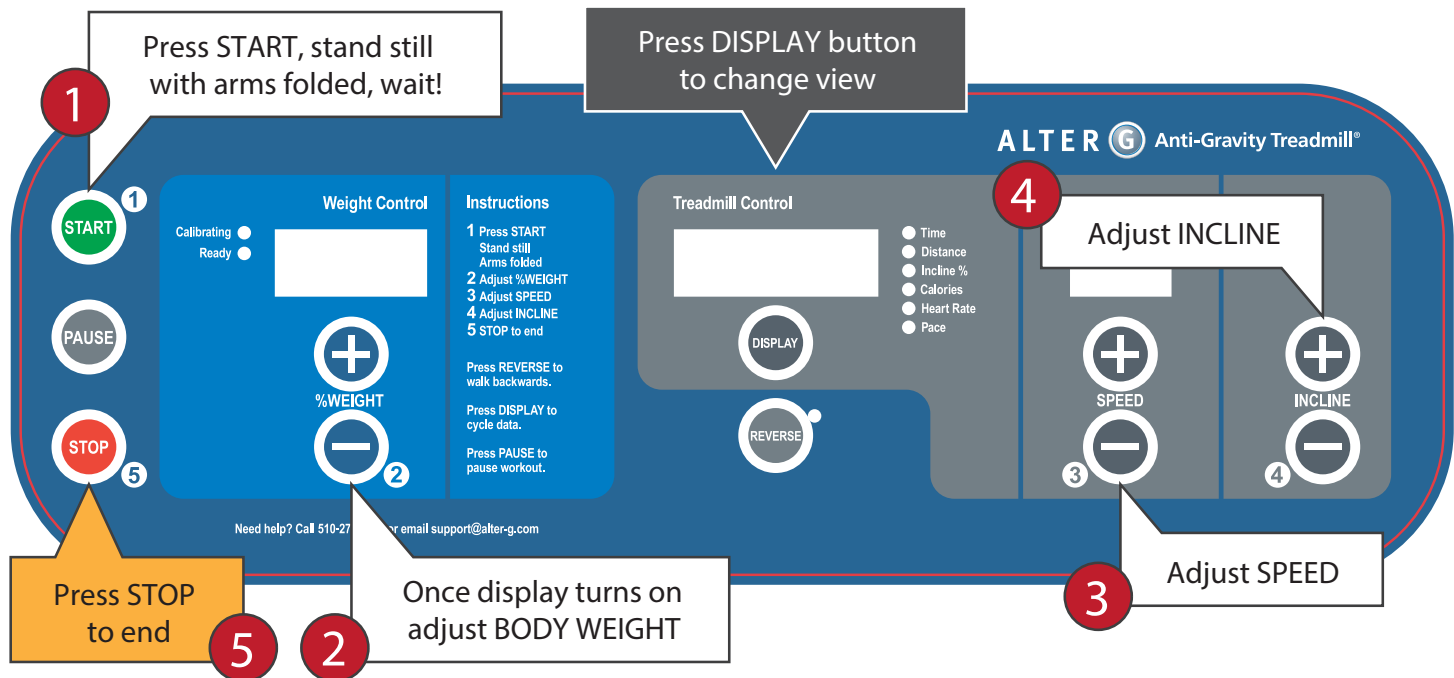


AlterG Quick Start Guide

Please consult the manual for a complete guide to using the AlterG® Anti-Gravity Treadmill®.



System Operation



Press **START** and stand still with arms folded. The system will calibrate. When the LED labeled "Ready" lights and the treadmill display becomes active, the system is ready to use.



Pressing **PAUSE** will cause the treadbelt to stop and the incline will return to 0%. Unweighting is not interrupted. Pressing **PAUSE** a second time restarts the treadmill.



Press **STOP** to end an exercise session. The treadbelt will slow to a stop, pressure will be released from the enclosure and the treadmill will return to 0% incline.



Press **REVERSE** to walk backwards. If you are walking forward when the button is pressed, the treadbelt will slow to a stop before allowing backward walking.



Press **DISPLAY** to select a display option. Holding down the button for more than two seconds will cause the display to cycle through all available options.

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Tips & Tricks for Low Level Patients

- 1** Always use a gait belt when you are working with a low level patient.



- 2** If the patient is fatigued at the end of their session, press pause (don't press stop) to stop the tread belt, but maintain air pressure. If the patient leans forward or backward, the tread belt could start to slide. To prevent this from happening, put your foot on the back of the tread belt. **This will stop the treadmill from sliding.**



- 3** If the patient needs extra assistance, use a combination of the gait belt and underarm support to get them out safely. Have an assistant brace the tread belt to prevent it from sliding. Be mindful that there is a 9" step down when exiting the treadmill.

