

Pacer Gait Trainer

K509 & K501 Product Manual

K509 Mini Pacer



K501 Small Pacer



CE

 rifton®

Contents


Warnings and important information	3-4
Check your order	5
Recommended use	5
User and item dimensions	5
Basic item	
Frame	6
Casters	7
Accessories	
Clamps	8
Hand loops	9
Arm prompts	11
Chest prompt	14
Hip positioner	15
Hip positioner pad	17
Pelvic support	18
Thigh prompts	20
Ankle prompts	21
Tray	22
Attendant guide bar	23
Operation	24
Maintenance	27
Cleaning	27
Materials	27
User modifications	27


WARNINGS

- The Mini pacer is NOT a baby walker for use by a normally developing child.
- Thoroughly read and understand the information in this product manual before attempting to use this product. If the procedures and instructions in this manual 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.

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 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 accessory placement, especially in extreme forward or reverse positions.
- Inadequate use of accessories, 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 ensure the safety of the client, a qualified professional must determine appropriateness of equipment and prompts for each individual user.

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

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 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.

Recommended use

The Pacer gait trainer is 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)	K509 mini	K501 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)

Basic item

Frame

Adjustments

Small frame height adjustments:
(see Figures 6a and 6b)

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 6a



Figure 6b

Mini frame height adjustments:
(see Figure 6c)

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



Figure 6c

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 veering 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.

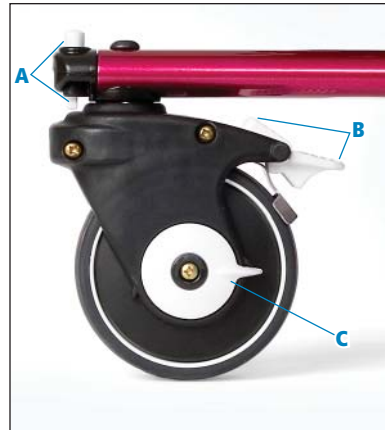


Figure 7a



Figure 7b

Accessories

Clamps

Attaching

Most accessories are attached to the frame by means of clamps and posts. Figures 8a & 8b 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 8a



Figure 8b

Hand loops

Attaching

It is recommended that hand loops are installed forward of the main frame uprights (see Figures 9a and 9b). 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 9a). For slimmer users, the clamps for any accessory can be installed on the inside of the top bar (see Figure 9b). This way the prompts will be positioned closer to the user. Reposition clamps and hand loop posts (see Figures 8a, 8b, 9a and 13b).



Figure 9



Figure 9b

Adjustments

Loosen knob (A) to

- completely remove the hand loop.
- or slide the hand loop toward or away from the user along the top bar.

Press button (B) 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. Compare tilt angle (see Figures 10a and 10c).

Reposition the entire hand loop

- Completely remove the hand loop from the Pacer (see Figures 8a and 8b). Attach inside or outside the top bar (see Figures 10b and 10c).
- 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.

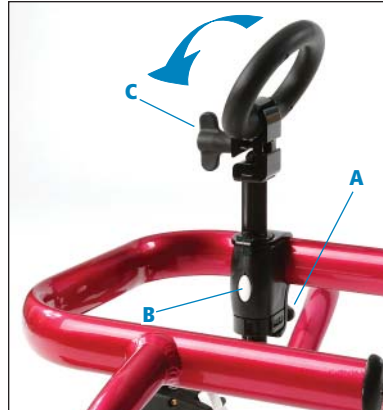


Figure 10a



Figure 10b Mounted inside top bar



Figure 10c Mounted outside top bar

Arm prompts

Attaching

It is recommended that arm prompts are attached forward of the main frame uprights (see Figures 11a and 11b). This creates stable positioning and leaves plenty of room for other accessories. For important safety information (see Figure 11c).

Arm prompt clamps can be attached on the outside of the top bar (see Figure 11a). For slimmer users, the clamps for any accessory can be attached on the inside of the top bar (see Figure 11b). This way the prompts can be positioned closer to the user. To reposition clamps and posts (see Figures 8a, 8b and 13b).



Figure 11a Attached outside top bar



Figure 11b Attached inside top bar

WARNING

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



Figure 11c

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 arm prompt to engage post.

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 (see Figures 8a and 8b).



Figure 12a



Figure 12b

Arm prompt posts can be removed and repositioned to adjust the width between arm prompts (see Figure 13b).

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 Figures 8a and 8b).

Take time to familiarize yourself with the four ways each arm prompt can be adjusted (see Figure 13a).

