

Pacer Gait Trainer

K502, K503 & K504 Product Manual



CE




 rifton®

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Key for EU users

Use this key to determine which sections of this Product Manual apply to you.

-  **Technical Users** For professionals who order and set up Rifton products.
-  **Home Users** For caregivers who use Rifton products on a regular basis.
-  **Maintenance Personnel** For anyone who is responsible for service or reordering of Rifton products and parts.

WARNINGS

- Thoroughly read and understand the information in this guide before attempting to use this product. If the procedures and instructions in this guide are not followed, serious injury could occur.
- A qualified professional must assess the appropriateness and safety of all equipment for each user.
- Correct use of this product requires the prior approval and ongoing guidance of a qualified therapist or physician.
- This product is intended for use by children of immature judgment. Adult supervision is required at all times.
- Do not use this product on rough and uneven terrain, around swimming pools, or near stairways.
- All mobility equipment may become unstable when used improperly.
- Straps and supports are provided for the safety of the user and must be carefully adjusted for comfort and security. The use of straps and supports must be supervised at all times.
- Restraints – Using straps, trays or supports to restrict a child's movement is considered behavioral restraint, which may raise ethical and legal issues for your facility. Rifton Equipment is not intended for this use.

IMPORTANT

- Please save this Product Manual. Additional copies are available at www.rifton.com
- Please refer to the Rifton product catalog for our full warranty, or visit www.rifton.com

WARNINGS

The Pacer Gait Trainer is designed to fit through standard doorways. This restriction on the dimensions of the Pacer can affect stability under certain conditions.

The following factors (or combination of factors) may decrease stability.

- Exceeded height and weight recommendations.
- Inappropriate prompt placement, especially in extreme forward or reverse positions.
- Inadequate prompting, e.g., allowing feet of user to go under or over bottom frame.
- Strong involuntary movements or seizures.
- Excessive speed of movement.
- Sudden stops from hitting a curb, crack, or debris.
- Pushing against brakes/directional locks on casters.
- Uneven ground.
- Ramps/slopes/hills.

To insure the safety of the client, a qualified professional must determine appropriateness of equipment and prompts for each individual user.

Check your order

The Pacer frame and accessories you specified in your order are shipped together in a single carton. Use the diagrams in this guide to make sure your order is complete.

If your shipment is incomplete or in any way damaged on arrival, please call Customer Service, 800.571.8198.

Recommended use

The Pacer Gait Trainer is designed to help a user learn to walk. For a user lacking active use of his or her trunk and leg muscles, the Pacer provides necessary support during gait training and requires little or no weight-bearing.

The medium Pacer is recommended for users with elbow height between 24" and 34" (61–86 cm). The maximum working load for the medium Pacer is 150 lbs (68 kgs).

The large Pacer is recommended for users with elbow height between 31" and 46" (79–117 cm). The maximum working load for the large Pacer is 200 lbs (91 kgs).

The PacerXL is recommended for users with elbow height between 35" and 50" (89–127 cm). The maximum working load for the PacerXL is 275 lbs (125 kgs).

User and item dimensions

User Dimensions - inches (cm)	K502 Medium	K503 Large	K504 XL
Elbow height	24-34 (61-86)	31-46 (79-117)	35-50 (89-127)



Key User Dimension: Elbow Height

Measure the vertical distance from the bent elbow to the floor while the user is standing upright. Choose the Gait Trainer that allows for growth.

Important: Make sure that the Chest Prompt width is adequate, allowing for growth. User's weight must not exceed the maximum working load.

Small and medium prompts are recommended for most users of the medium Pacer.

Item Dimensions - inches (cm)	Medium	Large	XL
Arm prompt height	24-34 (61-86)	31-46 (79-117)	35-50 (89-127)
Overall width	26 (66)	27½ (70)	32 (81)
Overall length	32 (81)	38 (97)	45 (114)
Chest Prompt height (top edge)	28-38 (71-97)	35-50 (89-127)	38½-53½ (98-136)
Frame height	21-26 (53-66)	28-38 (71-97)	31½-41½ (80-105)
Folded	32 x 26 x 17 (81 x 66 x 43)	38 x 27½ x 17½ (97 x 70 x 44)	45 x 32 x 17½ (114 x 81 x 44)
Frame weight - lbs (kg)	15 (7)	27½ (13)	45 (20)
Max. working load - lbs (kg)	150 (68)	200 (91)	275 (125)
Chest Prompt circumference - inches (kg)	22-40 (56-102)	28-50 (71-127)	28-50 (71-127)

Basic item

Frame

Installation

Lift top of frame into upright position as shown in Figure 1. Both latches should automatically click into notches in the bottom frame (see Figures 1-3).

