User Manual

Gait trainer

MoweGo

ato form group

Walking Aids
edition 13/13
Dear Customer!
We would like to thank you for your trust extended to us and for purchasing our product.
The gait trainer MoweGo distinguishes itself by its quality, security, easy operation and modern design.
For optimal use of this aid, we ask you and possible other users to carefully read this operating manual.

Please read this user manual carefully before first use and handle equipment appropriately!
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Safety instructions

The gait trainer MoweGo is CE-marked and fulfils the requirements of the Directive 93/42/EWG. It was developed in line with most recent findings. Production is subject to an on-going quality control.

Please read this user manual carefully before operating the gait trainer.

The user manual is an integral part of the walking aid. In case of loss, request a new copy. Please keep the user manual in a safe place, accessible to care and maintenance staff.

The user manual does not replace the experience of supervisory staff. In the event of specific or difficult applications, the user manual represents a guide to the most important handling, with the experience and knowledge of operators, which they gained from (for example) training courses.

Ensure all users of this aid understand its handling and the meaning of the symbols attached to the device.

Accidents can be prevented when technical instructions according to the EWG guidelines are followed.

Protective coverings and labels may not be removed.

CAUTION!

Hinged and mounting elements are pinch point and crushing hazards.

MoweGo is an individual adjustable aid with movable elements.

For this reason there are various parts of the MoweGo in which users can trap or squash body parts, particularly on the frame and folding mechanisms.

Therefore when aid is in use, carefully ensure no body parts are jammed or squeezed into the movable parts!

Do not insert any fingers into openings of the aid, which are used for mounting accessories, or in the folding and locking mechanisms.
Important Safety Notes!

- The MoweGo may only be operated with the continued presence of a qualified person, respectively a family member of the user.

- The MoweGo may only be used by persons who on the basis of height and physique are able to control the movements of the gait trainer.

- The MoweGo is suitable for indoor use.

- The MoweGo A1 and A2 are also suitable for outdoor use.

- Move all objects from furniture’s, which could accidentally be knocked over and fall to the ground whilst operating the MoweGo.

- The MoweGo may only be operated by persons who have familiarized themselves with the standards and rules of the present operating manual.

- Always ensure there are no obstacles in operating range of the MoweGo, such as carpets, stairs or objects on the floor, which could lead to the MoweGo overturning.

- Do not carry out any or interferences or movements, if you are not absolutely sure of its effects and consequences; in cases of doubt please contact the nearest service centre or the manufacturer directly.

- Handling instructions of the MoweGo, are to be carried out with the support of professional trained personnel.

- Watch out for any possible points of danger! The patient can move quickly.

- The use of the MoweGo and its accessories must be administered under medical supervision.

- Never use the MoweGo on rough terrain, steeply sloping ground or stairs.

- The use of the MoweGo – even playful use - by unauthorized persons is prohibited.

- Always lock brakes when stopping, even if on flat terrain. Always lock brakes before carrying out adjustments.

- Before use, always check the brakes functionality, wear of rollers and locking of the accessories as well as any other parts which could loosen.

- Do not carry out any adjustments to the aluminum gliders on the brake levers. The glider is a locking element, which restricts the backward movement of the brake lever when releasing the brakes to prevent damage of the brake unit.

- The parking brake is not to be used as a drag brake. Noncompliance can lead to premature ware or damage. If a drag brake is needed, it is imperative to order it as an accessory.

- Never leave the patient alone with the MoweGo.

- Never park the MoweGo on sloping terrain.

- Never use the gait trainer if parts are damaged or missing.

- Check all adjustable parts are locked, before every use of the MoweGo.
Warranty and product liability

ATO FORM grants the required by law warranty of your country against defects in workmanship and materials.

Only original spare parts and accessories may be used. Failure to observe this as well as repairs or modifications carried out to the MoweGo or its component parts by unauthorized persons, invalidates the warranty!

In any of these cases, any product liability of the manufacturer (ATO FORM GmbH, Zur Lauterhecke 34, 63877 Sailauf) expires in advance.

