

Pacer Gait Trainer

K502, K503 & K504 Product Manual



Contents

Important information	3
Safety messages	4-5
Recommended use	6
User and item dimensions	6
Check your order	7
Basic components	
Frame	8
Casters	10
Accessories	
Clamps	11
Hand loops	12-13
Arm prompts	14-16
Chest prompt	17
Hip positioner	18-19
Hip positioner pad	20
Pelvic support	21-22
Thigh prompts	23
Ankle prompts	24
Tray	25
Attendant guide bar	26
Operation	27-29
Maintenance, cleaning, and warranty	30
Materials and user modifications	31

IMPORTANT

Please save this product manual for future reference. Additional copies are available at www.rifton.com

Key for 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 care-givers who use Rifton products on a regular basis.



Maintenance Personnel For anyone who is responsible for service or re-ordering of Rifton products and parts.

WARNING



- Thoroughly read and understand the information in this product manual before attempting to use this product. If the procedures and instructions in this product manual are not followed, serious injury or death could occur.
- A qualified professional must assess the appropriateness and safety of all equipment for each user.
- This product is intended for use by clients of unreliable judgment. Adult supervision is required at all times.
- To prevent falls and injuries:
 - Do not use this product on rough and uneven terrain, around swimming pools, or near stairways.
 - Ensure the appropriate use of straps and supports at all times. Straps and supports are provided for the safety of the user and must be carefully adjusted for comfort and security.
 - Tighten all adjustment knobs before use and immediately after making any adjustments.
 - Position accessories so that the client's weight is centered between the casters.
- Do not use this product for clients outside the height and weight limits specified in this manual.
- To prevent structural failure, which may result in serious injury or death:
 - Inspect this product and accessories regularly for loose or missing screws, metal fatigue, cracks, broken welds, missing attachments, general instability or other signs of excessive wear.
 - Immediately remove this product from use when any condition develops that might make operation unsafe.
 - Do not use Rifton components or products for any purpose other than their intended use.
- Adequately supervise use of the Pacer to prevent:
 - Excessive movement and speed
 - Sudden stops from hitting a curb, cracks, or debris

WARNING



- Use adequate accessories to ensure that user's feet remain within boundaries of the Pacer frame.
- Use special care and supervision when using the Pacer under conditions which might affect stability, including:
 - Uneven ground
 - Ramps, slopes, or hills
 - Clients who experience strong involuntary movements or seizures

Recommended use

The Pacer gait trainer is a Class 1 medical device. It 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 the necessary support during gait training and requires little or no weight-bearing.

The medium Pacer is recommended for users with elbow height of 24"– 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 of 31"– 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 of 35"– 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)

Check your order

The Pacer frame and accessories that you specified in your order are shipped together in a single carton (except for the guide bar). Use the diagrams in this manual 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.

Basic components

Frame

Installation

⚠ WARNING To prevent unintended collapse, fully engage both latches.

Lift top of frame into upright position. Both latches should automatically click into notches in the bottom frame (see Figures 8a, b and c).



Figure 8a



Figure 8b



Figure 8c

Adjustments

CAUTION Make sure both sides of frame engage, are level, and are adjusted to equal height.

To adjust the height of the frame (see Figure 9a).

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

To collapse the Pacer for easy storage or transport, (see Figure 9b).

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 down.
3. The top frame will pivot all the way to floor level.



Figure 9a

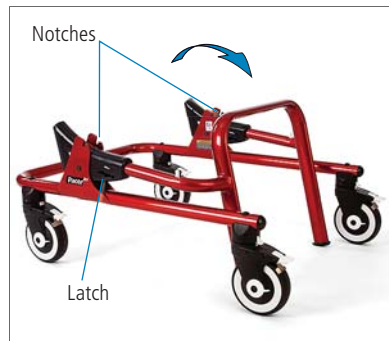


Figure 9b

Casters

Adjustments

A. Swivel lock (A) 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 press 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 veering sideways while walking.

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

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

C. Caster drag (C) provides resistance for strong users who may move too fast or too suddenly. To engage caster 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 (D) allows the caster 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 down until it snaps into place.
9. When the directional lock is engaged, the caster will make a clicking noise while moving forward and lock when pushed backward.