WARNING

Fully engage both latches to prevent unintended collapse.

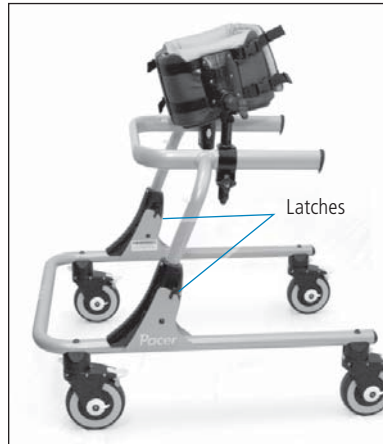


Figure 1



Figure 2

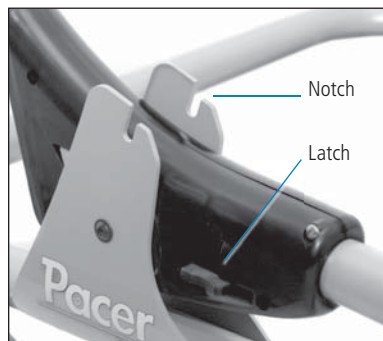


Figure 3

Adjustments

To adjust the height of the frame, see Figure 4.

1. Pull triggers upward while holding top bar.
2. Slide top bar to desired position.
3. Release triggers.
4. Push or pull on top bar until triggers click securely and firmly into position.

NOTE: Make sure both sides of frame engage, are level, and are adjusted to equal height

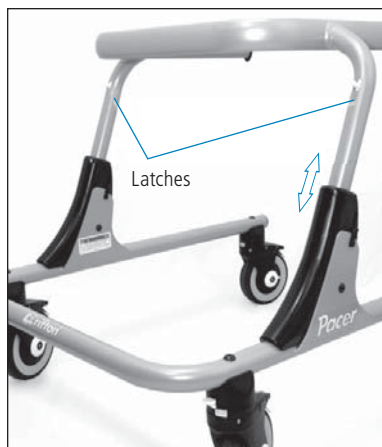


Figure 4

To collapse the Pacer for easy storage or transport, see Figure 5.

1. Set vertical adjustment of frame and all prompts to lowest position.
2. Stand behind the Pacer and lift latches all the way up while pulling the top frame back.
3. The top frame will pivot all the way to floor level.

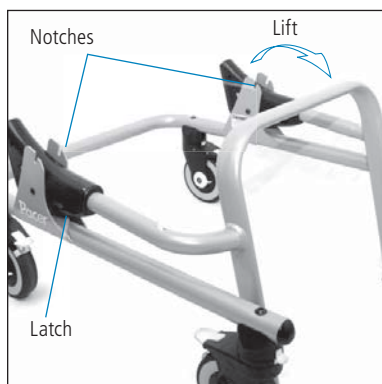


Figure 5

Casters

Adjustments

A. Swivel lock prevents the caster from swiveling. To engage the swivel lock:

1. Line up lever (A) with one of the two notches in the caster housing and depress lever into notch.
2. Locking all four casters will keep the user traveling in a straight line.
3. Locking only the two rear casters will prevent the user from slipping sideways while walking.

B. Wheel brake stops wheel rotations completely. To engage wheel brake:

4. Press bottom part of brake pedal all the way down.
5. Release brake by depressing upper part of brake pedal.

C. Wheel drag provides resistance for strong users who may move too fast or too suddenly. To engage wheel drag:

6. Rotate dial (C) from the rabbit (fast) to the turtle (slow) for desired resistance.
7. To disengage wheel drag, rotate dial back to the rabbit.

D. Directional lock allows the caster wheel to turn in one direction only, helpful for users who may involuntarily roll backward while trying to walk. To engage the directional lock:

8. Push lever downward until it snaps into place.
9. When the directional lock is engaged, the wheel will make a clicking noise while moving forward and lock when rolled backward.