The manufacturer accepts no liability for damages to people, belongings or animals in the following cases:

– misuse of the gait trainer
– use by an unauthorized person
– the incorrect installation of parts or accessories
– alterations or interferences without the manufacturer consent
– the use of non-original spare parts
– non-compliance of the regulations in this user manual
– exceptional occurrences

If a claim arising from the warranty is met (repair or replacement), the warranty period is not extended, except for the exchanged parts.

- Clean the MoweGo in accordance with the instructions in the chapter „Cleaning“.
- In the event of accidents or defects, please contact directly the dealer who delivered the gait trainer.
- Keep this user manual in a safe place, in order to refer to it at any time later.
- The MoweGo should be serviced once a year to guarantee the longest possible service life and to prevent injury to the user or damage to the product.
- Servicing must be carried out by an authorized person.
The MoweGo is a gait trainer that was designed to enable the user to move around independently and more easily.

A – Upper Frame
B – Lower Frame
C – Thorax Frame
D – Springs
E – Seat
F – Hinged posterior support
G – Handle
**Accessories**

H – Anti-tip stabiliser
I – Foot rest
J – Directional stabiliser
K – Leg Guide
L – Leg separation plates
M – Special seat
N – Drag brakes
O – Non-reverse brake (integrated in rear wheels)
Purpose of use

The MoweGo is suitable for handicapped children and adults.

The MoweGo was designed and built to:

- to move in autonomously way and manner, when independent walking is not possible
- guide and train independent walking. According to this, the gait trainer can be used to train the walking function and serve as a constant walking aid.

It should be remembered, that the walking consists of moving in an upright position from one point to another in a room; permitted through:

- the gait pattern (flexion of one leg and simultaneous extension of the other leg)
- balance between trunk and pelvis, first of all on both legs and then on just one leg whilst walking
- spatial perception and estimation of distances

In summary, the MoweGo purpose of use is to:

a) evoke and promote the gait pattern
b) train posture and balance of pelvis and trunk
c) convey the patient in an upright position, a wider and better structured perception of the room, distances and surroundings
d) permit structuring of „intensions“ and „activities“, as for example the possibility to see an object, think of its intended use, organize the motion sequence, get to it and then to use it
e) develop physical and psychological independence, allowing the patient to explore the possibility to act under own management without foreign help.

The MoweGo may only be used for the above mentioned applications.

The manufacturer does not accept any liability for any damages resulting from other uses.

We wish you every success when using the MoweGo.
Adjustment and Operation

The MoweGo works simply and safely; the lack of balance is compensated by a large supporting surface; which allows the user to move on wheels with remaining strength.

Although the MoweGo features both simplicity and safety, it is necessary to receive a good introduction by a specialist dealer/therapist.

Therefore certain instructions need to be considered for optimum use of this aid.

Initial operation:
Models Size A1 and A2 are delivered in two parts: the lower frame with wheels and brakes, and the upper frame with seat and thorax ring. A hexagon key is located underneath the seat.

Assemble Upper and Lower Frame: the upper frame is set on top of the lower frame, adjusted to the desired height and secured with the clamping lever (Image 8 B).

Adjusting the Gait Trainer:
Once the user is standing in the frame, the back of the thorax ring must be locked into position (Image 7). The height of the following parts must then be adjusted:

1. Thorax ring (clamping lever Image 8 B)
2. Seat (clamping lever Image 8 A)
**Springs:**
The two springs in the lower framework can be replaced if a softer or firmer suspension is required. Springs are available in various strengths, designed to support the following weights. The springs are colour-coded, to help identify the size:

- **green** = min. 10 kg
- **blue** = min. 15 kg
- **orange/withe** = min. 20 kg
- **yellow** = min. 40 kg
- **black** = min. 60 kg
- **blue** = min. 70 kg
- **red** = min. 100 kg

Each packet of spare springs contains a fitting sticker, detailing minimal weight of patient. When springs are replaced, the stickers must be attached on the outside of the frame, below the spring cover.