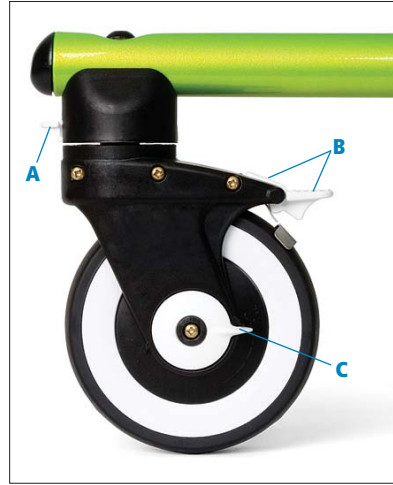


Figure 10a



Figure 10b

Accessories

Clamps

Attaching

Most accessories are attached to the frame by means of clamps and posts. Figures 11a and 11b show how to attach a clamp to the top bar of the Pacer.

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

For slimmer users, the clamps for any accessory can be attached on the inside of the top bar (see Figure 13b). This positions accessories closer to the user. To reposition clamps and posts (see Page 16).



Figure 11a



Figure 11b

Hand loops

Attaching

It is recommended that hand loops are attached forward of the main frame uprights (see Figures 12a and 12b). This creates stable positioning and leaves plenty of room for other accessories.

Hand loop clamps can be attached on the outside of the top bar (see Figure 12a). For slimmer users, the clamps for any accessory can be installed on the inside of the top bar (see Figure 12b). This way the prompts will be positioned closer to the user. To reposition clamps and hand loop posts (see Page 16).



Figure 12a



Figure 12b

Adjustments

Loosen knob (A) to:

- Completely remove the hand loop and clamp.
- Or slide the hand loop toward or away from the user along the top bar.

To adjust height of hand loop:

- Press button (B) and slide post up or down to desired position.
- Release button (B) and push hand loop to engage post.

To tilt hand loop:

Loosen knob (C) and tilt hand loop to desired position. Tighten knob to secure. Adjust tilt angle.

To reposition the entire hand loop:

- Completely remove the hand loop from the Pacer (see Figures 11a and 11b). Attach inside or outside the top bar (see Figures 13b and 13c).
- 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.

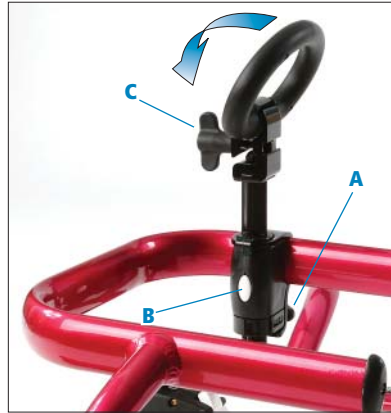


Figure 13a



Figure 13b Attached inside top bar



Figure 13c Attached outside top bar

Arm prompts

Attaching   

⚠️ WARNING To prevent tipping and resulting injury, do not position arm prompts on the front of or near the rear ends of the top bar (see Figures 14a and 14b).

It is recommended that arm prompts are attached forward of the main frame uprights (see Figures 14c and 14d). This creates stable positioning and leaves plenty of room for other accessories.

The arm prompt clamps can be attached on the outside of the top bar (see Figure 14c). For slimmer users, the clamps for any accessory can be attached on the inside of the top bar (see Figure 14d). This positions accessories closer to the user. To reposition clamps and posts (see pages 11 and 16).



Figure 14a



Figure 14b



Figure 14c Attached outside top bar



Figure 14d Attached inside top bar

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 arm prompt:

1. Press button (B) and slide post to desired position.
2. Release button and push post to engage it.

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 the user's arm in the arm prompt.

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

To reposition the entire arm prompt:

1. Loosen knob (F).
2. Slide arm prompt to desired position on the frame.

Or completely remove the arm prompt from the Pacer by pressing button (B) and pulling out the post.



Figure 15a



Figure 15b

Arm prompt posts can be removed and repositioned to adjust the width between arm prompts (see Figure 16a).

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.

(For instructions on how to remove and reattach the clamps, see page 11.)