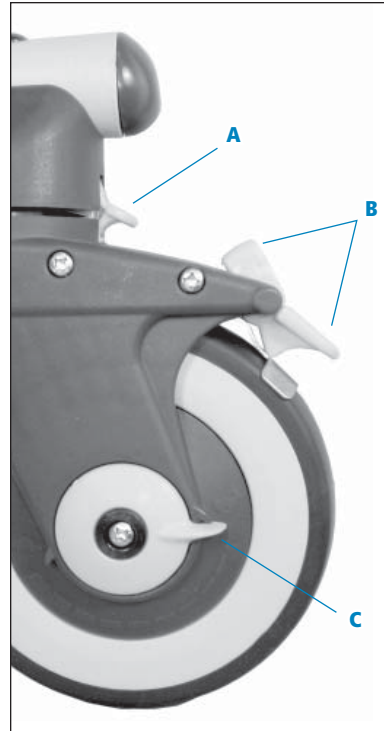


Figure 6

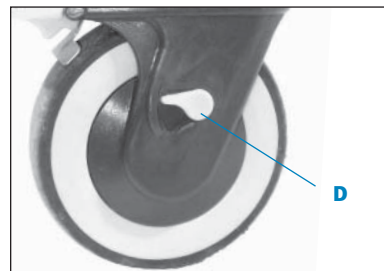


Figure 7

Accessories

Clamps

Attaching

Most accessories are attached to the frame by means of clamps and posts. Figures 8–9 show how to attach the clamps to the top bar of the Pacer.

1. Open clamp

- Loosen knob and swing it down
- Swing band up

2. Place clamp around oval bar

- Swing knob up
- Tighten thoroughly

Placement of accessories on the frame will vary according to the positioning and abilities of the user and the number of accessories used.

Note: For slimmer users, the clamps for any accessory can be attached on the inside of the top bar as shown in Figure 11. This positions prompts closer to the user. See Figures 8, 9, and 15 to reposition clamps and posts.

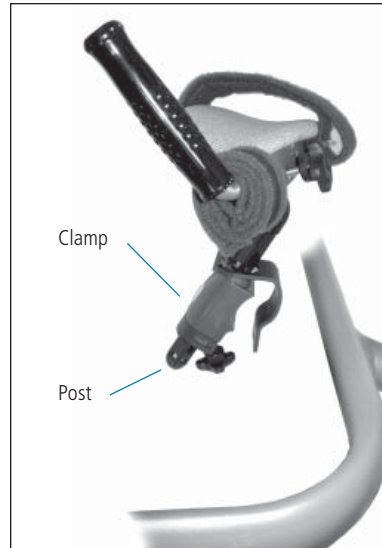


Figure 8

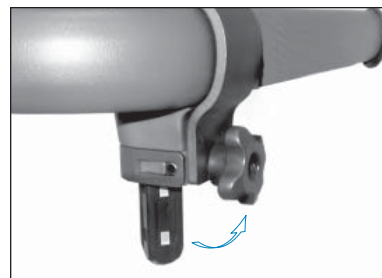


Figure 9

Arm prompts

Attaching

It is recommended that arm prompts are attached forward of the main frame uprights as shown in Figures 10–11. This creates stable positioning and leaves plenty of room for other accessories. Refer to the warnings below for important safety information.

The arm prompt clamps are usually attached on the outside of the top bar, as in Figure 10.

WARNINGS

- If Arm prompts are used too near the front end of the top bar, the Pacer may tip over!



- If Arm prompts are too near the end of the top bar, the Pacer may tip over!

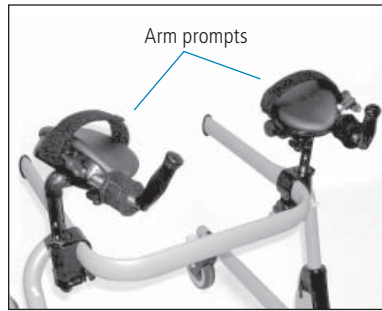


Figure 10. The Arm prompts are attached forward of the uprights, with the clamps on the OUTSIDE of the frame.



Figure 11. The Arm prompts are attached forward of the uprights, with the clamps on the INSIDE of the frame.

Adjustments

Loosen knob (A) to

- Slide arm pad toward or away from the user.
- Rotate up or down (see Figure 14).
- Rotate in or out (see Figure 14).
- Move the arm pad backward or forward.

Press button (B) to adjust the height of the arm prompt

- Press button (B) and slide post to desired position.
- Release button (B) and push arm prompt to engage post (click it into place).

Loosen knob (C) to adjust the handhold

- Slide handhold forward or back for different forearm lengths.
- Rotate the handhold from side to side.

Arm strap (D) and wrist strap (E) secure user's arm in the arm prompt

- Using the wrist strap prevents the user's arm from inadvertently coming out of the arm prompts.

Loosen knob (F) to reposition the entire arm prompt

- Slide arm prompt backward or forward on the frame.
- Or completely remove the arm prompt from the Pacer as described in Figures 8 & 9.