Remove the upper frame section in order to replace springs.

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**Adjustment of Thorax ring and Seat:**
(Image 8, page 11)

To adjust the thorax ring height, loosen lower clamping levers on both sides (Image 8 B). Adjust to the desired height, then tighten both clamping levers, whereby ensuring both sides are adjusted to an equal height with help of the height positioning holes. The height of the seat is adjusted by loosening the upper clamping levers on both sides (Image 8 A). Adjust to the desired height and tighten both clamping levers, again ensuring both sides are adjusted to an equal height with help of the height positioning holes.

The thorax ring should be adjusted first, slightly under armpit height. Then adjust the height of the seat, approximately 2 – 3 cm under the crotch height.

**Thorax ring:** (Image 7, Page 11)
The thorax ring can be opened and closed by lightly turning the padded frame.

The height adjustable thorax ring keeps the upper body in an upright position and gives the user security. Next to stabilizing the posture of users with little torso control, the thorax ring also offers the possibility to partially carry some of the body load with the upper part of the body, for example the supporting effect of underarm supports.
Seat:
The seat can be moved forwards and backwards. In order to do this, loosen the large screw from underneath the seat tube mounting.

Tighten screw when the desired seat position is reached. The angle of the seat can also be adjusted by loosening the two hexagon socket screws underneath the seat. When the seat has been adjusted, tighten the screws again.

Posterior Support (Image 9):
The posterior support can be folded up or down, using a hexagon socket screw.

Once the screw has been loosened, the posterior support can be folded down.

The screw must be tightened again once the adjustment has been made.

Handle (Image 10):
The handle is fastened to the frame by means of an aluminium fixation on both sides. Adjust height and depth of the handle by unscrewing both hexagon socket screws. These must be tightened again after adjusting the handle.
To adjust handle height (Image 11), loosen socket screw (A), adjust to the desired height and tighten the screw (A) again.

To adjust handle depth, loosen screw B, adjust to the desired depth and tighten screw (B) again.

If the patient tends to strongly cross their feet or legs (adductor- or shearing scheme), the use of the leg separation plate is essential, to counteract this pathological behaviour. (Image 12).

Once the preparation phase has been completed, the instruction program of how to use the MoweGo can begin.

**There are no predetermined settings!**

The height of the underarm support is usually adjusted according to the trunk control ability of the patient (with good trunk control, the underarm support should be kept low).

Also in this case a step-by-step approach is advisable, starting with supporting just under the arm pits and then lowering the support little by little.
With sufficient trunk control, the underarm support can be removed.

It is therapeutically advisable to aim for the position where shoulders, trunk and hips lie in one and the same line.

It is important to convey knowledge about the aid and its functions.

Children and adults are in general not afraid of using the trainer. On the contrary: they often respond with joy and exuberance and feel like moving in all directions.

The drive of these daring persons should not be hindered but rather be encouraged. In the first few days of use we recommend free handling using the MoweGo, in order for the patient to become familiar with it and its all functions.

For safety reasons it is recommended to use of the anti-tip stabiliser for patients who tend to severe and uncontrollable movements. The doctor in charge should decide whether this is necessary. (Image 13).

In the beginning it is advisable to use the directional stabiliser (Image 14), to prevent uncontrolled directional changes and bumping into objects.
A different approach is recommended for persons anxious and who may be afraid to use the MoweGo (perhaps due to perceptual problems, which makes it difficult to comprehend the space and distances of the room):

- The user must never be left alone in the beginning but must be under the strict eye of a trained carer or therapist and be escorted by a parent. The escorts should stand in front of, beside or behind the patient and should move the MoweGo slowly and carefully.

These precautions give the patient confidence, especially if you give careful instructions of what you are doing at the same time, e.g. „now we will move towards the table, we are reaching the TV, we are going to get the ball from the table, we are going back ....“

To begin with an attempt should be made to carry out the walking movements at a constant speed.

