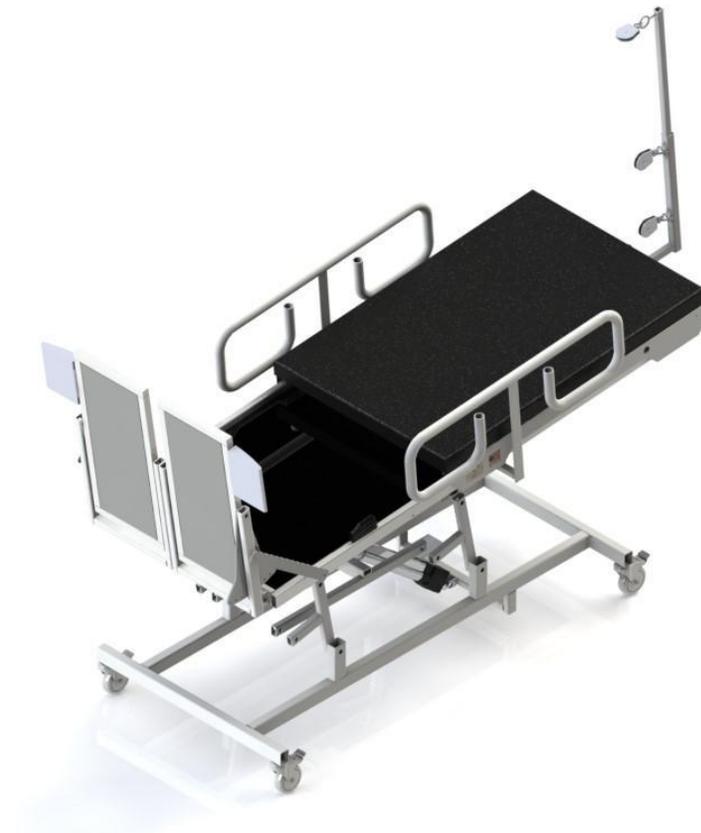


THE MAT TABLE

GENERATION 4

MULTIPLE APPLICATIONS TREATMENT TABLE



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Foreword

Congratulations on your purchase of The Multiple Applications Treatment Table.

This manual has been written for the operators of the MAT. It contains general instructions for operation, precautionary instructions, and maintenance recommendations. In order to obtain maximal life and efficiency from your MAT and to assist in proper operation of the table, read and understand this manual thoroughly.

Before administering any treatment to the patient you should become acquainted with the operating procedures, as well as indications, contraindications, precautions and warnings.

General Description and Function

The MAT Table (Multiple Applications Treatment Table) is a multiple function exercise machine that can also be used as a treatment table. This table has five functions in one product. First, it is an excellent treatment and manipulation table. Second, it's a lower extremity exercise machine. Third, it's a versatile traction table. Fourth, it can do open chain arm exercises with a pulley system. Finally, the fifth function is a tilt or inversion table. These functions will be discussed in detail in the preceding paragraphs.

The larger size of the MAT allows for all, including bariatric patients, to transfer on and off the table without fear of falling. Optional handrails are available to attach to either side of the rigid frame. Hand rails add to the patients safety and sense of security. Because the MAT transitions easily from a treatment table to a piece of exercise equipment, the risk of injury to patient or therapist is significantly decreased. Without the patient ever having to leave the table, it can be transformed from a treatment table, to a traction table, to a multiple applications lower extremity exercise machine. Without needing to change tables, the patient will have less anxiety and fear. This makes compliance to the exercise program and recovery with needed medical treatment more likely. This also helps improve therapist productivity and patient outcomes.

The MAT table has 2 separate lift mechanisms for positive and negative tilt. A patient is able to transfer easily on and off the table at variable inclination. This product is compatible with mechanical lift devices and will enable even severely debilitated, aged, or heavy patients to more easily exercise. The table is rated with a 500 pound lift capacity. Once the patient is safely on the table it can be unlocked and elevated, enabling the patient to do closed chair lower extremity therapeutic exercise. This inclination includes all components of the top table, including the rigid frame. The patient will be able to glide up and down against their own body weight as resistance for exercise. At any time, in level or elevated positions, the locking mechanism can be engaged for the safety of the patient. Four lockable swivel wheels will enable this table to move.

Structure of the Product

The top of the MAT has two main components. The main body support and the foot support. The body support is a platform that rolls/slides 26 inches. Starting from the neutral position, the body support glides 21 inches towards the foot of the table and 5 inches away to provide for traction.

