

# Pacer Gait Trainer

K502 & K503 Product Manual



CE

 rifton®

# Contents

Warnings and Important Information	3
Recommended Use	4
Check Your Order	4
User and Item Dimensions	5
The Prompts	
Frame	6
Casters	8
Clamps	9
Arm Prompts	10
Chest Prompt	13
Hip Positioner	14
Hip Positioner Pad	16
Thigh Prompts	17
Ankle Prompts	18
Tray	19
Operation	20
Maintenance Information	23
Cleaning	23
Construction	23
User modifications	23

## Key for EU users

Use this key to determine which sections of this Product Manual apply to your job.



**Technical Users** For professionals who order and set up Rifton products.



**Home Users** For clients and care-givers who use Rifton products on a regular basis.



**Maintenance Personnel** For anyone who is responsible for service or re-ordering of Rifton products and parts.

## **WARNINGS**

All mobility equipment can become unstable when used inappropriately.

The following factors can affect the stability of the Pacer and should be considered every time:

- Exceeded height and weight recommendations.
- Inappropriate prompt placement, especially in extreme forward or reverse positions.
- Inadequate prompting, e.g., allowing feet of user to go under or over bottom portion of the 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 insure the safety of the client, a qualified professional must determine appropriateness of equipment and prompts for each individual user.

Adult supervision is required at all times.

Correct use of this product requires the prior approval and ongoing guidance of a qualified therapist or physician. Supervision is required at all times.

Straps and supports are provided for the safety of the user. The use of straps and supports must be closely supervised. The straps and supports need to be carefully adjusted for the comfort and security of the user. Straps and supports can never take the place of the caregiver.

Use only on level ground or indoors. Do not use near steps, sloped driveways, roads, alleys, or swimming pools.

See additional warnings throughout this guide.

## **IMPORTANT**

- Please save this Product Manual. Additional copies are available at [www.rifton.com](http://www.rifton.com)
- Please refer to the Rifton product catalog for our full warranty, or visit [www.rifton.com](http://www.rifton.com)

## Recommended Use

The Pacer Gait Trainer is a device that helps a child to walk. It provides the necessary support during gait training. It is possible to place a child without active use of trunk and leg muscles in the Pacer, as the range of accessories allows full to no weight bearing.

The Medium Pacer is recommended for users with elbow height between 24" and 34" (61–86 cm). The maximum working load for the Medium Pacer is 150 lbs (68 kgs). The Large Pacer is recommended for users with elbow height between 32" and 47" (81–119 cm). The maximum working load for the Large Pacer is 200 lbs (91 kgs).

## Check Your Order

The Pacer frame and the accessories are shipped together in a single carton. You may not have ordered all of the available accessories, but use the diagrams in this guide to make sure your order is complete.

**If your shipment is incomplete, please call Customer Service.**

### 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.**

# User and Item Dimensions

User Dimensions - inches (kg)	Small	Medium	Large
Elbow height	17½-26 (44-66)	24-34 (61-86)	32-47 (81-119)



## 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.

**Important:** Make sure that the Chest Prompt width is adequate, allowing for growth. User's weight must not exceed the maximum working load.

Small and medium prompts are recommended for most users of the medium Pacer.

Item Dimensions - inches (kg)	Small	Medium	Large
Arm prompt height	17½-26 (44-66)	24-34 (61-86)	32-47 (81-119)
Overall width	22½ (57)	26 (66)	27½ (70)
Overall length	32½ (83)	32 (81)	38 (97)
Chest Prompt height (top edge)	21-29½ (53-75)	28-38 (71-97)	36-51 (91-130)
Frame height	15-18 (38-46)	21-26 (53-66)	29-39 (74-99)
Folded	Does not fold	32 x 26 x 17 (81 x 66 x 43)	38 x 27½ x 17½ (97 x 70 x 44)
Frame weight - lbs (kg)	14 (6)	15 (7)	27½ (13)
Max. working load - lbs (kg)	75 (34)	150 (68)	200 (91)
Chest Prompt circumference - inches (kg)	14-28 (36-71)	22-40 (56-102)	28-50 (71-127)

# The Frame

## Installation

See Figures 1-3.

