

Blue Star Training Module 3 Instruction Sheet # 5		EDU-8018 Blue Star Module 3.5- Familiarization & Fine Tuning (Stairs Ascent)			Setting:	Rehab and clinical	Doc #:	EDU-8018
					Supervision:	Certified clinical professional	Version:	1,2
		Population:	General use (per indications)	Section:	Clinical Tools	Operation:	Stairs familiarization and fine tuning	
-	Optional - Copy "Main" profile to create a "task-specific" profile for rehabilitation							
1	Explain and demonstrate how the system will react to their movements through each phase							
	a) Stairs ascent is the same as walking/lunging. The step up needs to be initiated within 3 seconds b) The front leg will have extension assistance (like a lunge) c) The back leg will have flexion assistance (toe-off assistance for higher foot clearance)							
2	Explain and demonstrate proper movement with the system in stairs							
	a) Place their entire foot on the step, transfer weight forward and push upward in one fluid motion b) Fully extend their front leg and keep their torso straight							
3	Have user walk up the stairs : Keeogo ON, Assistance level → 3							
	Instruct user to climb the stairs step-by-step or step-over-step							
4	Perform initial tuning							
	Adjust parameters symmetrically for optimal speed, time, and control for stairs ascent For front leg WB assistance: 1) If needed, Step 3: WB extension assistance , change by ↑↓ of 3 Nm 2) If needed, Step 4: WB end of extension assistance , change by ↑↓ of 2° For back leg flexion assistance: 1) If needed, Step 3: Swing flexion assist , change by ↑↓ of 2 Nm 2) If needed, Step 4: Swing flexion RoM , change by ↑↓ of 5°							
5	Fine tune 							
	a) Gradually increase assistance of each parameter until too much assistance is perceived; b) Adjust optimal assistance for best observed kinematics and balance/control; c) If beneficial, adjust asymmetrically to reach optimal speed, symmetry, and control.							
6	Save profile to Keeogo - Turn Keeogo OFF , save profile to device.							



Caution: use extra vigilance when working in stairs

- Ensure the patient maintains hand-contact with a railing at all times when using stairs;
- Maintain contact-guard assist (or better) with the patient throughout;
- If the user hesitates on a step, go back to feet parallel and wait for the beep;
- Keeogo allows circumduction while going upstairs (if applicable);



Tips for training stairs gait:

- 1) Start with step-by-step if user normally uses that strategy
If deemed safe, continue by training step-over-step
- 2) Switch assistance level by increments of 1 to quickly assess if weight bearing parameters are adequate
- 3) If using a single profile for all tasks, tuning parameters for stairs will also affect walking and/or weight bearing

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Revision History			
DATE	REV	Change description	Owner
2019-07-17	1,0	Original Version. Modified from IN-8000 Series w/ added detail in "Caution" section (A. Mai and M. Brookshaw)	B-Temia Inc.
2020-02-06	1,1	Cleaned up formatting and text for clearer printed copies, corrected a typo (M. Brookshaw)	
2020-05-01	1,2	Updated wording and modified steps to help with clarity and reduce redundancies (A.Mai)	
This document SHALL be print on both side to show the revision history on the back side			

