

Pacer Gait Trainer

K509 and K501 Product Manual

Mini and Small Pacers

Small Pacer (K501)



Mini Pacer (K509)



CE




 rifton

Contents

Warnings and Important Information	3
Check Your Order	4
Recommended Use	5
User and Item Dimensions	5
The Prompts	
Frame	6
Casters	7
Clamps	8
Hand Loops	9
Arm Prompts	11
Chest Prompt	14
Hip Positioner	15
Hip Positioner Pad	17
Thigh Prompts	18
Ankle Prompts	19
Tray	20
Attendant Guide Bar	21
Operation	23
Maintenance & Cleaning	26
Construction & User modifications	27

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

- The Mini Pacer is NOT a baby walker for use by a normally developing child.
- 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

To order replacement parts

1. Locate the serial number of the product on the small white label.
2. Have this number available when you call **800.571.8198** for your customer service representative.

Use only replacement parts supplied by Rifton Equipment.

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 (except for the Guide Bar). Use the diagrams in this guide to make sure your order is complete.

If your shipment is incomplete, please call Customer Service.

Recommended Use

The Pacer Gait Trainer is a device designed to help a disabled child learn to walk. For a child 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 Mini Pacer is recommended for users with elbow height between 15½" and 20½" (39–52 cm). The maximum working load for the Mini Pacer is 50 lbs (23 kgs).

The Small Pacer is recommended for users with elbow height between 18½" and 27½" (47–70 cm). The maximum working load for the Small Pacer is 75 lbs (34 kgs).

User and Item Dimensions

User Dimensions - inches (cm)	Mini	Small
Elbow height	15½-20½ (39-52)	18½-27½ (47-70)



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.

Item Dimensions - inches (cm)	Mini	Small
Arm prompt height	15½-20½ (39-52)	18½-27½ (47-70)
Overall width	20½ (52)	22½ (57)
Overall length	22½ (57)	27 (69)
Chest Prompt height (top edge)	17½-22½ (44-57)	22-30½ (56-78)
Frame height	12½ (32)	15½-19½ (39-50)
Frame weight - lbs (kg)	7½ (3)	10½ (5)
Max. working load - lbs (kg)	50 (23)	75 (34)
Chest Prompt circumference - inches (cm)	14-28 (36-71)	14-28 (36-71)

The Frame

Adjustments

Small frame height adjustments:
(Figures 1 and 2)

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 1

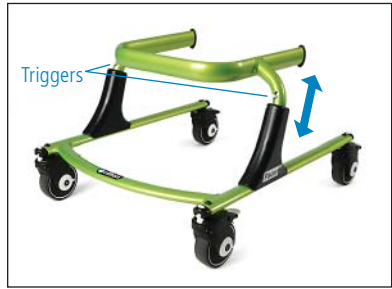


Figure 2

Mini frame height adjustments:
(Figure 3)

All height adjustments are made by raising and lowering the prompts. The frame is fixed and does not adjust.



Figure 3

The Casters

Adjustments

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

1. Straighten wheel 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.

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

1. Depress bottom part of brake pedal all the way down.
2. Release brake by depressing top part of pedal.

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

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

Directional lock (D) 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:

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

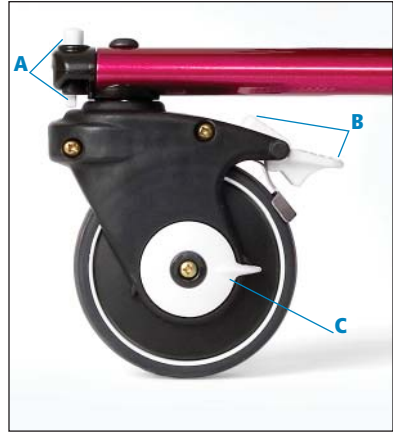


Figure 4



Figure 5

The Clamps

Installation

Most accessories are attached to the frame by means of clamps and posts. Figures 7 & 8 show how to attach the clamps to the top bar of the Pacer.

1. Open clamp.
2. Loosen knob and swing it down.
3. Swing band up.
4. Place clamp around oval bar.
5. Swing knob up.
6. Tighten thoroughly.

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



Figure 7



Figure 8

The Hand Loops

Installation

It is recommended that Hand Loops be installed forward of the main frame uprights as shown in Figures 9 and 10. This creates stable positioning and leaves plenty of room for other accessories.

Figure 9 shows the Hand Loop clamps installed on the outside of the top bar. For users with narrower bodies, the clamps for any accessory can be installed on the inside of the top bar as shown in Figure 10. This allows the prompts to be positioned closer to the user. See Figures 7, 8 and 19 to reposition clamps and Hand Loop posts.