Lift top of frame into upright position as shown in Figure 1. Both latches should automatically click into notches in bottom frame.



**WARNING** Fully engage both latches to prevent unintended collapse.

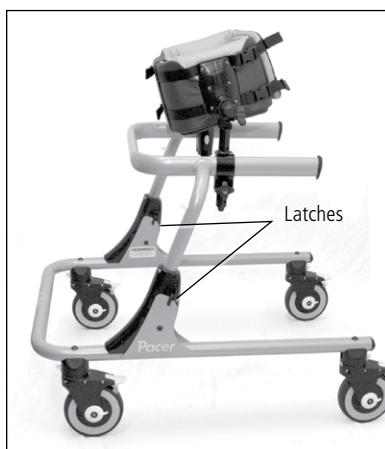


Figure 1



Figure 2

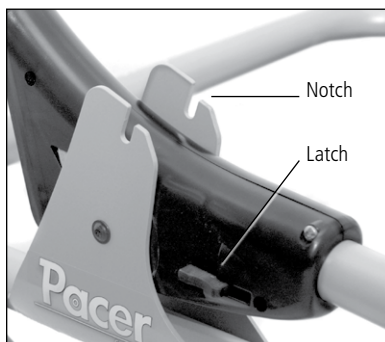


Figure 3

## Adjustments

**To adjust the height of the frame see Figure 4.**

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 into position and hold firmly.

**NOTE:** Make sure both sides of frame engage and both sides are level and are adjusted to equal height



Figure 4

**To collapse the Pacer for easy storage or transport, see Figure 5.**

1. Set vertical adjustment of frame and all prompts to lowest position.
2. Stand behind the Pacer and lift latches all the way up while pulling the top frame back.
3. The top frame will pivot all the way to the ground.

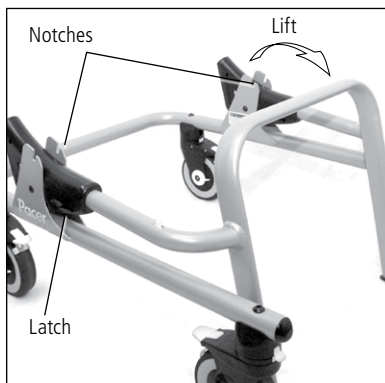


Figure 5

# The Casters

## Adjustments

**A. Swivel lock** prevents the caster from swiveling. To engage the swivel lock:

1. Line up lever (A) with one of the two notches in caster housing and depress lever into notch.
2. Lock all four casters to keep users travelling in a straight line.
3. Lock the two rear casters to eliminate slipping sideways while walking.

**B. Wheel brake** 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.

**C. Wheel drag** offers 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 drag, rotate dial back to the rabbit.

**D. Directional lock** allows the caster wheel to turn in one direction only, helpful for users who involuntarily roll backward while trying to walk. To engage the directional lock:

1. Push lever upward until it snaps into place.
2. Wheel should make a light clicking noise while moving forward and lock when attempting to roll backward.