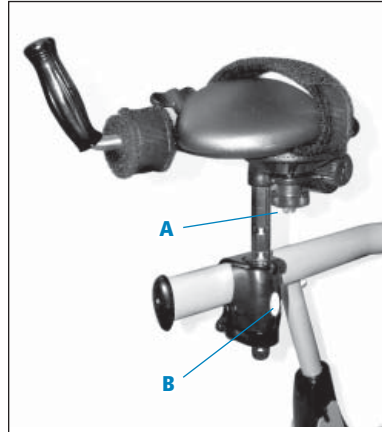


Figure 12

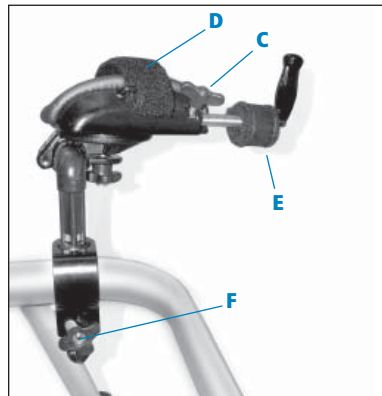


Figure 13

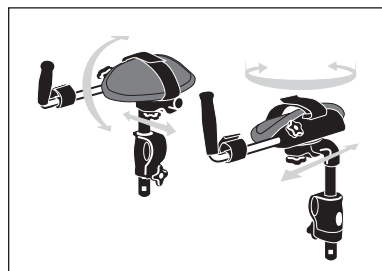
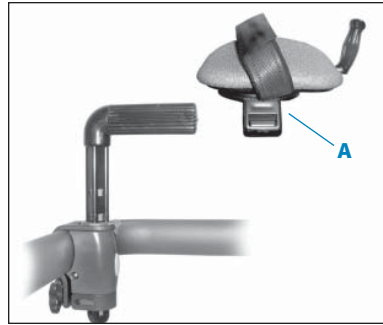


Figure 14

Arm prompt posts can be removed and repositioned to adjust the distance between arm prompts.

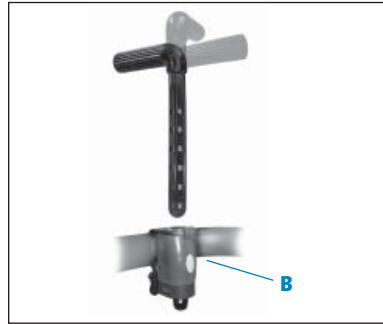
- Step 1: loosen knob (A) and remove arm prompt pad.
- Step 2: press button (B), lift post out of clamp, and turn to desired position.
- Step 3: insert post back into clamp, slide arm prompt pad back onto post, and use button (B) to adjust the height of the arm prompt.



Step 1

Arm prompt clamps can be removed and repositioned to further adjust the distance between arm prompts.

- Steps 1 and 2 show the clamp on the inside of the top bar.
- Step 3 shows the clamp on the outside of the top bar, which increases the distance between prompts.
- See Figures 8 and 9 for instructions on how to remove and reattach the clamps.



Step 2



Step 3

Chest prompt

Attaching

Attach the chest prompt directly behind the main frame uprights as shown in Figure 16. The front of the chest prompt has a containment loop to keep the pads together. Rear opens for easy entry (see Figure 15).

Adjustments

To adjust the width of the chest prompt

- Place clamps on the inside or the outside of the top bar (Figures 7 & 8).
- Use knob (A) to slide sides of chest prompt in or out.

To rotate chest prompt

- Loosen knobs (A) completely.
- Tilt prompt to desired position.
- Retighten knobs.

To adjust the height of the chest prompt

- Press buttons (B) and slide posts to desired position.
- Release buttons (B) and push chest prompt to engage post (click it into place).

To reposition the entire chest prompt on the frame

- Loosen knobs (C).
- Slide chest prompt backward or forward on the frame, and retighten knobs (C).
- Or completely remove the chest prompt from the Pacer (Figures 8 & 9).

WARNINGS

- Placing the chest prompt too far back will increase the risk of tipping.
- Adjustment knobs must be secure when chest prompt is in use.



Figure 15



Figure 16

The four straps (D) can be adjusted independently to tighten or loosen the chest prompt or to adjust the forward-leaning angle of the user. Refer to Figures 33 and 34 in Operation. The chest prompt pads open front and back so users can easily be placed in either the anterior- or posterior-facing position.

Hip positioner

Attaching

The hip positioner is designed to encourage forward leaning. Attach this accessory with its two clamps and handholds at the back of the top bar as shown in Figure 17. Refer to the warning on the right for important safety information.

To attach the front of the hip positioner

- Use buckles (C) to attach the hip positioner at desired location.