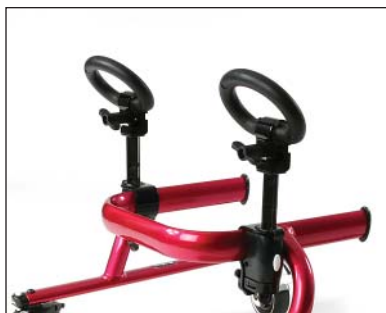


Figure 9



Figure 10

Adjustments

Loosen knob (A) to

- completely remove the Hand Loop.
- or slide the Hand Loop toward or away from the user along the mounting bar.

Press button (B) to adjust the height of the Hand Loop.

- Press button (B) and slide post up or down to desired position.
- Release button (B) and push Hand Loop to engage post (click it into place).

To tilt the Hand Loop

Loosen knob (C) and tilt the Hand Loop to desired position. Tighten knob to secure. Compare tilt angle in Figures 11 and 12.

Reposition the entire Hand Loop.

- Completely remove the Hand Loop from the Pacer as described in Figures 7 and 8. You can now mount it inside or outside the top mounting bar as shown in Figures 12 and 13.
- Press button (B) and completely remove the post, now rotate the post to the desired position, insert it back into clamp and slide to desired height.

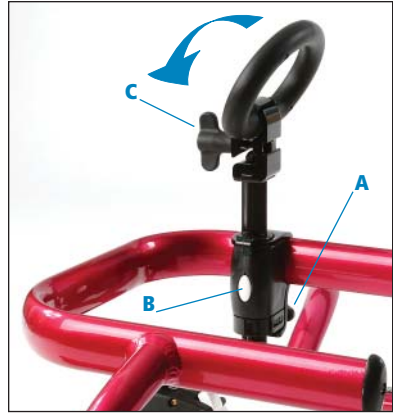


Figure 11



Figure 12 Mounted inside top bar



Figure 13 Mounted outside top bar

The Arm Prompts

Installation

It is recommended that Arm Prompts be installed forward of the main frame uprights as shown in Figures 14 and 15. This creates stable positioning and leaves plenty of room for other accessories. Refer to Figure 16 for important safety information.


Figure 14 shows the Arm Prompt clamps installed on the outside of the top bar. For users with narrower bodies, the clamps for any accessory can be installed on the inside of the top bar as shown in Figure 15. This allows the prompts to be positioned closer to the user. See Figure 5, 6 and 20 to reposition clamps and posts.



Figure 14 Mounted outside top bar



Figure 15 Mounted inside top bar

 **WARNING**

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

Figure 16

Adjustments

Loosen knob (A) to

- Slide arm pad toward or away from the user.
- Rotate up or down.
- Rotate in or out.
- Move the arm pad backward or forward.

To adjust the height of the Arm Prompt

1. Press button (B) and slide post to desired position.
2. Release button and push Arm Prompt to engage post (click it into place).

To adjust the handhold

1. Loosen knob (C).
2. Slide handhold forward or back for different forearm lengths.
3. 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.

To reposition the entire Arm Prompt:

1. Loosen knob (F).
2. Slide Arm Prompt backward or forward on the frame.

Or completely remove the Arm Prompt from the Pacer as described in Figures 7 and 8.



Figure 17



Figure 18

Arm Prompt posts can be removed and repositioned to adjust the width between Arm Prompts. See Figure 19.

Arm Prompt clamps can be removed and repositioned to further adjust the width 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 width between prompts.
- See Figures 7 and 8 for instructions on how to remove and reattach the clamps.

Take time to familiarize yourself with the four ways each arm prompt can be adjusted. See Figure 20.

1. Each can rotate around the horizontal post.
2. Each can rotate around the prompt holder (in addition to rotating the post at 90 degree angles).
3. Each can also slide back and forth on the prompt holder.
4. Each one can slide back and forth on the horizontal post.



Figure 20



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

Figure 19

The Chest Prompt

Installation

Install the Chest Prompt directly behind the main frame uprights as shown in Figure 21. The front of the Chest Prompt has a containment loop to keep the pads together. Rear opens for easy access.

 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.

Adjustments

To adjust the width of the Chest Prompt:

- Place clamps on the inside or the outside of the top bar (Figures 7 and 8).
- Use knob (C) to slide sides of Chest Prompt in or out.

To rotate Chest Prompt:

- Loosen knobs (C) completely.
- Tilt prompt to desired position.
- Re-tighten 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 (A).
- Slide Chest Prompt backward or forward on the frame, and retighten knob (A).
- Or completely remove the Chest Prompt from the Pacer (Figures 7 and 8).