Figure 16a

Take time to familiarize yourself with the adjustments on each arm prompt (see Figure 16b).

Arm prompts can (see Figure 16b):

1. Rotate around horizontal section of post.
2. 360° rotation around vertical post.
3. Slide in and out on horizontal section of post.
4. Clamp holding post can be moved along top bar.
5. Post has four positions at 90° each.



Figure 16b

Chest prompt

Attaching

⚠️ WARNING To prevent tipping and resulting injury, position chest prompt so that the client's center of gravity is centered between the casters.

To prevent falls and injury, tighten all adjustment knobs on chest prompt prior to use.

Attach chest prompt directly behind the main frame uprights (see Figure 17a). The front of the chest prompt has a containment loop to keep the pads together. Rear opens for easy access.

Adjustments

To adjust width of chest prompt:

- Place clamps on the inside or the outside of the top bar (see Figures 13b and 13c).
- Loosen knob (C) to slide sides of chest prompt in or out.
- Retighten knobs.

To rotate chest prompt:

- Loosen knobs (C) completely.
- Rotate prompt to desired position.
- Retighten knobs.

To adjust height of chest prompt:

- Press buttons (B) and slide posts to desired height.
- Release buttons (B) and push post to engage it.

Repositioning entire chest prompt on frame:

- Loosen knobs (A).
- Slide chest prompt backward or forward and retighten knobs (A).
- Or completely remove the chest prompt from the Pacer.



Figure 17a

Four straps (D) can be adjusted independently to tighten or loosen the chest prompt or to adjust the forward leaning angle of the user. Chest prompt opens front and back. This way the user can be positioned into the Pacer in the anterior or posterior position (see pages 27, 28 and 29).

Hip positioner

Attaching

⚠️ WARNING To prevent tipping and resulting injury, do not position prompts at the rear ends of the top bar (see Figure 18a).

The hip positioner is designed to encourage forward-leaning. Attach this accessory with its two clamps and handholds near the back of the top bar, and straps with buckles (A) in front of the frame uprights (see Figure 18b). Refer to the warning above (see Figure 18a) for important safety information.

To attach the front of the hip positioner:

- Use buckles (A), attaching them at desired location in front of main uprights (see Figure 18b).

To attach rear of hip positioner:

- Attach rings to handholds (see Figure 18b).



Figure 18a



Figure 18b

Adjustment

To adjust position of handholds on frame:

- Loosen knob (A).
- Slide handholds and clamps to desired position on frame.

To adjust rear height of hip positioner:

- Press button (B) and raise handholds to desired height.
- Release button (B) and push down handholds to engage them.

To raise and lower hip positioner use strap adjusters (C) at back and (D) at front (see Figures 19a and 19b).

Users are usually more comfortable with the rear of the hip positioner substantially lower than the front (see Figures 19a and 19b). To achieve this, shorten front straps (D) and attach them as high as possible.

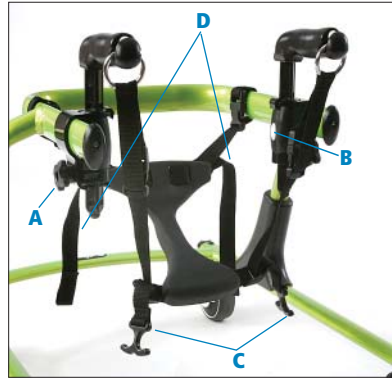


Figure 19a



Figure 19b

Hip positioner pad

Assembly

1. Push the rear straps of the **hip positioner** through the crossed over straps and pull the **pad** into place (see Figure 20c).
2. Snap front and side flaps of **pad** together around the **hip positioner**. Make sure both snaps are securely fastened.
3. Attach hip positioner on Pacer.
 - Front of hip positioner raised about 4 " (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 20a Top of hip pad



Figure 20b Hip positioner



Figure 20c Underside of hip positioner with pad

Pelvic support

Attaching

⚠️ WARNING To prevent tipping and resulting injury, do not position prompts at the rear ends of the top bar (see Figure 21a).