To attach the rear of the hip positioner, clip rings to handholds as in Figure 17

- Handholds and clamps can be removed and the rear buckles attached directly to the frame (see Figure 36).
- End caps on the top bar prevent the rear buckles from sliding off the frame.

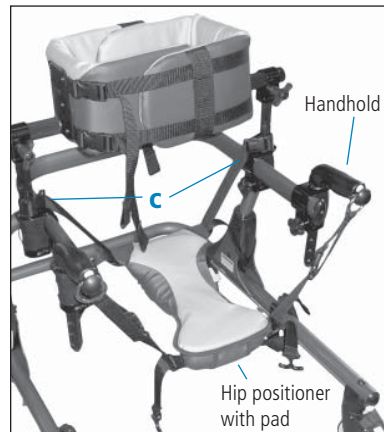


Figure 17

WARNING

If prompts are used too near the ends of the top bar, the Pacer may tip over!



Adjustment

See Figures 17 and 18

To adjust rear height of hip positioner

- Press buttons (B) and slide handholds to desired height.
- Release buttons (B) and push down on handholds to engage them (click them into place).

To adjust position of handholds on frame

- Loosen knob (A).
- Slide handholds and clamps backward or forward on the frame.
- Or completely remove the handholds and clamps from the Pacer (see Figures 8 and 9).

To raise and lower the hip positioner use strap adjusters (D) at the front or back.

Users are usually more comfortable with the rear of the hip positioner substantially lower than the front, as shown in Figures 17 and 18. To achieve this, shorten front straps (E) and attach them as high as possible (C).

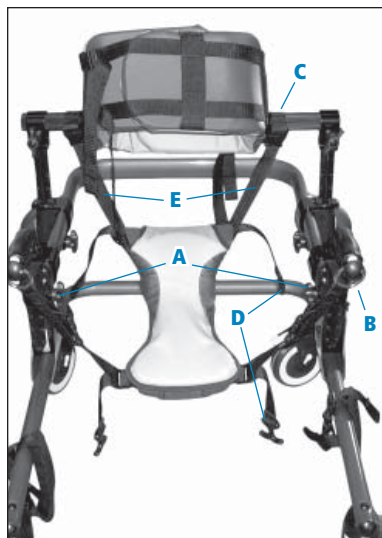


Figure 18

Hip positioner pad

Assembly

1. Push the rear straps of the hip positioner through the holes at the back of the pad and pull into place.

2. Snap front and side flaps together around the hip positioner.

Make sure both snaps are securely fastened.

3. Attach the hip positioner on your Pacer (see Figure 17).

The front of the hip positioner should be about four inches higher than the back.

Try to keep the hip positioner at this angle when in use.

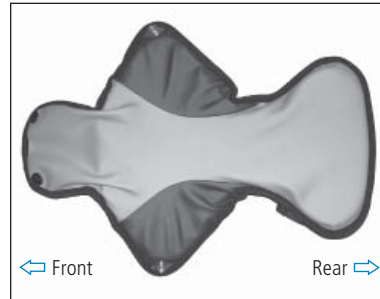


Figure 19. Top of hip pad

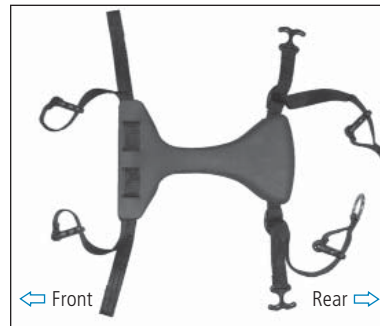


Figure 20. Hip positioner

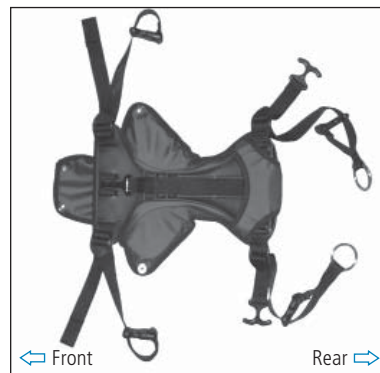


Figure 21. Underside of hip positioner with pad

Thigh prompts

Attaching

Thigh prompts work best if attached behind the chest prompt on top bar as shown in Figure 22. Thigh prompt clamps differ slightly from the clamps of other accessories, but they attach to the top bar in the same manner.

Adjustment

See Figure 23

1. To swing the thigh pad toward or away from the user

- Loosen knob (A).
- Adjust thigh pads (B) and retighten.

2. To move the thigh pads up or down or to rotate the thigh pad to a comfortable position against the user's leg

- Loosen knob (C).
- Adjust thigh pad, and retighten.