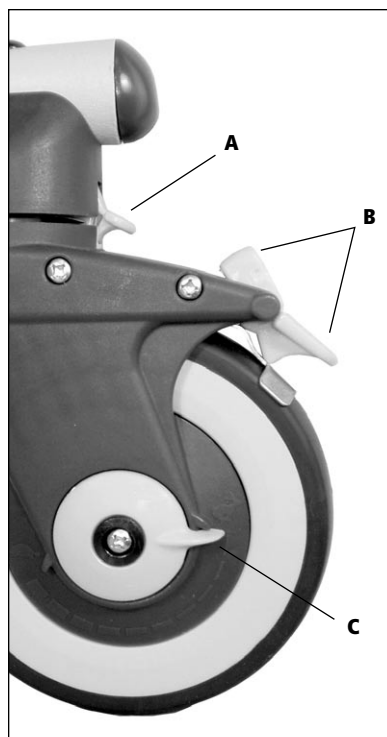


Figure 6

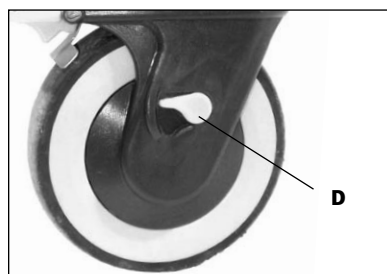


Figure 7



# The Clamps

## Installation

Most accessories are attached to the frame by means of clamps and posts. Figures 8-9 show how to attach the clamps to the top bar of the Pacer.

### 1. Open clamp

- Loosen knob and swing it down
- Swing band up

### 2. Place clamp around oval bar

- Swing knob up
- Tighten thoroughly

Placement of accessories on the frame will vary according to the desired positioning of the user, the motor skills of the user, and the number of accessories used.

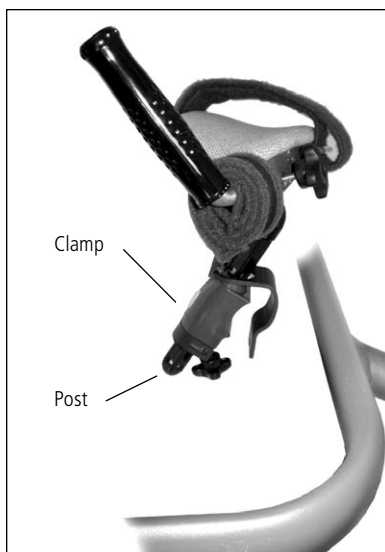


Figure 8



Figure 9

# The Arm Prompts

## Installation

It is recommended that the Arm Prompts are installed forward of the main frame uprights as shown in Figures 10-11. This creates stable positioning and leaves plenty of room for the remaining accessories. Refer to the warnings below for important safety information.

The Arm Prompt clamps are usually installed on the outside of the top bar, as in Figure 10. For users with narrower bodies, the clamps for any accessory can be installed on the inside of the top bar as shown in Figure 11. This allows the prompts to be positioned closer to the user. See Figures 8, 9, and 15 to re-position clamps and posts.

### **WARNINGS**

- If Arm Prompts are used alone too near the front end of the top bar, the Pacer may tip over!



- If Arm Prompts are too near to the end of the top bar, the Pacer may tip over!



Arm Prompts

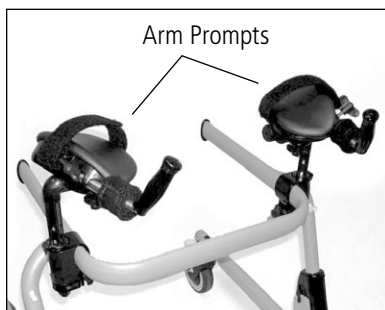


Figure 10. The Arm Prompts are installed forward of the uprights, with the clamps on the OUTSIDE of the frame.



Figure 11. The Arm Prompts are installed forward of the uprights, with the clamps on the INSIDE of the frame.

# Adjustments

## Loosen knob (A) to

- Slide arm pad toward or away from the user.
- Rotate up or down (see Figure 14).
- Rotate in or out (see Figure 14).
- Move the arm pad backward or forward.

## Press button (B) to adjust the height of the Arm Prompt

- Press button (B) and slide post to desired position.
- Release button (B) and push Arm Prompt to engage post (click it into place).

## Loosen knob (C) to adjust the handhold

- Slide handhold forward or back for different forearm lengths.
- 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 coming out of the Arm Prompts inadvertently.