The pelvic support provides weight-bearing assist. It is an alternate option to the hip positioner. Attach this accessory with its two clamps and handholds near the back of the top bar, and straps with buckles (C) in front of the frame uprights (see Figure 21b). Refer to the warning above for important safety information (see Figure 21a).



Figure 21a

To attach front of pelvic support

- Use buckles (C) to attach the pelvic support at the optimal location indicated for positioning. Locations for strap attachment may include any secure position along the top bar of the frame in front of main uprights, at the base of the clamps/accessories in use, or at the chest prompt cross bar.

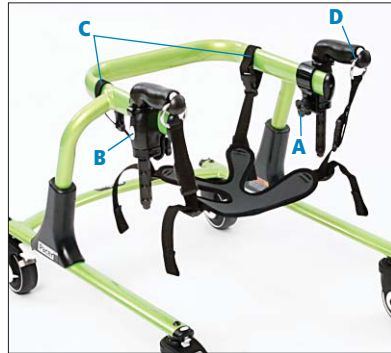


Figure 21b

To attach rear of pelvic support

- Attach rings to handholds (D) (see Figure 21b).

Adjustment

To adjust rear height of pelvic support:

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

To adjust position of handholds on frame:

- Loosen knob (A).
- Slide handholds and clamps backward or forward on the frame.

To raise and lower pelvic support:

- Use strap adjusters (C) and (D) at the back or front of pelvic support (see Figure 22b).



Figure 22a



Figure 22b

Thigh prompts

Attaching

Thigh prompts work best if attached behind the chest prompt on top bar (see Figure 23a). Thigh prompt clamps are slightly different from the clamps of other accessories, but attach to the top bar in the same manner.

Adjustment

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 pads (B) and re-tighten.

3. To reposition thigh prompts on frame:

- Loosen knob (A).
- Slide clamp along the top bar of the frame.
- Or completely remove the thigh prompts from the Pacer.

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



Figure 23a



Figure 23b

Ankle prompts

Attaching

- Insert end of rod opposite latch into rear caster slot (see Figure 24b).
- Pull back white latch, and release into front caster slot (see Figure 24c).

Adjustments (see Figure 24d)

1. To secure, loosen or tighten strap around the ankle of the user, use buckle adjuster (B).
2. Strap (A) can be adjusted to help guide the stride of the user.
3. To limit or increase the stride of the user, squeeze and slide spring adjusters (C) along rods.



Figure 24a



Figure 24b



Figure 24c (latch inserted into front caster slot)

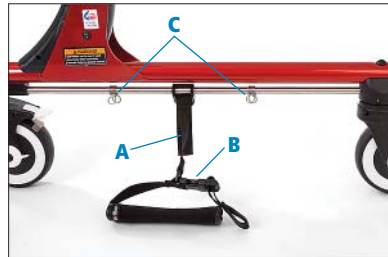


Figure 24d

Tray

⚠️ WARNING To prevent tipping and resulting injury:

- Do not use the tray as a restraint or body support.
- Directly supervise client's use of the tray.
- Do not place more than 10 pounds on tray.

Attaching

1. For maximum stability attach the tray centered at the front of the top bar (see Figure 25a).
2. The maximum weight that can be placed on the tray is 10 lbs (4.5 kg).



Figure 25a

Adjustment

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) and push tray up/down to engage post.

To reposition entire tray on Pacer frame:

- Loosen knob (A).
- Slide the clamp with tray along the top bar.
- Or completely remove the tray from the Pacer.

To remove insert (D):

- Push fingers up 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.

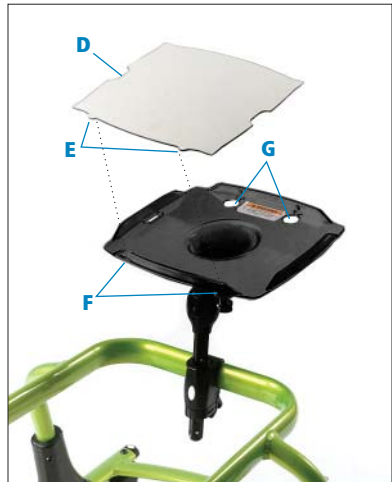


Figure 25b

Attendant guide bar

⚠️ WARNING To prevent injury, adult supervision is required at all times. Always remove guide bar when not in use.

