



# **Bisep**

## **THE ARMM**

Ambulation

Re-training

Mobility

Mechanism

**USER MANUAL**





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## THE ARMM

Ambulation Re-training Mobility Mechanism



**Read this Manual before operating ARMM.**

**Save this manual for future use.**

The most current version of this manual can be found online at

[www.bisep.org](http://www.bisep.org)

# ***Read this manual before operating your ARMM***

## **1. INTRODUCTION**

Do not use this product without first reading and understanding the instructions contained in this booklet. If you are unable to understand the warnings, cautions, or instructions, contact a healthcare provider or company tech personnel before use; otherwise serious injury could occur.

Important safety, operating, and maintenance instructions that warrant your attention are included in this user manual. Read the entire manual carefully before operating your new ARMM device, and refer to it as often as necessary to help maintain good performance standards.

Consult your healthcare professional and authorized distributor for assistance in developing and learning safe and effective techniques for performing your daily activities according to your individual physical abilities and needs, and to make certain that your ARMM is properly prescribed and adjusted for your use.

The safety precautions in this manual are general warnings intended to be used only as basic guidelines. You may find it necessary to develop your own methods to safely solve frequently encountered challenges.

Again, consult your professional medical advisors for their recommendations about safety methods, and never hesitate to ask for their assistance.

Your ARMM device should receive frequent, regularly scheduled maintenance, including an inspection of the mechanical parts, to ensure proper operation. Some suggested inspection procedures, and adjustment procedures are included in this manual. When it comes to service and repair, remember your distributor knows your device best.

Thank you for choosing a Bisep product. The ARMM is a dynamic structure that attaches an individual's wheelchair directly to their walker. This device provides lateral support to the individual transferring from a wheelchair to a walker and also trails the wheelchair behind the individual's walker to provide a safe support system.

***The ARMM increases the frequency of ambulation, increases walking confidence, and decreases sedentary time.*** The device will also decrease medical costs associated with mobility training and also eliminates the need to purchase other expensive mobility training apparatuses. The ARMM is designed for indoor and/or outdoor use.

## 2. IMPORTANT SAFETY PRECAUTIONS

**IMPORTANT SAFETY PRECAUTIONS: ALWAYS FOLLOW THESE PRECAUTIONS WHEN USING YOUR ARMM DEVICE. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY TO YOURSELF OR OTHERS OR YOUR DEVICE.**

Safety requires the constant attention of the ARMM device user and attendant. It is extremely important to learn and always use safe methods when performing ambulations and transfers. Always consult with your healthcare professional to help determine those methods best suitable for your individual capabilities.

Protect yourself and your ARMM device by having your device serviced regularly. Whenever any part of your device is not functioning properly, contact your distributor immediately, as a hazardous situation could result causing personal injury or damage to your ARMM device. **ONLY EXCELLENT CONDITION IS ACCEPTABLE WHERE SAFETY IS CONCERNED.** Periodic inspection, adjustments of worn parts will provide many years of excellent performance.

### WARNING

**Warning: Ensure that you have read BOTH user manuals for the wheelchair AND walker.**

**Warning: Ensure that while ambulating there is a clear path and is fall free. (remove hazards such as rugs, wires, etc.).**