The progressive therapy requires converting to either a faster or slower way of walking and increase or decrease of steps accordingly.

Delimited routes are recommended for „daring“ as well as „anxious“ persons, which bring with it progress and orientation effects.

Attention
Please note safety instructions on pages 5 and 6
Assembly of accessories

The following accessories are intended for use in conjunction with the MoweGo:

Leg separation plate (Image 15)
Leg guide (Image 16)
Anti-tip stabiliser (Image 17)
Drag brake (Image 18)
Non-reverse brakes (not shown)

Installation of the Leg Separation Plate:
The holder (A) for the leg separation plate is fastened to the base frame (B) at the front near the wheels. The leg separation plate (C) is fastened with the handwheel bolt (D) to the mount 3 cm above the ground.

Installation of the Leg Guide:
Both clips are mounted onto the lower frame as shown in Image 16.

Installation of the anti-tip stabiliser:
As can be seen in Image 17, the anti-tip stabiliser is fixed onto the vertical tube of the frame. Approximately 5 cm space should be left between the ground and the anti-tip stabiliser, to prevent the anti-tip stabiliser from disrupting the gait training.
Installation of the Special Seat:
Loosen posterior support (B) using the enclosed tool (A) and remove from seat mounting. Loosen handwheel bolt (C) underneath the seat, pull off the seat, push the special seat (D) onto seat mounting, tighten handwheel bolt, insert posterior support into square tube of the seat mounting and tighten again with the enclosed tool.

Attention!
Always ensure the posterior support is mounted securely and free of play.

Installation of the Drag Brake:
The drag brake is mounted onto the braking system as shown in Image 19.

The parking brake included in the scope of delivery may not be used as a drag brake to avoid premature ware or damage.
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<th>Seat height</th>
<th>Thorax ring circumference</th>
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<td>Size C1</td>
<td>20.5 to 41.3 cm</td>
<td>70 cm</td>
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<tr>
<td>MGO-C1090</td>
<td>Size C1</td>
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<td>90 cm</td>
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<td>MGO-C2070</td>
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<td>70 cm</td>
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<tr>
<td>MGO-C2090</td>
<td>Size C2</td>
<td>26.5 to 60.5 cm</td>
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<td>MGO-A2120</td>
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### Accessories

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Technical Data

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Cleaning

Cleaning the metal parts:
The painted and chromed parts of the gait trainer should be wiped with a soft cloth using only gentle cleaning liquids which may contain alcohol.

Cleaning the rollers/wheels:
Keep the rollers clean at all times; regularly remove dust, hairs and other accumulating dirt from rollers.

It is prohibited to service the gait trainer as well as replace spare parts or accessories, when patient is using the gait trainer.
**Maintenance**

**Accessories:**
When fitting or replacing accessories always follow the instructions in the appropriate section of this leaflet „Installation of Accessories“ (Page 17). Make sure that when the parts are removed again this is done in the exact reverse order.

**Maintenance:**
Servicing must be carried out on an annual basis by the manufacturer or authorised personnel.

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**Spare Parts**

Only original accessories and original spare parts may be used. Non-compliance with these instructions and repairs carried out or modifications made to the gait trainer MoweGo or its parts by unauthorized persons, voids any warranties.

In these cases, any product liability granted by the manufacturer (ATO FORM GmbH, Zur Lauterhecke 34, D-63877 Sailauf) voids in advance.

For all questions about spare parts and accessories contact your specialist dealer or the ATO FORM- Service +49/6093-944-0.

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In environmental protection matters:
All packaging parts are re-useable. The cardboard packaging is to be recycled as waste paper. We therefore use paper as filler material. Possible used plastic film of the packaging are made out of PE and are therefore low in pollutant and can either be recycled or burnt.
Selection from our programme:
- Walking aids
- Gait trainer
- Standing aids
- Seating aids
- Hoists
- Body Protection
- Customized solutions

Thank you for your interest in our products. For questions please contact ATO FORM GmbH or your specialist dealer.

Your ATO FORM Team