3. To reposition thigh prompts on frame

- Loosen knobs (D).
- Slide clamp backward or forward on the frame.
- Or completely remove the thigh prompts from the Pacer as described in Figures 8 and 9.

4. To secure and adjust strap around the thigh of the user, use buckle adjuster (E).

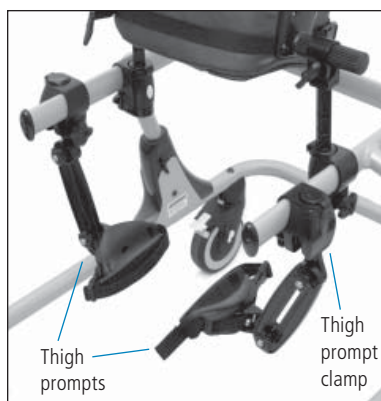


Figure 22

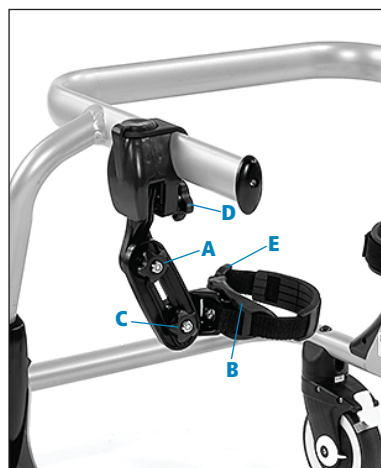


Figure 23

Ankle prompts

Attaching 🧑 🏠 🛠️

Attach ankle prompts as shown in Figures 24, 25 and 26.

- Insert end of rod opposite latch into rear caster slot.
- Pull back white latch, and release into front caster slot.

Adjustment 🧑 🏠

See Figure 27

- 1. To secure** and loosen or tighten strap around the ankle of the user use buckle adjuster (B).
- 2. To limit or guide** the stride of the user
 - Squeeze and slide spring adjusters (C) along rods.



Figure 24

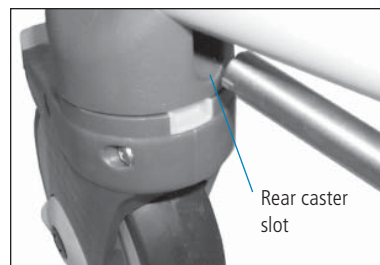


Figure 25

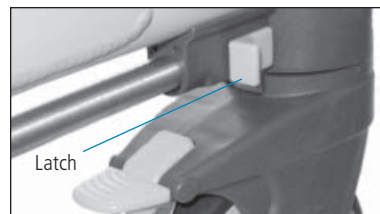


Figure 26 Showing latch inserted into front caster slot

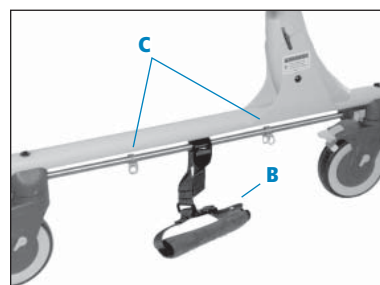


Figure 27

Tray

Attaching

1. For maximum stability, center the tray on the front of the top bar as in Figure 28.
2. The tray's maximum capacity is 10 lbs. (4.5 kg).

Adjustment

See Figures 28 and 29

To adjust angle of tray

- Loosen knob (C).
- Change the tilt angle of the tray.
- Rotate the tray from side to side. When desired angle and position of tray is achieved, tighten knob (C).

To adjust the height of the tray

- Press button (B).
- Slide post to desired height.
- Release button (B), and make sure it engages with a click.

To reposition entire tray on Pacer frame

- Loosen knob (A)
- Slide clamp and tray along the top bar, retighten knob (A).
- Or completely remove the tray from the Pacer as described in Figures 8 and 9.

To remove insert (D) see Figure 29

- Press fingers upward through holes in tray (G).
- Reinstall insert (D) by placing tabs (E) in slots (F) and pressing down on front edge of insert until it snaps in place.

WARNING

Use of Tray increases the likelihood of tipping. Direct adult supervision required.



Figure 28

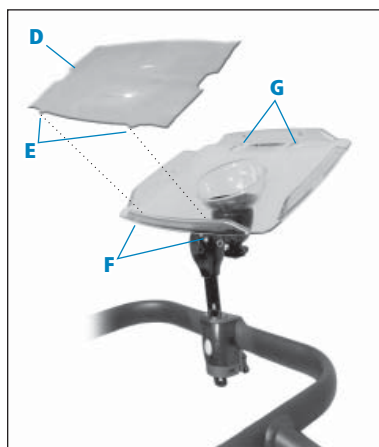


Figure 29

Attendant guide bar

Attaching

1. For maximum stability attach the guide bar centered on the front of the top bar as in Figure 30.
2. Guide bar is attached by tightening knob (A) to clamp it on the middle of the top front bar.

