



# QUICK START GUIDE

Refer to GlideTrak™ Training Manual for complete instructions.

**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 they their body has slipped into a funnel. This allows unrestricted leg movement.