Attaching

1. For maximum stability attach the guide bar centered at the front of the top bar (see Figure 26a).
2. Guide bar is attached by tightening knob (A) to clamp it on.



Figure 26a

Adjustments

1. Rotate guide bar until it is behind the user for pushing or in front for pulling by caregiver.
2. Tighten knob (A) to lock height adjustment.



Figure 26b

Operation

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

Anterior positioning

⚠ WARNING To prevent tipping and resulting injury:

- Position prompts so that the user's center of gravity is centered between the casters.
- Use adequate accessories to ensure that user's feet remain within boundaries of the Pacer frame.

Forward facing

1. Apply the caster brakes to immobilize the Pacer.
2. Approximate the adjustments of:
 - chest prompt
 - arm prompts
 - hip positioner or pelvic support
 - frame height (top bar of frame).
3. Unfasten:
 - Hip positioner or pelvic support 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 rear buckles of the chest prompt.
5. Pull the hip positioner or pelvic support through the legs and:
 - Connect the rings to the handholds.
 - Or fasten buckles if preferred.

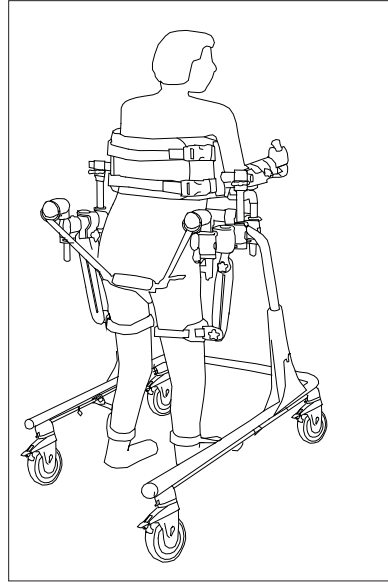


Figure 27a

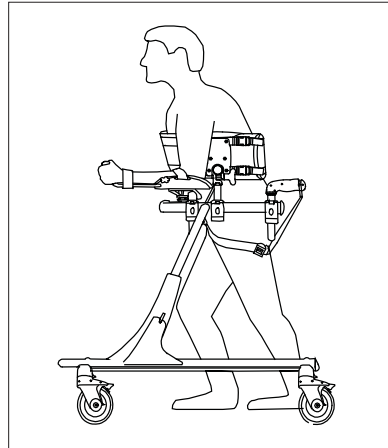


Figure 27b shows normal positioning. Note that the chest prompt has no tilt and the slightly forward-leaning angle of the user is achieved by locating the hip positioner / pelvic support behind the shoulders.

continued on next page

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6. Secure the forearms with arm prompt straps.
7. Fasten straps to:
 - Secure the thigh prompt straps around the user's legs.
 - Secure the ankle prompt straps around the user's ankle.
8. Release the caster brakes.

Forward-leaning

Figure 28a 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 is adjusted slightly higher than the back for maximum comfort.) The arm prompt clamps are attached to the front of the top bar.

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

- Use the chest prompt tilt adjustment (see Figures 27a, 27b and 28a).
- Position the top of the chest prompt away from the armpits to avoid pressure and discomfort.

2. Adjust hip positioner or pelvic support:

- Adjust height of handhold posts.
- Use straps to adjust hip positioner or pelvic support angle and to position user's pelvis in the desired forward-leaning angle in relation to the chest prompt (see Figures 27a, 27b, 28a).

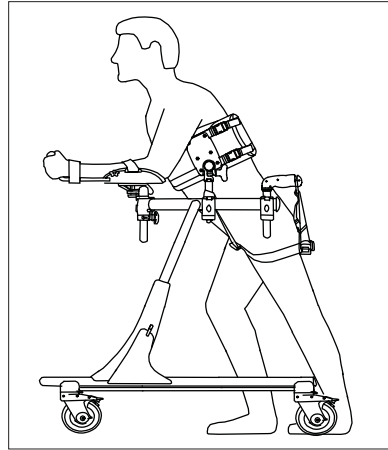


Figure 28a

3. Adjust arm prompts or hand loops:

- Adjust the width, height and angles of arm prompts (see pp 15–16) or handloops (see p 13).