**Warning: Do not re-adjust the heights unless suggested to a HCP.**

**Warning: Keep all wheels in contact with the ground.**

**Warning: The ARMM device has a maximum weight capacity of 500 lbs (227 kg).**

**Warning: Ensure all parts of ARMM are connected to wheelchair and walker before transfers and ambulations.**

**Warning: Ensure brakes and legs are locked when performing exercises.**

**Warning: Do not pull up on the ARMM while standing- push off the wheelchair.**

# 3. GETTING STARTED

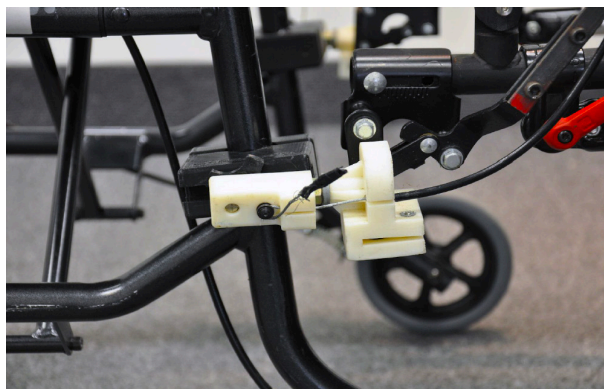
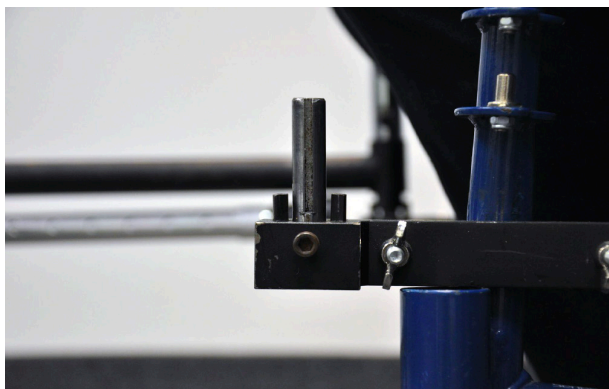
Please familiarize yourself with the main components, identified in the BISEP illustration below.



## **Assembly:**

The ARMM is adjustable for height and length and has 3 connection points; one on the wheelchair and 2 points of the walker. The ARMM can be used with any wheelchair and walker. The first point of contact for the device is on the wheelchair where the leg rests are.

The other two points of contact are on the back legs of the walker. The ARMM clips on both sides of the walker in 2 spots, one just below the brakes, and one lower closer to the wheel on the walker.



## **Adjustments:**

The ARMM can be adjusted to proper height and proper length from wheelchair to walker with different adjustment holes. The ARMM also has 2 legs that can be put down while in a locked position to be used for exercises.

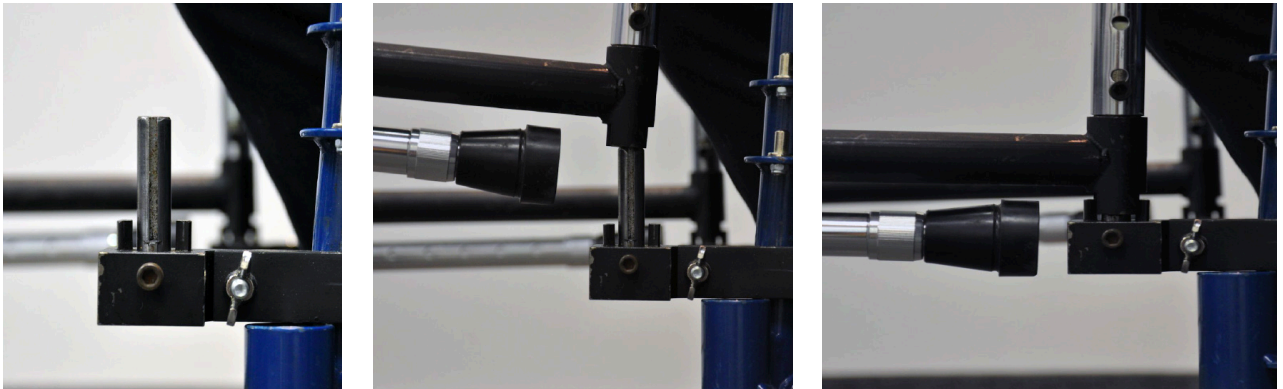
All of the adjustments on the ARMM are similar to those on other ambulation aids. The ARMM adjusts with a pin and hole, simply push the pin button into the hole to move the legs and adjust, and the pin will pop out at each different adjustment hole. One can slide the bars of the ARMM using the pin and hole to ensure that all of the adjustments and heights are the same and leveled.

