saddle Bridge Use



- Use the Saddle Bridge for:
  - Thin, slight of frame patients
  - Patients unable to get comfortable
- Men tolerate the saddle bridge well except at very high unweighting
- A seat position wider than normal is typically used with the saddle bridge
  - This transfers some weight bearing from the saddle assembly to the saddle bridge

[Saddle Bridge Use Video Link](#)

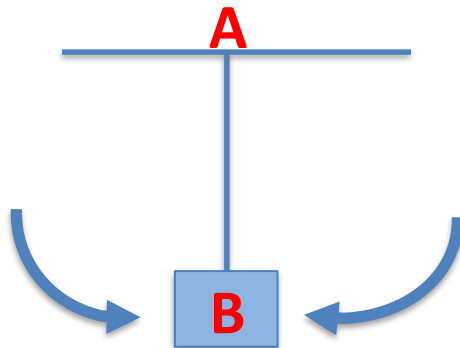
# | Correcting Side to Side Instability

## Side View



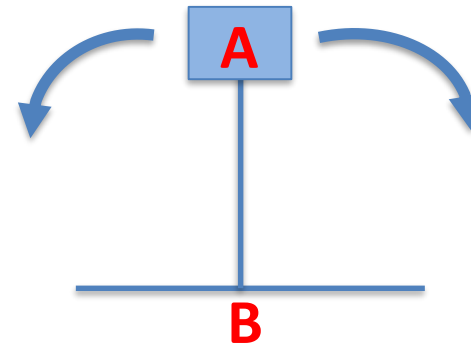
- The top strap should always have equal or greater tension than the lower strap to prevent lateral instability
- Tighter bottom strap tension induces lateral instability

**Tighter Top Strap = Stable**



**Tighter Bottom Strap = Unstable**

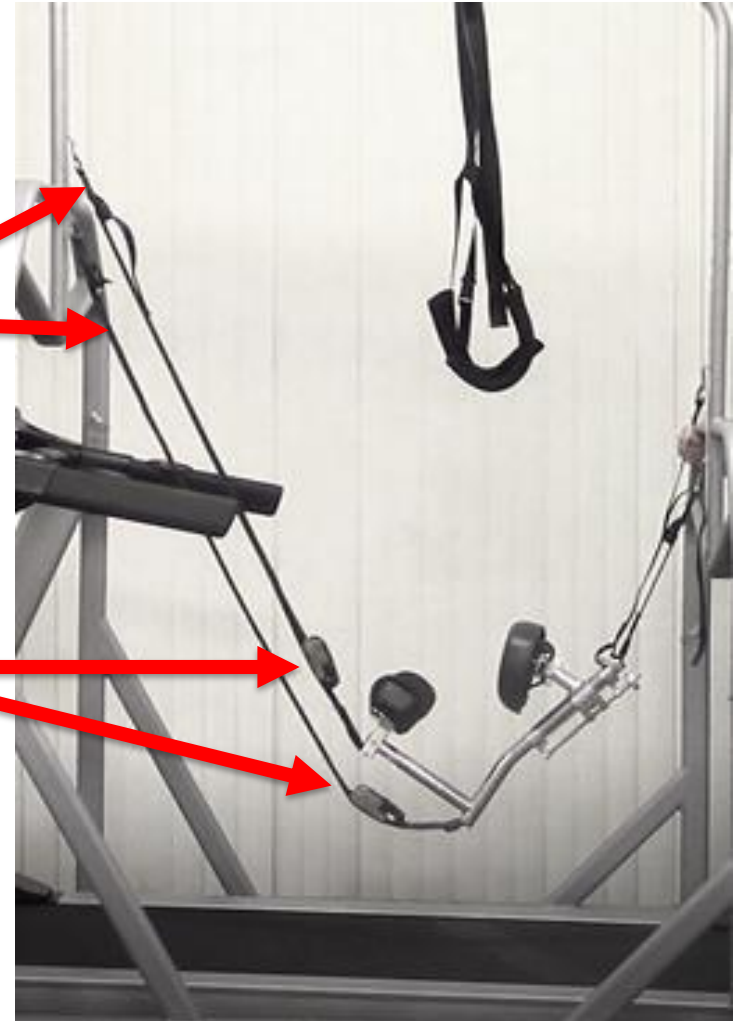
## Front View





# | Hanging the Saddle When Not in Use

- Keeping the top strap slightly tighter than the lower strap prevents the saddle from rolling
- Always reset the ratchets so they are ready for the next client - [Ratchet Use Video Link](#)



# | Raw Video Links #1

- Standard Step Over Mount
  - <https://youtu.be/zz-yL2-j2vs>
- Modified Step Over Mount
  - <https://youtu.be/TpRBwvj2Mqo>
- Through the Legs Mount
  - <https://youtu.be/IQ-h9> HOPPY
- Harness Use Standing Patient
  - <https://youtu.be/jSNpz> BVYoc
- Harness Use Seated Patient
  - <https://youtu.be/BS94eoLeCEM>

# | Raw Video Links #2

- Sitting vs Standing
  - <https://youtu.be/OE3VH-idJmE>
- Saddle Tilt
  - <https://youtu.be/emdsdDsvmMo>
- Using Treadmill Incline for Unweighting
  - [https://youtu.be/j0M\\_etYxKx8](https://youtu.be/j0M_etYxKx8)
- Saddle Bridge Use
  - <https://youtu.be/az8NnpWpBdk>
- Ratchet Use
  - <https://youtu.be/O9squJ3KF3s>