Arm prompts can:

1. Rotate around the horizontal post.
2. Slide in and out on horizontal post.
3. Post has four positions at 90° each.
4. Clamp holding post can be moved along top bar (see Figure 13b).



Figure 13a



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 13b

Chest prompt

Attaching

Attach chest prompt directly behind the main frame uprights as shown in Figure 14. 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 10b and 10c).
- 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 height of chest prompt:

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

Repositioning entire chest prompt on 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 (see Figures 8a and 8b).

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 14

Four straps (D) can be adjusted independently to snug or loosen the chest prompt or to adjust the forward leaning angle of the user (see Figures 24b and 25a). Chest prompt opens front and back. This way the user can use the Pacer in the anterior or posterior position (see Figure 26).

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 (see Figure 15). Refer to the warning for important safety information.

To attach front of hip positioner use buckles (C).

To attach rear of hip positioner:

- Attach rings to handholds (see Figure 15).
- 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 15

WARNING

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



Adjustment

To adjust position of handholds on frame:

- Loosen knob (A).
- Slide handholds and clamps to desired position on frame.
- Or completely remove handholds and clamps from Pacer (see Figures 8a and 8b).

To adjust rear height of hip positioner:

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

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

Users are usually more comfortable with the rear of the hip positioner substantially lower than the front (see Figures 16a and 16b). To achieve this, shorten front straps (E) and attach them as high as possible.

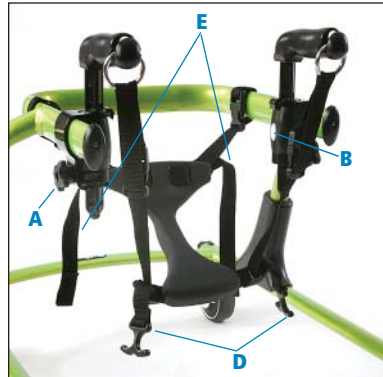


Figure 16a



Figure 16b

Hip positioner pad

Assembly

- 1. Push the rear straps** of the hip positioner through the crossed over straps at the back of the pad and pull into place (see Figure 17c).
- 2. Snap front and side flaps** 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 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 17a Top of hip pad



Figure 17b Hip positioner



Figure 17c Underside of hip positioner with pad

Pelvic support

Attaching

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 at the back of the top bar (see Figure 18a). Refer to warning for important safety information.

To attach front of pelvic support

- Use buckles (C). The buckles on these straps can be secured at the optimal location indicated for positioning. Locations for strap attachment may include any secure position along the top bar of the frame, at the base of the clamps/accessories in use, or at the chest prompt cross bar.

To attach rear of pelvic support

- Attach rings to handholds (D) (see Figure 18a).
- 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.

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

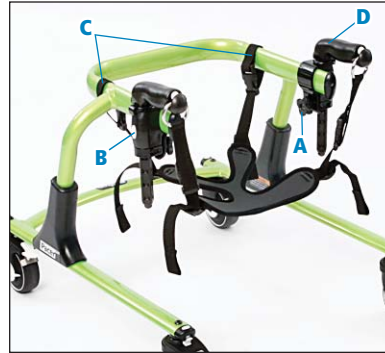


Figure 18a

WARNING

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



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.
- Or completely remove the handholds and clamps from the Pacer (see Figures 8a and 8b).



Figure 19a

To raise and lower pelvic support

- Use strap adjusters (D) and (E) at back or front (see Figure 19b).



Figure 19b

Thigh prompts

Attaching

Thigh prompts work best if attached behind the chest prompt on top bar. Thigh prompt clamps are slightly different from the clamps of other accessories, but attach to the top bar in the same manner (see Figure 20a).

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 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 (see Figures 8a and 8b).

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



Figure 20a



Figure 20b

Ankle prompts

Attaching

- Insert the ankle prompt latches into slots at the bottom of pacer frame tubes (see Figure 21b). The white tooth should snap securely into the tube.
- To remove press the white button and release the tooth from the slot.

Adjustment

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



Figure 21a

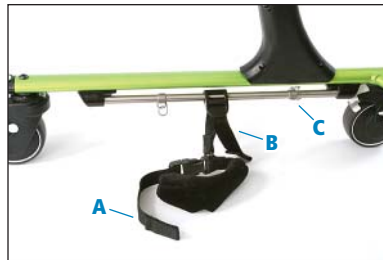


Figure 21b

Tray

Attaching

1. For maximum stability attach the tray centered on the front of the top bar (see Figure 22a).
2. The maximum weight that can be placed on the tray is 10 lbs (4.5 kg).