## Loosen knob (F) to reposition the entire Arm Prompt

- Slide Arm Prompt backward or forward on the frame.
- Or completely remove the Arm Prompt from the Pacer as described in Figures 8 & 9.

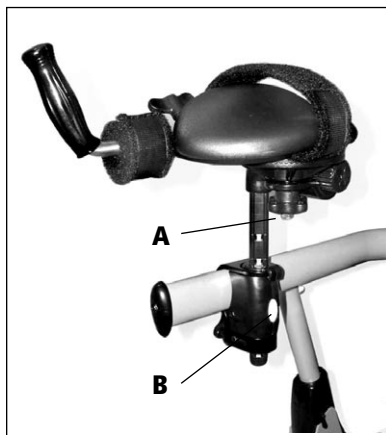


Figure 12

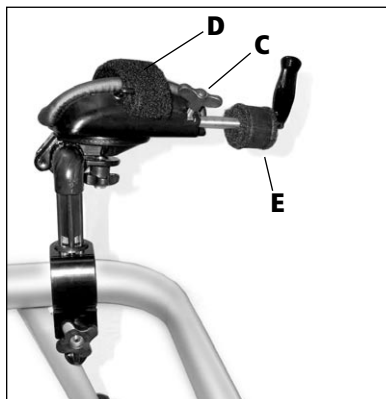


Figure 13

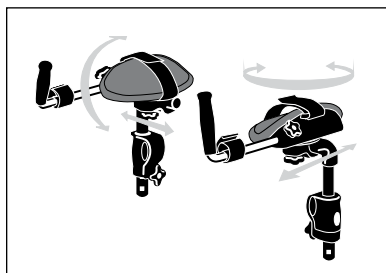
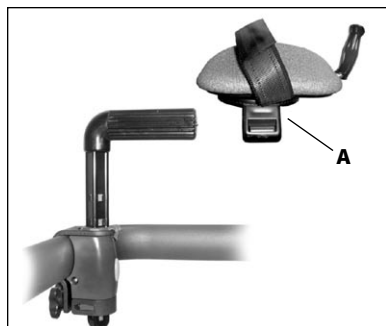


Figure 14

**Arm Prompt posts** can be removed and re-positioned to adjust the width between Arm Prompts.

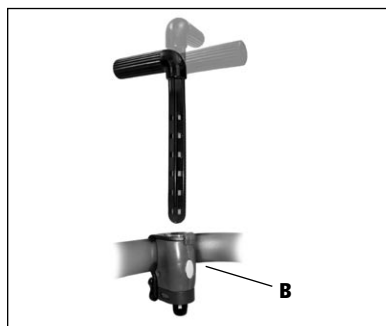
- Step 1: loosen knob (A) and remove Arm Prompt pad.
- Step 2: press button (B), lift post out of clamp, and turn to desired position.
- Step 3: insert post back into clamp, slide Arm Prompt pad back onto post, and use button (B) to adjust the height of the Arm Prompt.



Step 1

**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.
- See Figures 8 and 9 for instructions on how to remove and re-attach the clamps.



Step 2



Step 3

# The Chest Prompt

## Installation

Install the Chest Prompt directly behind the main frame uprights as shown in Figure 16. The front of the Chest Prompt has a containment loop to keep the pads together. Rear opens for easy access.

## Adjustments

### To adjust the width of the Chest Prompt

- Place clamps on the inside or the outside of the top bar (Figures 7 & 8).
- Use knob (A) to slide sides of Chest Prompt in or out.

### To rotate Chest Prompt

- Loosen knobs (A) completely.
- Tilt prompt to desired position.
- Re-tighten knobs.

### To adjust the height of the Chest Prompt

- Press buttons (B) and slide posts to desired position.
- Release buttons (B) and push Chest Prompt to engage post (click it into place).

### To reposition the entire Chest Prompt on the frame

- Loosen knobs (C).
- Slide Chest Prompt backward or forward on the frame, and retighten knobs (C).
- Or completely remove the Chest Prompt from the Pacer (Figures 7 & 8).