The foot support can flip up from flat to 90 degrees to provide a platform for squats. When the foot component flips up 90° it will lock in place. The foot component has a top and bottom side. When flat as a treatment table the top has padding, the bottom has ankle supports under the table.

The entire top portion of the table will go from level to head elevated 45 degrees or head down 7 degrees. This variable inclination allows the patient's body weight to be the resistance to multiple types of exercise.

The table is approximately 34 inches wide and 6 feet 4 inches long. The body component is 45 inches long and slides on a steel frame. The sliding mechanism of the body component is achieved with the use of wheels sliding on a steel frame which is stationary. The 2 foot components are roughly 27 inches long.

This adjustability enables the table to be used as a progressive resistant squat and multifunction exercise device. The ankle attachment pivots to allow ankle stretching. The ankle attachment allows for individual foot angle differences from toe up to toe down of more than 25°. The ankle attachments move individually and are free moving or lockable in different degrees of ankle range of motion.

Treatment and Manipulation Table Functions:

The fact that this table also inclines head up and head down helps facilitate better mobilizations and manipulations. The head support created by the padded side of the foot component comfortably keeps the head and spine in neutral when the patient is in the prone position. The table was carefully engineered to ensure that practitioners can be comfortable with their knees under the table in any position.

Exercise Function:

This is the most unique and used aspect of the table. The MAT enables lower extremity closed chain exercise to be done easily and safely in a unique fashion. Squats can be done with 1% to 88% of a patient's body weight and additional weights can be provided or increase resistance. The manner in which the foot plates provide dorsiflexion or plantarflexion in a fixed or movable way is unique to this product. The use of an inclinometer allows for monitoring of weight bearing status. This is very important when patients have weight-bearing restrictions due to fractures or injury. The ease of which patients can get on and off the table combined with the very gentle or very aggressive manner in which exercise can be provided makes the MAT very versatile.

Traction Function:

Traction is achieved in 2 ways. First, the patient can do self traction with the use of the pulley systems and with using the gentle tilt of the table. The pull of gravity due to the inverted table, creates a gentle traction even when no force is applied to the spine by the patient. Significant gravity induced traction will occur without an electric motor due to the 7° of negative incline. Second, manual traction may be done on the table utilizing the therapist applying Force directly to the patient. The advantage to the MAT is that the helpful incline of the table produces traction. This helps the therapist work more efficiently and with less effort than when using traditional tables. The combination of positive and negative tilt with the split sliding body component is a unique aspect of the traction component of this table.

Pulley Function:

This equipment has attachable pulleys to do variable arm exercises resisted by the patient's body weight or the weight of the sliding body component. The pulleys are attached at the head of the rigid frame and to the sliding body component. Raising the inclination of the table will increase the resistance of arm exercises with use of the pulley system. In part, this system is currently used in multiple exercise platforms. This product has unique features that others do not. The patient can sit on the body component or come to the table from a standing position or sitting in a wheelchair to use the pulley. The multiple ways to use the pulley system is unique and far more versatile than other products offered at this time. These variable ways to use the pulley allows anyone from Olympic Athlete to a severely restricted wheelchair-bound patient to use the pulley system.

Tilt Table Function:

The fifth function of this product is as a tilt or inversion table. Traditionally tilt tables simply lift the patient from supine to standing while strapped in. The benefits of this product as a tilt table is after passively tilting the patient you can start lower extremity exercises without moving the patient to a different table. The advantage of this product is the fact that you don't have to have additional products in storage to provide the additional functions that the MAT offers.

CAUTION- FOR YOUR OWN SAFETY

READ YOUR OWNER'S MANUAL THROUGH COMPLETELY AND CAREFULLY BEFORE ATTEMPTING TO SET-UP OR OPERATE THIS MACHINE. ALL OPERATORS OF THIS EQUIPMENT SHOULD READ AND UNDERSTAND ALL SAFETY RULES PRINTED ON THE MACHINE AND IN THIS OWNERS MANUAL BEFORE USE