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).

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 (see Figures 8a and 8b).

To remove insert (D)

- Press fingers upward through holes in tray (G).
- To position insert onto tray (D) place tabs (E) in slots (F) and press 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 22a

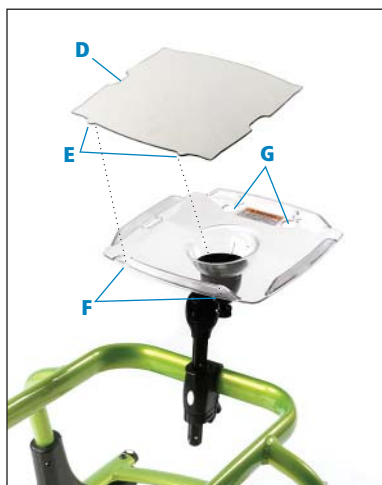


Figure 22b

Attendant guide bar

Attaching

1. For maximum stability attach the guide bar centered on the front of the top bar (see Figure 23a).
2. Guide bar is attached by tightening knob (A) to clamp it on.

Adjustment

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 desired height even when you let go of the handle.

WARNING

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



Figure 23a



Figure 23b



Figure 23c

Operation

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

Anterior positioning

Forward facing

- 1. Apply the caster brakes** to immobilize the Pacer.
- 2. Approximate** the adjustments of the
 - Chest prompt
 - Arm prompts
 - Hip positioner or pelvic support
 - Frame height (top bar of frame)
- 3. Unfasten** the following:
 - Both 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 buckles at the rear of the chest prompt.
- 5. Pull the hip positioner or pelvic support** through the legs.
 - Connect the rings to the handholds.
 - Or fasten buckles if preferred.
- 6. Secure forearms** with arm prompt straps, or place hands on the hand loops.
- 7. Fasten straps**
 - Secure the thigh prompt straps around the user's legs.
 - Secure the straps of ankle prompts around the user's ankle.



Figure 24a



Figure 24b 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.

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

- Use the chest prompt tilt adjustment (see Figures 24b and 25a).
- Keep the top of the chest prompt away from the armpits to avoid pressure and discomfort.

9. Adjust hip positioner or pelvic support

- Adjust height of handhold posts.
- Use straps to adjust hip positioner or pelvic support angle, and to position the user's pelvis in the desired forward-leaning angle in relation to the chest prompt (see Figures 24b and 25a).

10. Adjust arm prompts

- To adjust the width, height and angles of the arm prompts (see Figures 11-13).
- To adjust hand loops (see Figures 9 and 10).

11. Adjust thigh prompts

- Adjust the height, angle, and strap length to guide the stride of the user (see Figure 20b).
- 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 Figure 21b).

13. Adjust the tray position and angle (see Figure 22a).

14. Release the caster brakes.



Figure 25a shows how an 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 slightly higher than the back for maximum comfort.) The arm prompt clamps are attached to the front of the top bar.

Note: Prompts can be positioned at the 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 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

Users can be in the Pacer 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 26).

- Hand loops or arm prompts should be attached as close to main frame uprights as possible (see Figure 26). Refer to the warnings on page 3 and 4 for important safety information.
- Chest prompt (if used) opens front and back 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 8a and 8b.

3. Turn accessories to face open end of Pacer frame and re-attach to the top bar (see Figure 26).

4. Reset swivel locks in opposite direction if needed (see Figure 7a).

5. If any other prompts are required follow anterior positioning instructions in reverse (see Page 24 and 25).

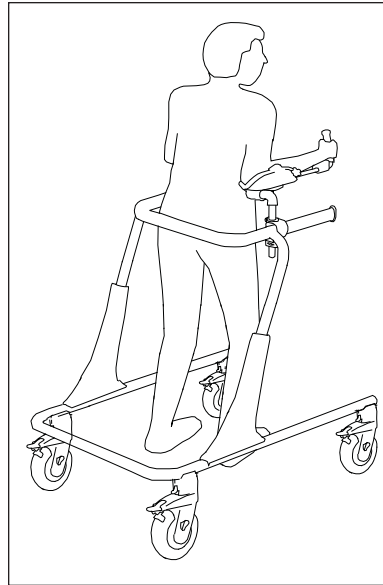


Figure 26



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

Maintenance 🧑🏻

Twice a year inspect straps and padding 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, pelvic support 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.

Rifton Contact Info



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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.