## 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 15



Figure 16

**The four straps (D)** can be adjusted independently to snug or loosen the Chest Prompt or to adjust the forward leaning angle of the user. Refer to Figures 30 and 31 in Operation. The Chest Prompt pads open front and back so that users can be placed in the item easily in both the anterior and posterior position.

# The Hip Positioner

## Installation

**The Hip Positioner** is designed to encourage forward leaning. Install this accessory with its two clamps and Handholds at the back of the top bar as shown in Figure 17. Refer to the warning on the right for important safety information.

### To attach the front of the Hip Positioner

- Use buckles (C) to attach the Hip Positioner anywhere you like to achieve desired positioning and support.

### To attach the rear of the Hip Positioner

- attach rings to handholds as in Figure 17.
- Handholds and clamps can be removed and the rear buckles attached directly to the frame (see Figure 33).
- End caps on the top bar prevent the rear buckles from sliding off the frame.

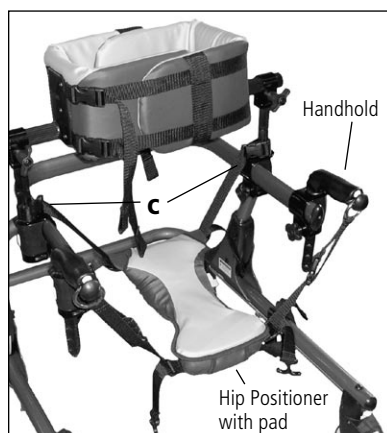


Figure 17

### **WARNING**

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



## Adjustment

See Figures 17 and 18

### To adjust the height of the rear of the Hip Positioner

- Press buttons (B) and slide Handholds to desired height.
- Release buttons (B) and push down on Handholds to engage them (click them into place).

### 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 7 and 8).

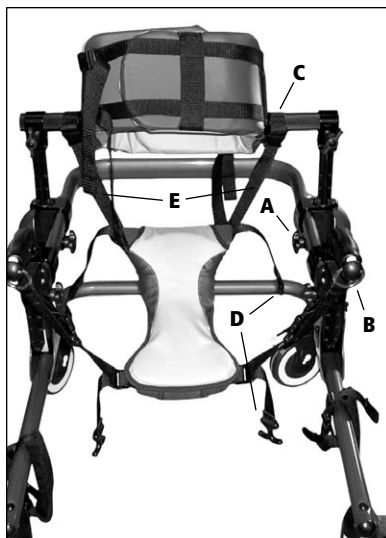


Figure 18

### To raise and lower the front or back of the Hip Positioner

- Use strap adjusters (D).

**Users are usually more comfortable** when the rear of the Hip Positioner is substantially lower than the front, as shown in Figures 17 and 18.

- To achieve this, shorten front straps (E) and attach them as high as possible.

# The Hip Positioner Pad

## Assembly

**1. Push the rear straps** of the Hip Positioner through the holes at the back of the pad and pull into place.

**2. Snap front and side flaps** together around the hip positioner.

- Make sure both snaps are securely fastened.

**3. Install the hip positioner** on your Pacer (see Figure 17)

- Front of Hip Positioner raised about 4 inches higher than the back.
- Try to keep the Hip Positioner at this angle when in use so the grey seat pad remains the main weightbearing portion.