Adjustment

See Figures 30, 31 and 32.

1. **Rotate guide bar** until it is behind the child for pushing or in front of child for pulling by caregiver.
2. **Tighten knob (A)** to make guide bar stay at the height you need it even when you let go of the handle.

Note: This product is recommended for use with K502 medium Pacer Gait Trainers.

WARNING

Adult supervision required at all times. Always remove guide bar when not in use.



Figure 30



Figure 31



Figure 32



Example of the guide bar in use guiding a child as she walks.

Operation

Once the accessories are installed and adjusted approximately, the user can be placed in the Pacer in either an anterior- or posterior-facing position.

Anterior positioning

Forward facing (see Figure 33)

- 1. Apply the caster brakes** to immobilize the Pacer.
- 2. Approximate** the adjustments of the chest prompt, arm prompts, hip positioner, and frame height (top bar of frame).
- 3. Unfasten** the following:
 - Both hip positioner rings at rear of Pacer
 - Buckles at the rear of the chest prompt
 - Straps of arm prompts, thigh prompts, and ankle prompts
- 4. Place the user in the Pacer**
 - Fasten the buckles at the rear of the chest prompt.
- 5. Pull the hip positioner** between the legs:
 - Connect the rings to the handholds.
 - Or fasten buckles if preferred.
- 6. Secure forearms** with arm prompt straps.
- 7. Fasten straps**
 - Secure the thigh prompt straps around the user's legs.
 - Secure the ankle straps of the ankle prompts around the user's ankle.
- 8. Release the caster breaks** (see Figure 6).

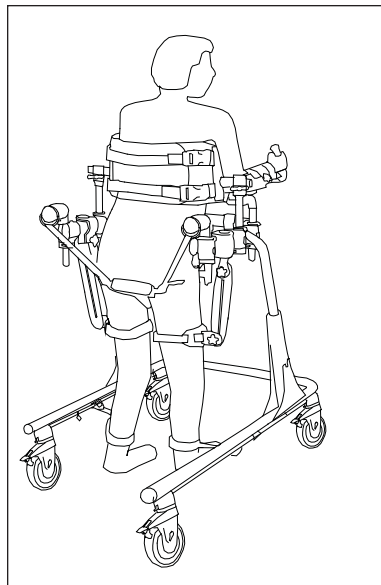


Figure 33

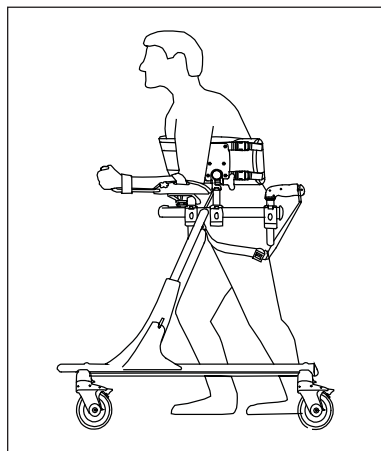


Figure 34 shows normal positioning. Note that the chest prompt has no tilt and the slightly forward-leaning angle of the user is achieved by locating the hip positioner behind the shoulders.

1. To adjust the user's forward-leaning angle

- Use the chest prompt tilt adjustment (see Figures 33, 34 and 35).
- Position the top of the chest prompt away from the armpits to avoid pressure and discomfort.

2. Adjust hip positioner

- Adjust the height of handhold posts.
- Use straps to adjust hip positioner angle and to position user's pelvis for desired forward-leaning angle in relation to the chest prompt (see Figures 30 and 31).

3. Adjust arm prompts

- To adjust the width, height and angles of the arm prompts see Figures 10, 11, 12, 13, and 14.

4. Adjust thigh prompts

- Adjust the height, angle, and strap length to guide the stride of the user (see Figure 22 and 23).
- The thigh prompt is important for positioning the user's thighs closer together or further apart. It also prevents the user's body from twisting in the Pacer.

5. Adjust ankle prompts

- Adjust straps and spring adjusters to guide the stride of the user (see Figure 27).