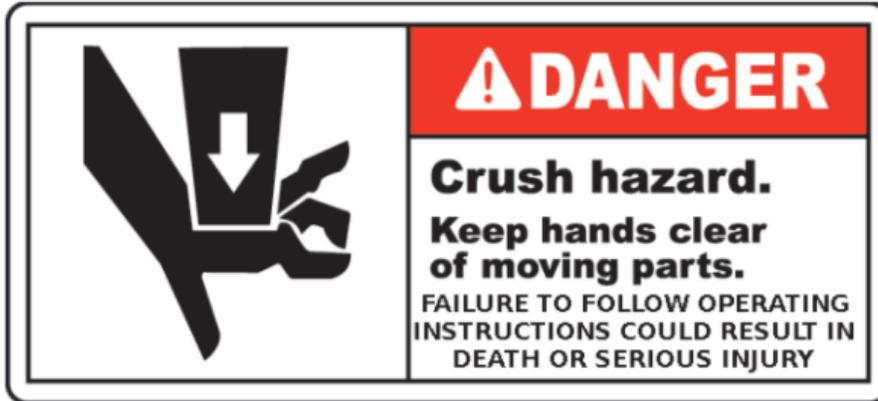
 **Read the instructions and warnings in this manual CAREFULLY BEFORE using this machine.**

 **WARNING** 

| | |
|--|---|
|  | ⚠ DANGER |
| | Hazardous voltage. Disconnect all power before working on this equipment. Failure to observe this instruction will result in death or serious injury. |



WARNING



**FAILURE TO FOLLOW OPERATING
INSTRUCTIONS COULD RESULT IN
DEATH OR SERIOUS INJURY**



WARNING



READ CAREFULLY THE PRODUCT INSTALLATION & OPERATIONS INSTRUCTIONS. FAILURE TO FOLLOW THE INSTRUCTIONS AND WARNINGS IN THE MANUAL MAY RESULT IN SERIOUS OR FATAL INJURY AND/OR PROPERTY DAMAGE, AND WILL VOID THE PRODUCT WARRANTY. THIS PRODUCT MUST BE INSTALLED BY A QUALIFIED PROFESSIONAL. FOLLOW ALL APPLICABLE LOCAL AND STATE CODES.

WARNING

Failure to read and follow the safety instructions in this manual may result in serious injury or death. Hazards include falling, overexertion, strained muscles, pinched fingers or pulled hair. Changes or modifications to The MAT may void the warranty and may violate U.S. Federal Communications Commission (FCC) Rules.

This product is designed and intended for commercial use. Clinicians should inform patients of and monitor their adherence to all safety precautions. Use only as instructed. Do not permit anyone to stand on the MAT. Children should only use The MAT when

closely attended and supervised by an adult. Do not leave children or patients unattended on the MAT.

Before starting this or any exercise program, consult your Physician or Physical Therapist. Certain exercise programs or types of equipment may not be appropriate for all people. Do not overexert with this or any exercise program. If any pain or tightness in the chest is experienced, or an irregular heartbeat, shortness of breath, or faintness, nausea, or dizziness, stop exercising immediately and consult your Physician or Physical Therapist before resuming any exercise program.

Keep fingers, loose clothing, and hair away from moving parts. Wear appropriate exercise attire and tie long hair back. Inspect The MAT before each use to ensure proper operation. Check all parts for wear before each use. Do not use The MAT if it is not completely assembled or has been damaged in any manner.

The MAT is rated at a maximum user weight capacity of 500 lbs. One person only on the Mat when in motion. The patient center of mass should be in the middle of the table when using the actuators.

Use only accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.

GROUNDING INSTRUCTIONS

FOLLOW THESE IMPORTANT GROUNDING INSTRUCTIONS

Connect the MAT to a properly grounded outlet only; this device must be grounded. Grounding provides the path of least resistance for electric current to reduce the risk of electric shock. In addition, we recommend you unplug the MAT when not in use or use a properly functioning surge suppressor.

The MAT is equipped with a cord having an equipment-grounding conductor and a grounding plug. Do not modify the provided plug. If the plug will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Contraindications

The MAT has been contraindicated for the following:

- *Patient with complete lower extremity paralysis
- *Patient has not been medically cleared by a physician to mobilize
- *Bilateral lower extremities have a non-weight bearing restriction.