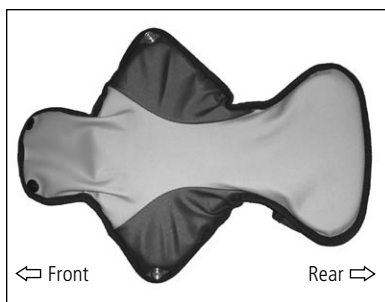


Figure 19. Top of Hip Pad

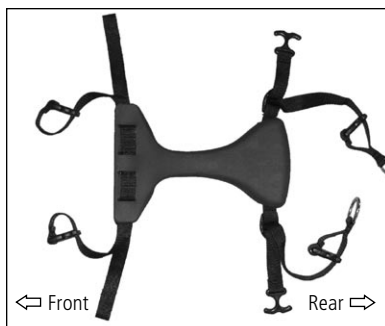


Figure 20. Hip Postioner

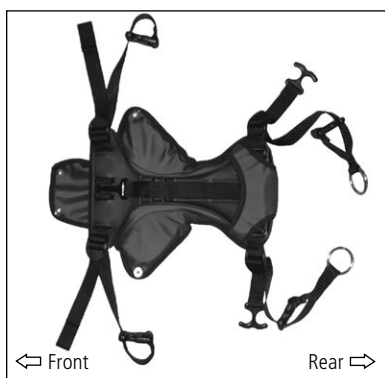


Figure 21. Underside of Hip Positioner with Pad



# The Thigh Prompts

## Installation

Thigh Prompts work best if installed behind the Chest Prompt on top bar as shown in Figure 22. Thigh Prompt clamps are slightly different from the clamps of other accessories, but attach to the top bar in the same manner.

## Adjustment

See Fig. 23

### 1. To swing the thigh pad toward or away from the user

- Loosen knob (A).
- 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 knobs (D).
- Slide clamp backward or forward on the frame.
- Or completely remove the Thigh-Prompts from the Pacer as described in Figures 8 and 9.

### 4. To secure and adjust strap

around the thigh of the user, use buckle adjuster (E).

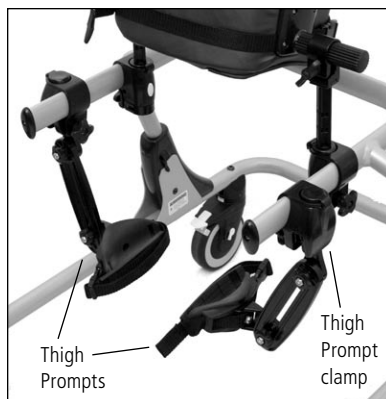


Figure 22

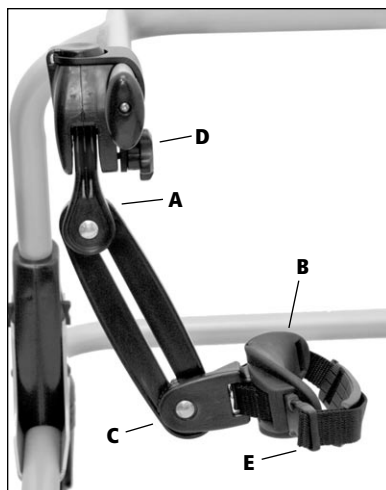


Figure 23

# The Ankle Prompts

## Installation

Install Ankle Prompts as shown in Figures 24 and 25.

- Insert end of rod opposite latch into rear caster slot.
- Pull back the trigger on the latch and release into front caster slot.

## Adjustment

See Figure 27

### 1. To secure and loosen or tighten straps around the ankles of the user

- Use buckle adjuster (B).

### 2. To limit or guide the stride of the user

- Squeeze and slide spring adjusters (C) along rods.
- Use buckle adjuster (A) to adjust abduction.



Figure 24

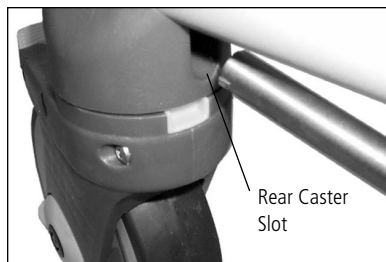


Figure 25



Figure 26 Showing Latch inserted into Front Caster Slot

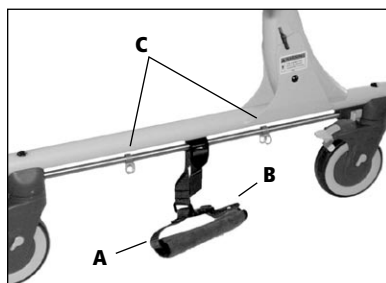


Figure 27

# The Tray

## Installation

1. For maximum stability install the tray centered on the front of the top bar as in Figure 28.
2. The maximum weight that can be placed on the tray is 10 lbs. (4.5 kg).