6. Adjust the tray position and angle (see Figure 28).

7. Release the caster brakes (see Figure 6).

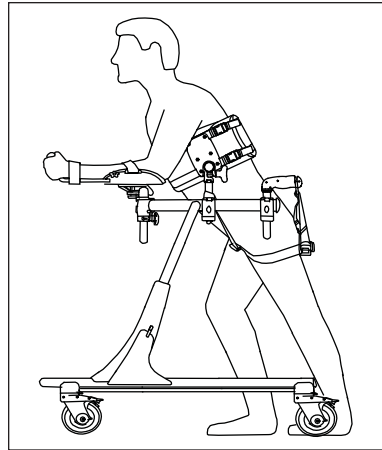


Figure 35 shows how a more extreme forward-leaning angle is achieved. Note the chest prompt tilt and the location of the hip positioner behind the shoulders. The front hip positioner straps are attached to the chest prompt posts. (It is recommended that the front of the hip positioner be adjusted slightly higher than the back for maximum comfort.) The arm prompt clamps are attached to the very front of the top bar.

Note: Prompts can be positioned at the front and rear of the top bar, provided the user's center of gravity remains roughly centered between the front and rear casters. Prompts used alone at extreme positions on the top bar can shift the user's center of gravity too far forward or backward, causing the Pacer to tip over. The warnings on pages 10 and 14 show two such dangerous prompt configurations.

Posterior positioning

Rear facing (see Figure 36)

Users can be positioned in the Pacer facing the rear (open end) of the frame. This is called posterior positioning. It allows advanced users to move freely without obstructions below or in front of them.

Users for whom the posterior-facing position is appropriate generally require less support and fewer accessories (see Figure 36).

- Arm prompts should be attached as close to main frame uprights as possible (see figure 36). Refer to the warnings on page 5 for important safety information.
- Chest prompt (if used) opens from both the front and back for easy transfers in either anterior- or posterior-facing positioning.

- 1. Apply the caster** brakes to immobilize the Pacer.
- 2. Remove accessories.** Unfasten the clamps around the top bar as described in Figures 8 & 9.
- 3. Turn accessories** to face open end of Pacer frame and reattach to the top bar. (Figure 37 shows the arm prompts attached for posterior positioning).
- 4. Reset swivel locks** in opposite direction if needed (see Figure 6).
- 5. Follow the directions** for anterior positioning (see pages 23 & 24).
- 6. Release caster brakes** (see Figure 6).



For more details on prompt function and recommended uses, go to www.rifton.com

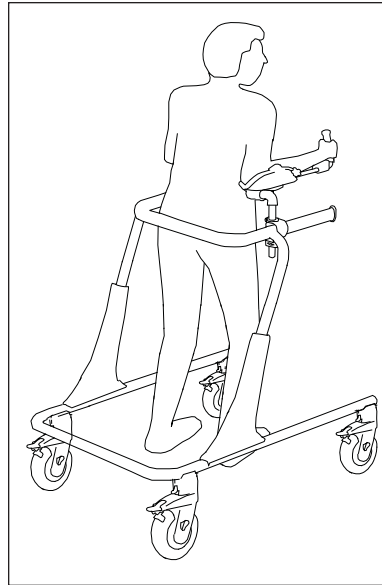


Figure 36



Figure 37

Maintenance 🧑🏻

Inspect straps and padding twice a year for damage, and replace if necessary.

Periodically inspect for cracks, breaks, loose parts, missing parts, and/or malfunctions. Remove the product from service when any condition develops that might make operation unsafe.

Cleaning 🧑🏻 🏠 🧑🏻

As needed, clean the chest prompt, arm prompt pads, hip positioner, and tray with a damp rag and a mild disinfectant. Remove lint from hook and loop as needed.

Wash casters with water after outdoor use. Avoid mud and sand. Do not use petroleum-based or solvent-based lubricants on casters, but lubricate when necessary with silicone spray or graphite.

Materials 🧑

- Steel hardware items (nuts, bolts, screws, etc) are typically zinc or nickel plated, or stainless steel.
- Upholstery items (pads, support blocks, padded prompts, etc) are typically fire-retardant polyurethane foam with a fire-retardant cover made from expanded vinyl.
- Frames are typically steel or aluminum tubing, welded together, and coated with a baked-on paint finish. Some frame components may also be stainless steel.
- Tires are tubeless, filled with polyurethane foam, and do not require inflation.
- Straps are typically made of polypropylene or nylon webbing.
- Wooden components are typically birch plywood, solid maple, or laminated hardwood veneers, finished with a clear polyurethane lacquer.
- Tabletops are typically high-pressure laminate (Formica).
- Plastic components are typically injection molded from a variety of industrial resins.

All materials are latex, lead and phthalates free.

User modifications 🧑🏠🧑

We recognize that some clients may benefit from modifications made in the field. However, we cannot be responsible for customer modifications to our products without our supervision, testing, and evaluation.