IMPORTANT PRECAUTIONS

The MAT/Multiple Applications Table is an electrically powered device and basic precautions should be followed:

- 1) This product is to be used by a medical professional or under the supervision of a medical professional.
- 2) It is the responsibility of the equipment owner to assure operators of the MAT are aware of all warnings and precautions.
- 3) Assure the patient understands simple commands.
- 4) Close supervision is necessary when this equipment is used by, on or near children, cognitively compromised, disabled or injured persons.
- 5) Do not allow more than one person on this device when in motion.
- 6) Adjust the inclination in small increments to avoid sudden increases in physical exertion to the user.
- 7) Monitor the patient for signs of overexertion. Patients are to inform the medical professional of any discomfort.
- 8) Use only as instructed. Do not permit anyone to stand on this device. Do not permit anyone to be under the device when plugged in.
- 9) Do not leave patients unattended on this device.
- 10) Assure the sliding mechanism is locked before the patient transfers off the table.
- 11) Make sure all wheels are locked when the table is in use.

- 12)** Patients must wear appropriate exercise attire and tie long hair back. Patients must keep their fingers, hair and loose clothing away from all moving parts. Never use the MAT with bare feet.
- 13)** To ensure safe functionality, this device must be inspected by a medical professional before every use.
- 14)** The maximum load capacity on this device is 500 lbs.
- 15)** Manufacturer provided accessories must be used on this device.
- 16)** This device is intended for indoor use only.
- 17)** Should orthostatic hypertension be a suspected condition of the patient, use the provided thoracic safety belt.
- 18)** Never insert any objects into openings or moving spaces of the MAT.
- 19)** Always unplug the cord before performing maintenance. Servicing, other than the procedures in this manual, should be performed by an authorized service representative only.
- 20)** Do not saturate bolts with caustic cleaners.
- 21)** Ensure the area is free of obstacles before actuating the table. This table moves up to 38 inches past the point of origin and it is important to make sure objects are not under the table before you incline the MAT.
- 22)** The table itself should not be moved while a person is on the table.
- 23)** Unplug the MAT when not in use or use a properly functioning surge suppressor.
- 24)** Keep the power cord away from any heated surfaces.

PRODUCT SPECIFICATIONS GEN 4 MAT

LENGTH:

Level..... 75"

In Use..... 95"

HEIGHT:

Level..... 24"

In Use..... 65"

WIDTH.....34"

WEIGHT..... 275lbs

MAX. USER WEIGHT.....500lbs

Before You Begin Exercise

- *Patient must be cleared by physician for mobilization
- *Before, during and after exercise, keep in mind the following:
 - *Monitor vital signs closely (i.e. heart rate, oxygen saturation, blood pressure, and respiratory pattern).
 - *Monitor rate of perceived exertion and watch for outward signs of distress
 - *Be constantly aware of correct alignment.
 - *If patient has IV's or mechanical ventilator be sure to closely monitor tubing

Starting the Exercise

1. Check vitals to insure patient is able to safely exercise
2. Have patient transfer on to The MAT
3. Unlock the sliding part brakes and adjust flexion stop for desired knee flexion amount to allow patient moves freely for partial incline squats
4. Position the patient so that the patient's feet are on the foot plates
5. Strap the patient's feet to the foot plates (optional)
6. Explain to the patient how to perform a slow, controlled squat and have the patient demonstrate the exercise
7. Using the UP Arrow button on the hand controller, incline the patient to an appropriate angle in order to perform a series of slow, controlled squats
8. Instruct the patient to begin the exerciseContinuously monitor the patient for signs of distress and allow
9. Continuously monitor the patient for signs of distress and allow appropriate rest periods. If distress or discomfort occurs, discontinue the treatment and take the appropriate actions.

Stopping the Exercise

- 1) Have patient straighten knees
- 2) Shorten flexion strap at head of table
- 3) Lower table below 10 degrees
- 4) Have patient remove feet from foot plates
- 5) Slide body component to neutral position and apply brake
- 6) Bring one foot plate at a time down carefully, avoiding contact with patients legs
- 7) Patient may safely transfer off the table

Maintenance Recommendations

With every use of the MAT Table briefly visually inspect the table for deficits, cord fraying and objects in the mechanical moving parts.

Once every week, actuate the table to its highest or lowest settings to ensure that the two actuators are moving in sync.

Once every month, check all screws around the foot plates to ensure they have not loosened. Fully actuate the table both as high and as low as it will tilt to ensure the table is operating properly.

Once every year, lubricate both actuators with a light Industrial actuator oil. Inspect all the bolts throughout the table for tightness and good integrity. Ensure that the 4 casters all break adequately. Ensure that cables and straps are free from tears or deficits. Ensure the brakes operate in all positions on the sliding body mechanism. Ensure that the electrical cord is free from deficits and in good functional order.