## **WARNING**

Use of tray increases the possibility of tipping over. Direct adult supervision required.

## Adjustment

See Figure 28 and 29

### 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 as described in Figures 8 and 9.

### To remove insert (D) (see Figure 29)

- Press fingers upward through holes in tray (G).
- Re-install insert (D) by placing tabs (E) in slots (F) and pressing down on front edge of insert until it snaps in place.

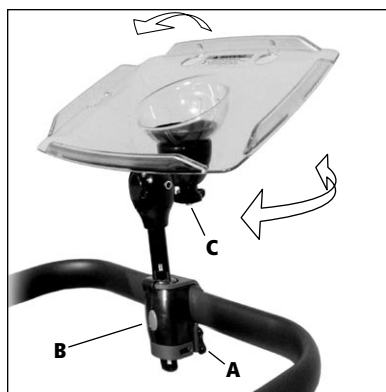


Figure 28

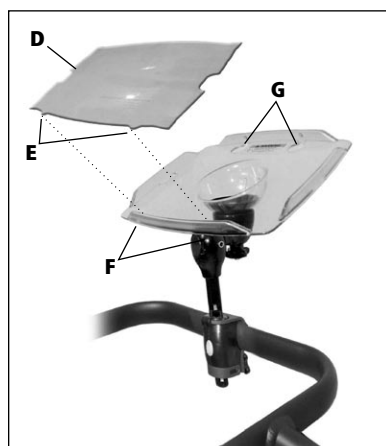


Figure 29

# Operation

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

## Anterior Positioning

Forward Facing (see Figure 29)

**1. Apply the caster brakes** to immobilize the Pacer.

**2. Approximate** the adjustments of the Chest Prompt, Arm Prompts, Hip Positioner, and Frame Height (top bar of frame).

**3. Unfasten** the following:

- Both Hip Positioner 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** between the legs:

- Connect the rings to the handholds.
- Or fasten buckles if preferred.

**6. Secure forearms** with Arm Prompt straps.

**7. Fasten straps**

- Secure the Thigh Prompt straps around the user's legs.
- Secure the ankle straps of the Ankle Prompts around the user's ankle.

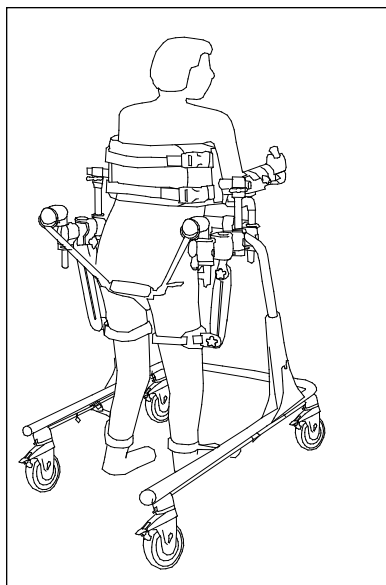


Figure 29

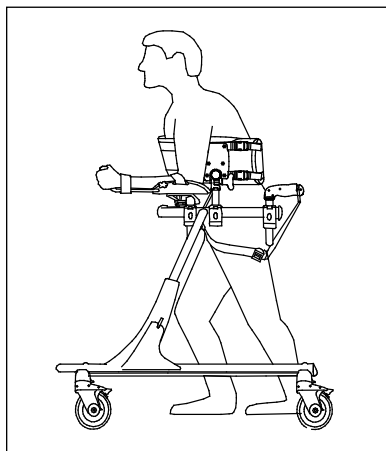


Figure 30 shows normal positioning. Note that the Chest Prompt has no tilt and the slightly forward-leaning angle of the user is achieved by locating the Hip Positioner behind the shoulders.