The exercise mode is also an adjustment for the ARMM where both sides of the device can let down legs to support the device more. The legs on the ARMM could be used during exercises to maintain a better posture, stability, and balance. Exercises and balance training could be done during the exercise mode.

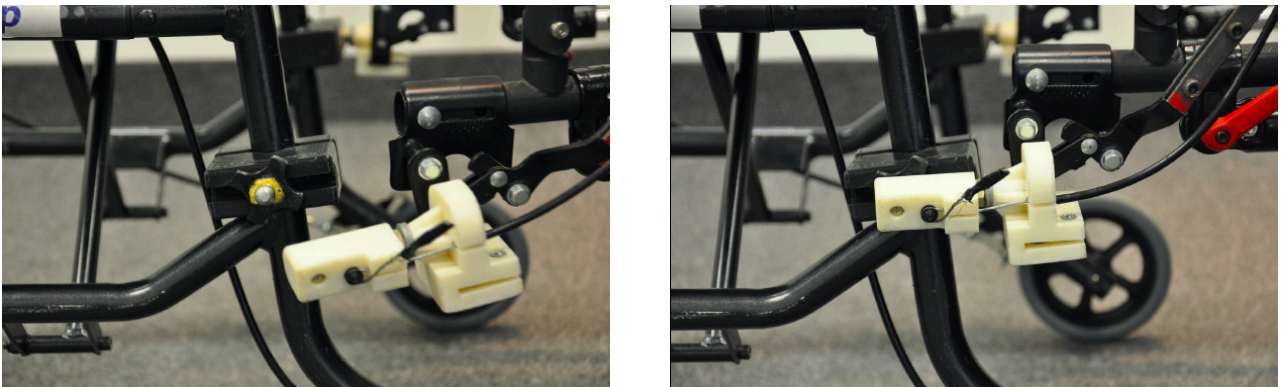
# 4. STEP BY STEP PROCESS

## 1) As a patient

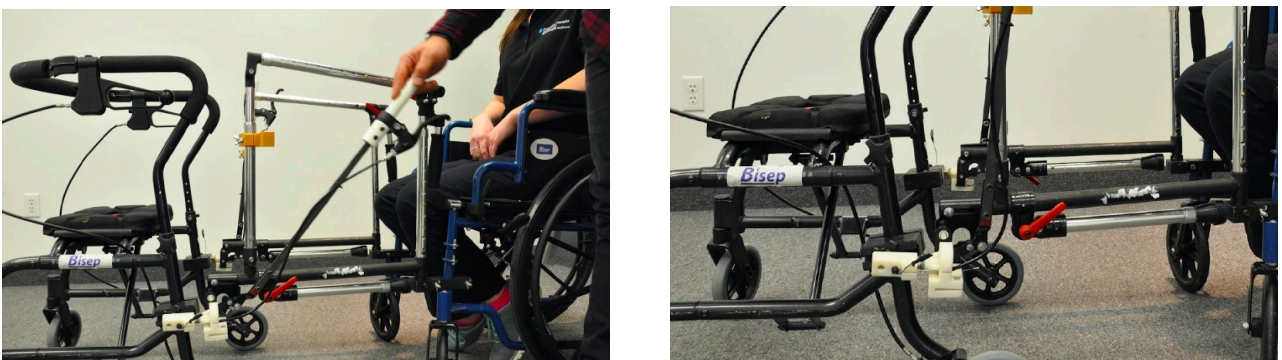
1. Getting into the wheelchair; patient transfers into wheelchair and sits in wheelchair. Making sure the wheelchair is locked as well as the walker being used.
2. Ensure patient is wearing proper footwear before using ARMM device and ambulating
3. Remove footplate attachments
4. Attach one side of the ARMM to the footplate attachment, putting the pin in the hole as shown in the images below. Putting the ARMM above the pin and placing the arm on the wheelchair pin.