Figure 21

The four straps (D) can be adjusted independently to snug or loosen the Chest Prompt or to adjust the forward leaning angle of the user. Refer to Figures 37 and 38 in *Operation*. The Chest Prompt pads open front and back so that users can be placed in the item easily in both the anterior and posterior position.

The Hip Positioner

Installation

The Hip Positioner is designed to encourage forward leaning. Install this accessory with its two clamps and Handholds at the back of the top bar as shown in Figure 22. Refer to the warning for important safety information.

To attach the front of the Hip Positioner use buckles (C).

To attach the rear of the Hip Positioner:

- Attach rings to handholds as in Figure 22.
- Handholds and clamps can be removed and the rear buckles attached directly to the frame.
- End caps on the top bar prevent the rear buckles from sliding off the frame.

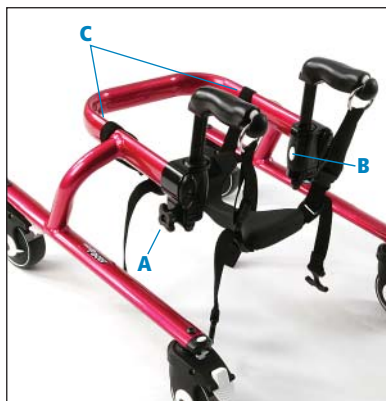


Figure 22

WARNING

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



Adjustment

See Figure 23

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 7 and 8).

To adjust the height of the rear of the 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 raise and lower the Hip Positioner use strap adjusters (D) and (E) at the front or back.

Users are usually more comfortable when the rear of the Hip Positioner is substantially lower than the front, as shown in Figures 23 and 24. To achieve this, shorten front straps (E) and attach them as high as possible.

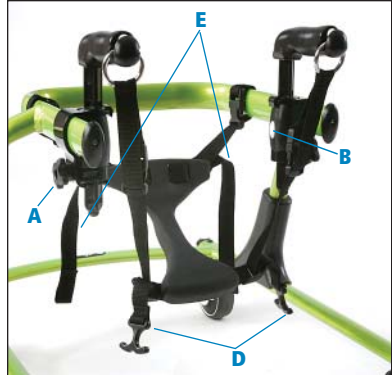


Figure 23



Figure 24

The 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. Install the hip positioner on your Pacer.

- Front of Hip Positioner raised about 4 inches (10cm) higher than the back.
- Try to keep the Hip Positioner at this angle when in use so the grey seat pad remains the main weight-bearing portion.



Figure 25 Top of Hip Pad



Figure 26 Hip Postioner



Figure 27 Underside of Hip Positioner with Pad

The Thigh Prompts

Installation

Thigh Prompts work best if installed behind the Chest Prompt on top bar as shown in Figure 28. Thigh Prompt clamps are slightly different from the clamps of other accessories, but attach to the top bar in the same manner.

Adjustment

See Figure 29

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

- Loosen knob (D).
- Adjust thigh pads (B) and re-tighten.

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 re-tighten.

3. To reposition Thigh Prompts on frame:

- Loosen knob (A).
- Slide clamp backward or forward on the frame.
- Or completely remove the Thigh-Prompts from the Pacer as described in Figures 7 and 8.

4. To secure and adjust strap

around the thigh of the user, use buckle adjuster (E).



Figure 28



Figure 29

The Ankle Prompts

Installation

Install Ankle Prompts as shown in Figures 30 and 31 .

- Insert the ankle prompt latches into the slots in the bottom of the pacer frame tubes as shown in Figure 31. The white tooth should snap securely into the tube.
- For removal press the white button to release the tooth from the slot.
- Ankle prompt rods should be positioned toward the center of the Pacer frame.



Figure 30

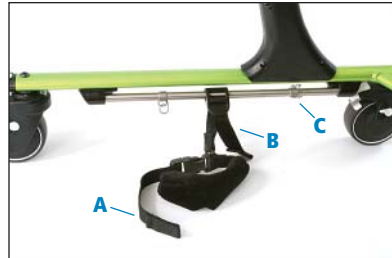


Figure 31

Adjustment

See Figure 31

- 1. To secure** and loosen or tighten straps around the ankles of the user, use buckle adjuster (A) and (B).
- 2. To limit or guide** the stride of the user, squeeze and slide spring adjusters (C) along rods.

The Tray

Installation

1. For maximum stability install the tray centered on the front of the top bar as in Figure 32.
2. The maximum weight that can be placed on the tray is 10 lbs (4.5 kg).

Adjustment

See Figures 32 and 33

To adjust angle of tray:

- Loosen knob (C).
- Change the tilt angle of the tray.
- Rotate the tray from side to side.