## 1. To adjust the user's forward-leaning angle

- Use the Chest Prompt tilt adjustment (see Figures 30 and 31).
- Keep the top of the Chest Prompt away from the armpits to avoid pressure and discomfort.

## 2. Adjust Hip Positioner

- Adjust the height of Handhold posts.
- Use straps to further adjust Hip Positioner angle, and to position user's pelvis for desired forward-leaning angle in relation to the Chest Prompt (see Figures 30 and 31).

## 3. Adjust Arm Prompts

- To adjust the width, height and angles of the Arm Prompts see Figures 11, 12, 13, and 14.

## 4. Adjust Thigh Prompts

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

## 5. Adjust Ankle Prompts

- Adjust straps and spring adjusters to guide the stride of the user (see Figure 24).

## 6. Adjust the Tray position and angle

- See Figures 25 and 28

## 7. Release the caster brakes

- See Figure 5

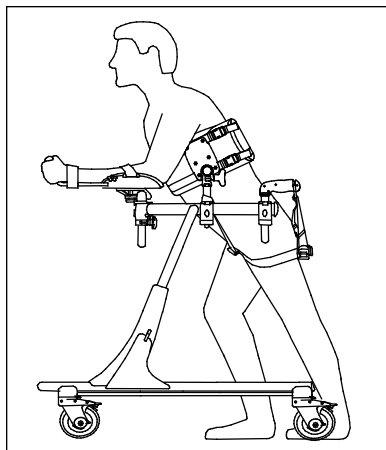


Figure 31 shows how a more extreme forward-leaning angle is achieved. Note the Chest Prompt tilt and the location of the Hip Positioner behind the shoulders. The front Hip Positioner straps are attached to the Chest Prompt posts. (It is recommended that the front of the Hip Positioner should be adjusted slightly higher than the back for maximum comfort.) The Arm Prompt clamps are attached to the very front of the top bar.

Prompts can be positioned at the extreme 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 alone 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 10 and 14 show two such dangerous prompt configurations.

## Posterior Positioning

Rear Facing (see Figure 32)

Users can be positioned in the Pacer so that they are 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 33).

- Arm Prompts should be attached as close to main frame uprights as possible. (see fig. 32) Refer to the warnings on page 8 for important safety information.
- Chest Prompt (if used) opens in both the front and back to allow for easy transfers during posterior positioning.



Figure 32

- 1. Apply the caster brakes** to immobilize the Pacer.
- 2. Remove accessories.** Unfasten the clamps around the top bar as described in Figures 7 & 8.
- 3. Turn accessories** to face open end of Pacer frame and re-attach to the top bar. (Figure 33 shows the Arm Prompts attached for posterior positioning).
- 4. Reset swivel locks** in opposite direction if needed (see Figure 5).
- 5. Follow the directions** for anterior positioning (see pages 18 & 19).



Figure 33



For more details on prompt function and recommended uses, go to [www.rifton.com](http://www.rifton.com)

## Maintenance Information

Inspect straps and padding twice a year 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, and Tray with a damp rag and a mild disinfectant. Remove lint from velcro 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.

## Construction

The frame is constructed of welded steel and high-strength aluminum tubing with a durable baked-on finish.

The sliding components are steel or high-strength aluminum molded within an extremely tough polymer.

The safety straps and supports are made of nylon and polypropylene, and the locking buckles are made of an extremely tough polymer.

Upholstery is urethane foam covered by attractive expanded vinyl.

The four casters swivel on precision ball bearings and each has built-in locking levers.

## 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, or evaluation.

# Rifton Contact Info



**Online**  
**Rifton.com**



**Phone**  
**800.571.8198**  
**9–5 EST**



**Mail**  
Rifton Equipment  
PO Box 260  
Rifton NY 12471–0260



**Fax**  
**800.865.4674**