5. Next, grab the handle of the lever and clip the lever of the ARMM to the ball and socket joint on the walker. And make sure the health care professional has clarified it is in the locked position.



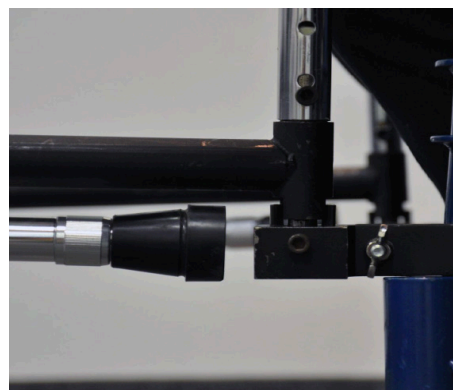
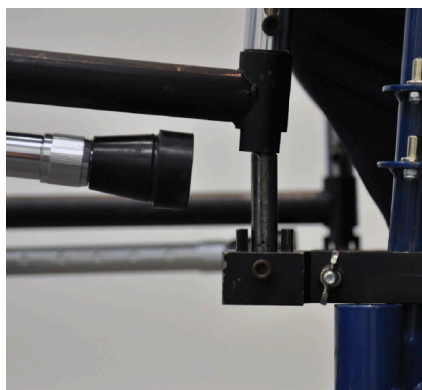
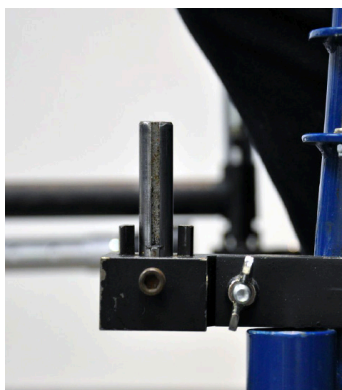
6. Then bring the lever up (releasing the handle) placing it up in the locked position.



7. Then, placing the other side of the ARMM in the other side footplate, follow through with steps 4-7
8. Once the ARMM device is attached to both wheelchair and walker you are ready to ambulate.
9. Ensure brakes are on for walker and wheelchair
10. Transfer (sit to stand) from wheelchair (pushing from wheelchair to stand) and grab ahold of ARMM
11. Ambulate using ARMM to walker
12. Release brakes on walker and ambulate (health care professional will release brakes on wheelchair)
13. If you need the legs on the device for your daily exercises, ask a HCP to lower them for you. Make sure both sets of brakes are on while using the exercise mode.
  - During exercise mode, each side of the ARMM has a leg that can come down and provide extra support for the patient. The patient can complete exercises like sit to stands and balance exercises. Ensure the brakes are on all devices and the ARMM'S legs are firmly in contact with the ground.
14. When using the ARMM to ambulate raising the levers will raise the back 2 wheelchair wheels creating easier movement to turn in directions

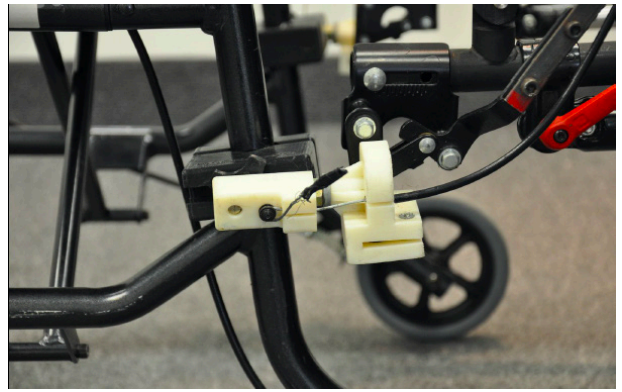
## 2) As a therapist

1. 1. Prior to seeing and aiding the patient; gather all equipment ( gait belt, the patients wheelchair, the patients walker)
2. Ensure all measurements are even and everything is in safe working order.
3. Ensure the client is wearing proper shoes and the ambulation path is planned and safe/ clear of objects.
4. Transfer the patient to the wheelchair and ensure brakes are locked.
5. Aid the patient with attaching the ARMM to the wheelchair footplates and ensure they are in a stable locked position. Attach one side of the ARMM to the footplate attachment, putting the pin in the hole



6. Next, grab the handle of the lever and clip the lever of the ARMM to the ball and socket joint on the walker. And make sure the health care professional has clarified it is in the locked position.