4. Adjust thigh prompts:

- Adjust the height, angle, and strap length to guide the stride of the user (see Page 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 24d).

6. Adjust the tray position and angle (see Figure 25a).

7. Release the caster brakes

Posterior positioning

Rear facing

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 positioned posteriorly generally require less support and fewer accessories (see Figure 29a).

- Arm prompts or handloops should be attached as close to main frame uprights as possible (see Figure 29a). Refer to the warnings on page 4 and 5 for important safety information.
- Chest prompt (if used) opens front and back for easy transfers during posterior positioning.

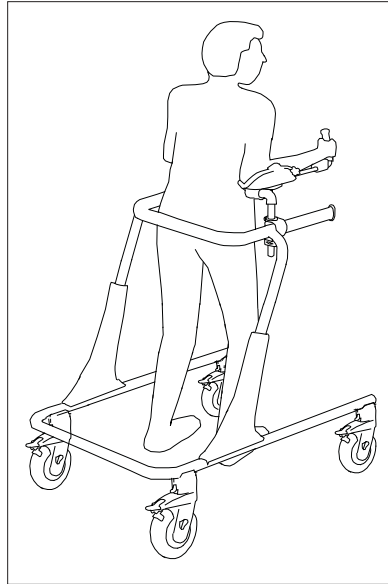


Figure 29a

1. **Apply the caster brakes** to immobilize the Pacer.
2. **Remove accessories.** Unfasten the clamps around the top bar (see Figures 11a and 11b).
3. **Turn accessories** to face open end of Pacer frame and reattach to the top bar (see Figure 29a).
4. **Reset swivel locks** in opposite direction if needed (see Figure 10a).
5. **If any other prompts are required** follow anterior positioning instructions in reverse (see Pages 27 and 28).
6. **Release caster brakes.**

For more details on accessories, function and recommended uses, go to:

www.rifton.com/pacer

Maintenance 🗝️

This product is designed and tested for an expected life of 5 years when used and maintained in accordance with this manual. At all times, users must ensure that the product remains in a safe and useable condition, including regular maintenance and inspections as specified in this product manual.

To prevent structural failure, which may result in serious injury or death:

- Inspect this product and accessories regularly for loose or missing screws, metal fatigue, cracks, broken welds, missing attachments, general instability or other signs of excessive wear.
- Immediately remove this product from use when any condition develops that might make operation unsafe.
- Do not use Rifton components or products for any purpose other than their intended use.
- Replace or repair components or products that are damaged or appear to be unstable.
- Use only Rifton authorized replacement parts. Order information for replacement parts is provided on the back of this product manual.

Do not use petroleum-based or solvent-based lubricants on casters, but lubricate when necessary with silicone spray or graphite.

Cleaning 🧑 🏠 🗝️

As needed, clean with disinfectant wipes or a solution of up to 10% bleach. Do not use excessive amounts of water.

The straps with hook and loop closures may be laundered. Engage the closures before washing. Do not iron.

Wash casters with water after outdoor use. Avoid mud and sand.

Warranty Statement 🧑 🏠 🗝️

If a Rifton product breaks or fails in service during the first year, we will replace it free of charge.

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 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.
- Straps are typically made of polypropylene or nylon webbing.
- Plastic components are typically injection molded from a variety of industrial resins.

All materials are latex, lead and phthalates free.

User modifications 🧑🏠🧰

⚠️ WARNING To prevent serious injury or death, do not modify or alter Rifton products or components, or use Rifton products or components in conjunction with products from other manufacturers. Rifton does not accept responsibility for any modifications or alterations made to our components or products after they leave our premises. Customers modifying or altering our components or products, or using them in conjunction with products from other manufacturers, do so at their own risk.

Rifton Contact Information



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Online

www.Rifton.com

To order replacement parts

1. **Locate the ID 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.

We are glad to supply replacement parts. Although Rifton makes every effort to supply correct parts and instructions for repairing or refurbishing your equipment, you are responsible to make sure that the repairs or modifications are correctly and safely completed.



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