To adjust the height of the tray:

- Press button (B).
- Slide post to desired height.
- Release button (B).

To reposition entire tray on Pacer frame:

- Loosen knob (A).
- Slide the entire tray along the top bar.
- Or completely remove the tray from the Pacer as described in Figures 7 and 8.

To remove insert (D) (see Figure 33)

- Press fingers upward through holes in tray (G).
- Re-install 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 possibility of tipping over. Direct adult supervision required.



Figure 32

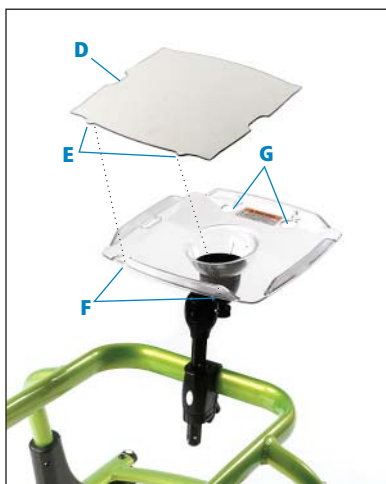


Figure 33

The Guide Bar

Installation

1. For maximum stability install the Guide Bar centered on the front of the top bar as in Figure 34 .
2. Guide Bar is attached by tightening knob **(A)** to clamp it on the middle of the top front bar.



Figure 34

Adjustment

See Figures 34, 35 and 36.

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

WARNING

Adult supervision required at all times.
Always remove Guide Bar when not in use.



Figure 35



Figure 36



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 anterior or posterior position.

Anterior Positioning

Forward Facing (see Figure 37)

- 1. Apply the caster brakes** to immobilize the Pacer.
- 2. Approximate** the adjustments of the
 - Chest Prompt
 - Arm Prompts
 - Hip Positioner
 - 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.



Figure 37



Figure 38 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.

8. To adjust the user's forward-leaning angle:

- Use the Chest Prompt tilt adjustment (see Figures 37 and 38).
- Keep the top of the Chest Prompt away from the armpits to avoid pressure and discomfort.

9. Adjust Hip Positioner

- Adjust the height of Handhold posts.
- Use straps to further adjust Hip Positioner angle, and to position user's pelvis for desired forward-leaning angle in relation to the Chest Prompt (see Figures 38 and 39).

10. Adjust Arm Prompts

- To adjust the width, height and angles of the Arm Prompts (see Figures 17, 18 and 19).

11. Adjust Thigh Prompts

- Adjust the height, angle, and strap length to guide the stride of the user (see Figure 29).
- The Thigh Prompt is important for positioning the user's thighs closer together or further apart. It is also useful in preventing the user's body from twisting in the Pacer.

12. Adjust Ankle Prompts

- Adjust straps and spring adjusters to guide the stride of the user (see Figures 30 and 31).

13. Adjust the Tray position and angle (see Figures 32 and 33).

14. Release the caster brakes



Figure 39 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 should be adjusted slightly higher than the back for maximum comfort.) The Arm Prompt clamps are attached to the very front of the top bar.

Prompts can be positioned at the extreme front and rear of the top bar, provided that 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 11 and 15 show two such dangerous prompt configurations.

Posterior Positioning

Rear Facing (see Figure 40)

Users can be positioned in the Pacer so that they are facing the open end of the frame. This is called posterior positioning, and allows advanced users to move freely, without obstructions below or in front of them.

Users positioned posteriorly generally require less support and fewer accessories (see Figure 40).

- Hand Holds or Arm Prompts should be attached as close to main frame uprights as possible. (see Figure 40) Refer to the warnings on page 3 and 4 for important safety information.
- Chest Prompt (if used) opens in both the front and back to allow for easy transfers during posterior positioning.

1. Apply the caster brakes to immobilize the Pacer.

2. Remove accessories. Unfasten the clamps around the top bar as described in Figures 7 and 8.

3. Turn accessories to face open end of Pacer frame and re-attach to the top bar. (Figure 40 shows the Hand Holds attached for posterior positioning.)

4. Reset swivel locks in opposite direction if needed (see Figure 5).

5. Follow the directions for anterior positioning (see pages 23 and 24).



Figure 40



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

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 velcro 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.

Construction

The frame is constructed of high-strength aluminum tubing with a durable baked-on finish.

The sliding components are steel or high-strength aluminum molded within an extremely tough polymer.

The safety straps and supports are made of nylon and polypropylene, and the locking buckles are made of an extremely tough polymer.

Upholstery is urethane foam covered by attractive expanded vinyl.

The four casters swivel on precision ball bearings and each has built-in locking levers.

User modifications

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