7. Then bring the lever up (releasing the handle) placing it up in the locked position (90 degree angle).



8. Then, placing the other side of the ARMM in the other side footplate, follow through with steps 4-7.
9. Once the ARMM is securely attached to both other devices, the patient and health care professional can perform a transfer from the wheelchair grabbing onto the ARMM. Ensuring the patient makes a proper transfer; pushing up from the wheelchair and then grabbing ahold the ARMM to stabilize.
10. Guard the patient as they ambulate towards the walker, after the patient is safely standing at the walker, the patient unlocks the walker brakes while the health care professional can unlock the wheelchair brakes to start ambulation.
11. Health care professionals can then lift the levers thus creating the back wheels of the wheelchair to come off the ground allowing the patient to turn left or right.
12. If the patient is prone to falls or a fall risk, the HCP can only attach one side of the ARMM to have close contact with the client and preventing the patient from falling forward.

## 5. HANDLING TIPS

BISEP'S ARMM has been designed to perform as a stable and balanced product when used for its intended purpose by the consumer. However, it is possible that you may injure yourself if the ARMM device is not used or installed properly. We urge you to learn the characteristics of your ARMM device. It is important that you learn methods to help achieve your daily activities based on your lifestyle. Consult with your medical professionals for assistance in developing the skills and proper techniques to perform activities safely.

### Balance

Proper balance is the key to maintaining stability of your ARMM device. Transferring to or from a wheelchair will change your center of gravity. When performing such activity, do so as instructed in the following paragraph.

### Transfer Activities

**WARNING: Always ensure that the wheelchair is on a stable, level surface and engage wheel locks before transfer.**

**WARNING: There is a critical moment when there is little or no seat platform beneath you. Take every precaution to reduce this unsupported distance before you attempt transfer.**

Transferring into or out of a wheelchair is a very difficult maneuver. Exercise extreme care when transferring without the aid of an attendant. Consult your physician, nurse, or physical therapist for assistance in developing your individual technique. Make sure that the wheelchair is stabilized, and will not move or slide during the transfer. Use good body mechanics to prevent personal injury.

## 6. MAINTENANCE

1. DO NOT use chlorine bleach or abrasive cleansers. To clean, wipe down with a damp cloth using a mild detergent only.
2. DO NOT leave the ARMM near a heat source or exposed to elements of the weather (rain)
3. Check the ARMM frequently for any loose, cracked or corroded plastic or metal components.
4. Inspect your walker and wheelchair every year by an authorized dealer/service agent. Only let an authorized personnel adjust your devices and the ARMM.
5. If the ARMM has been stored in any type of transportation, such as a plane, train, boat, bus, car, etc. you run the risk of damage to the ARMM and to any of its components. Please inspect very carefully before usage.

Ensure that the top of the ARMM device is levelled (with the level device provided). One side of the ARMM should NOT be higher than the other, and make sure the device is perfectly matched.

***ENSURE THAT DEVICE PERFECTLY LEVELED, ONE SIDE IS NOT HIGHER THAN THE OTHER, USE LEVEL PROVIDED IN PACKAGE***

***The Measurements from the connection pieces to the floor:***

W/C attachment: 14.5 inches (36 cm) from floor

Walker attachment: 11.5 inches (29 cm) from floor

The background features a complex network of light blue hexagons and nodes. Some hexagons are solid, while others are outlined. Nodes are represented by small blue circles, some of which are connected by thin lines, creating a molecular or circuit-like structure.

***Bisep***