

OPERATING INSTRUCTIONS FOR THE NORDICARE BACK THERAPY SYSTEM



***NordicCare*BTS™**
Back Therapy System From NordicTrack

INTRODUCTION

The NordiCare Back Therapy System (BTS) is a comprehensive therapeutic machine offering the therapist an array of treatment procedures. The multi-purpose BTS reduces the physical demands on the therapist by providing the mechanical advantage for patient handling and by enlisting the active involvement of the patient in the therapy. The therapist's hands are freed to assist in the delivery of the therapy. The therapist may choose the therapy which is best tolerated by the patient. These therapies include:

1. Flexion Distraction
2. Inversion Therapy
3. McKenzie Protocol
4. Williams Protocol

The BTS is a revolutionary exercise device to exercise the lower lumbar extensor and flexor muscle groups. The support pad adjusts in incline via a locking knob mechanism and also rotates a full 360° for easy loading and execution of movement. The BTS also features a strap and handle device to provide effective isometric contractions of the specified muscles.



NordicTrack, Inc. disclaims any specific responsibility for applications of the equipment.

PROTOCOLS

FLEXION DISTRACTION

The flexion distraction maneuver is used to stretch out the posterior components of the low back including the hamstrings, gluteals, erector spinae and smaller spinal musculature, lumbar fascia and facet capsule structures. It is especially reserved for the extension fixation complexes of the lower lumbar spine segments and sacro-iliac joints.

PROCEDURE:

1. Patient lies prone on the BTS.
2. Place and secure the pelvic stabilization belt over the pelvis.
3. The legs will be hanging off the support pad, extended at the knee and flexed at the hip.
4. Stand to the rear of the patient with one hand on the lumbar area and the opposite thigh and knee at the posterior thigh and calf area.
5. Gently, superficially traction towards the head with the hand on the lumbar while the patient attempts to lift the legs into extension of the hip against the therapist's unyielding force. The lumbar extensors will attempt to contract against the therapist's unyielding manual traction in the direction of the head. This maneuver is performed segmentally as the therapist moves the traction hand upwards, towards the thoraco-lumbar transition, one segment at a time. It effectively stretches out the posterior vertebral and sacro-iliac compartments and is very effective in acute-care management.



FLEXION DISTRACTION
STEPS 1-3



FLEXION DISTRACTION
STEPS 4-5

PROTOCOLS

INVERSION THERAPY

Inversion therapy, when combined with the pelvic stabilization belt, provides passive traction to the entire spine with no stress to any other joints.

PROCEDURE:

1. The patient lies prone on support pad.
2. Place and secure the pelvic stabilization belt.
3. Incline the support pad to the desired angle of inversion. The patient's feet may be placed over the upper-rear support bar if necessary.
4. Additional traction assistance by the therapist may be provided.



INVERSION THERAPY
STEPS 1-2



INVERSION THERAPY
STEPS 3-4

McKENZIE EXTENSION

The McKenzie extension exercise is useful for patients with sedentary lifestyles and frequency of forward bending and lifting at the thoraco-lumbar junction. These conditions demonstrate flexion subluxation of the lower thoracic segments on the extended upper lumbar segments.

PROCEDURE:

1. Patient lies prone on the support pad.
2. Place and secure the pelvic stabilization belt.
3. The patient's feet may rest on either support bar, depending on the flexibility of the hamstrings. Instruct the patient to extend straight upwards, hands behind back, chin tucked or in a neutral position.
4. Progressive resistance is afforded by the angle of inversion of the support pad.



McKENZIE EXTENSION
STEPS 1-2



McKENZIE EXTENSION
STEP 3-4

McKENZIE EXTENSION WITH SEGMENTAL ISOLATION BELT:

Appropriate localization of the segmental isolation belt below the involved segment in the McKenzie maneuver permits more accurate mobilization of the involved segment in the sagittal plane of extension. No other device is designed to permit the McKenzie exercise protocol with segmental isolation of the therapy.

McKENZIE EXTENSION

WITH ISOMETRIC CONTRACTIONS:

Isometric contractions for an enhanced effect on the affected segments are afforded through the use of the supplementary handles.



McKENZIE EXTENSION
WITH SEGMENTAL
ISOLATION BELT



McKENZIE EXTENSION
WITH SEGMENTAL
ISOLATION BELT AND
ISOMETRIC CONTRACTIONS

PROTOCOLS

VILLIAMS FLEXION

Williams flexion is prescribed for the rehabilitation of the patient requiring the flexion distraction maneuver to strengthen the abdominal wall.

PROCEDURE:

1. Position the support pad fully erect with the rounded end towards the floor.
2. Have the patient approach the pad with the buttocks firmly placed at the low point of the pad.
3. Secure the pelvic locking belt to prevent pelvic rotation and to isolate abdominal muscle activation.
4. The patient can place one foot on the lower foot support bar to assist into the exercise position.
5. The patient lies back onto the pad, places the feet on the foot supports and places hands by the ears and then gently raises the shoulders off the support pad to the point of flexion desired.
6. Return slowly to starting position. The angle of the support pad should be supporting the thoracolumbar transition to allow for slight extension of the upper torso, thereby providing a prestretch of the abdominal at the onset and completion of the exercise. Progressive resistance is afforded by tipping the body support pad into progressive inversion, thereby increasing the distribution of the body weight superiorly.



WILLIAMS FLEXION
STEPS 1-3



WILLIAMS FLEXION
STEPS 4



WILLIAMS FLEXION
STEPS 5-6

NOTES

WARRANTY AND CUSTOMER SERVICE INFORMATION

ONE YEAR LIMITED WARRANTY

NordicTrack, Inc. will, for one year from date of purchase of a NordiCare BTS, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately through NordicTrack, Inc. carry their own warranty/service periods.) This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, misuse, abuse, alteration, lack of reasonable care, or normal wear on items such as those having finished or painted surfaces, or the foam hand grips.

To obtain service under this warranty, send the defective part to NordicTrack, Inc., 815 East Main Street, Belle Plaine, MN 56011 after getting authorization from our Customer Service Department. Include proof of purchase and a brief statement describing the defect. **All shipping costs to return the NordiCare BTS and Accessories for repair are the responsibility of the purchaser; C.O.D. shipments will not be accepted.**

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year from the date of purchase. The liability of NordicTrack, Inc. under any such implied warranty and under this limited warranty shall be limited to the repair for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

CUSTOMER SERVICE

1-800-654-2271

If you have any questions about the use or operation of your NordiCare BTS, please call our Customer Service department. Representatives are available to assist you.

Monday — Friday 7:00 a.m. to 8:00 p.m. CST

Saturday 8:00 a.m. to 4:30 p.m. CST



THE COMPLETE AND
AFFORDABLE FAMILY OF
NORDICTRACK PRODUCTS
MADE ESPECIALLY FOR USE IN
REHABILITATION FACILITIES.

NordicTrack⁽⁴⁾
A CML Company

141 JONATHAN BOULEVARD NORTH
CHASKA, MINNESOTA 55318
CUSTOMER SERVICE 1-800-654-2271