



Guldmann™

Instructions Active Trainer



1 Put the sling on from in front and let the user put his arms through the lifting straps. *



2 Then cross the straps on the back in the opposite rings.

Tip: There should be no more than 15cm / 6 inches distance between the two halves of the Active Trainer, where the straps cross.



3 If leg straps are used, introduce these under the thighs close to the groin. Fasten the straps to the sling with the buckles. Check that the lifting and support straps are placed correctly and that the leg straps are not too tight.



4 Hook the straps onto the lifting hanger. Check that the support straps on the back are tightened correctly.

Tip: If the hanger is too close to the user's head. Utilize Guldmann Extension Straps to enhance length of strap.



5 Let the user lean forward and activate the hoist. Ask the user to raise as naturally as possible; assist user as indicated.



6 Do not raise the lifting hanger too high, as the user will then be lifted off the floor.

Rehab with Active Trainer Sling

Sit to Stand



Kick the ball



Sit On Ball



Standing Exercise



*As an alternative the sling can be hung on the hanger. It is then attached from the front. Click on QR Code at top.