

## Assembly Manual



### Key Benefits

- ◆ Increase in resting metabolic rate
- ◆ Improved bone density
- ◆ Improved balance
- ◆ Improve muscle strength and performance
- ◆ Increase flexibility and range of motion
- ◆ Enhance critical blood flow

Distributed by Pneumex, Inc.

Pneumex, PneuGait Foot Strap, PneuMAP, PneuBack Chair, PneuWeight and PneuVest are trademarks of Pneumex, Inc.

Copyright 2003 Pneumex

All rights reserved

Visit our web site at

[www.Pneumex.com](http://www.Pneumex.com)

Pneumex, Inc.

2605 North Boyer Ave.

Sandpoint, ID 83864

Phone 208-265-4105

Fax 208-265-9651

E-mail [Pneumex@Pneumex.com](mailto:Pneumex@Pneumex.com)

Rev 014

Revised Feb 26, 2014

# Contents

Preface .....	4
Liability Notice .....	4
Description And Indications for Use .....	5
Maintenance And Troubleshooting.....	6
Safety Requirements.....	7
Specifications.....	7
Components .....	8
Operating Instructions .....	9
VibroTrac Table Assembly .....	9
Use .....	10
Control Panel .....	11
Pelvic Belt.....	12
SportVest .....	12
Traction Bar Settings.....	13
Patient Set Up .....	14
Bibliography.....	15
Your Warranty .....	16

# Preface

This manual contains the operating instructions and service requirements for the VibroTrac™. The manual is designed for clinical use. It is expected that the clinicians will instruct their patients and clients in the proper use of the system and its accessories. Please read the manual carefully, noting the Safety Requirements, before using the VibroTrac™ system.

## Liability Notice

Failure to follow the conditions set forth below shall absolve Pneumex, Inc. from any responsibility for the safety, reliability, and performance of this equipment. It is suggested each operator read the operator manual in full before using the product for the first time. Each independent user must be instructed in the proper use of the system and its accessories. The electrical wiring within the system's settings, must comply with the applicable local or provincial requirements. The equipment must be used in accordance with the instructions for use.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC Rules. The limits are designed to provide reasonable protection against harmful interference in a typical medical installation. This equipment generates, uses and can radiate radio frequency energy, and, if not installed and used in accordance with the manufacturer's instructions may cause harmful interference to other devices in the vicinity. However, there is no guarantee that interference will not occur in a particular installation. If this equipment causes interference with other devices, which may be determined by turning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

Reorient or relocate the device receiving the interference. Increase the separation between the equipment. Connect the equipment into an outlet on a circuit different from that to which the other devices are connected.

- Consult the manufacturer or field service technician for help.

# Description and Indications for Use

The VibroTrac™ is a multi-function physical therapy table intended for medical purposes that consists of a motorized table which can be equipped to provide patients with powered distraction, and muscle relaxation therapy.

With the VibroTrac™ , traction is created as the tension straps attached to the Pelvic Belt and/ or the Pneu-Vest pull against the controlled resistance of the traction unit. Traction force is regulated between 0 and 200 pounds and can be applied in several different forms using the Pelvic Belt and/ or the PneuVest .

**The VibroTrac™ has a vibrating top on which the patient rests. This vibration massage effectively prepares the patient for traction.**

The point of traction on any area is at the discretion of the clinician, and based on a thorough the diagnosis and progress of the patient as a result of treatment with the VibroTrac™ .

Patients who have pre-existing conditions spinal fractures, bone spurs, spondylosis, spinal stenosis, spinal tumors or are pregnant should check with their physician before any vibration therapy.

**Caution: Federal Law restricts this device to sale by or on the order of a medical practitioner.**

# Maintenance and Troubleshooting

## Cleaning

Use a soft cloth rinsed in warm water to clean the exterior surfaces.

## Disinfection

Use procedures established for your facility.

## Schedule Service

No scheduled service is required. For service, call Pneumex: USA & Canada: 800-447-5792 International: 208-265-4105

Problem	Possible Cause	Solution
System will not start	Not plugged in	Make sure unit is plugged in
	Not turned on	Make sure unit is turned on
	Fuse	Call Pneumex for location of fuse box 800-447-5792
System vibrates erratically	Not on level surface	Make sure unit is on level surface.
	Not on firm surface	We recommend a cement or ground floor
Traction Bars do not operate	Not plugged in	Make sure unit is plugged in
	Not turned on	Make sure unit is turned on
	Air not working	Check compressor and air fittings

# Safety Requirements

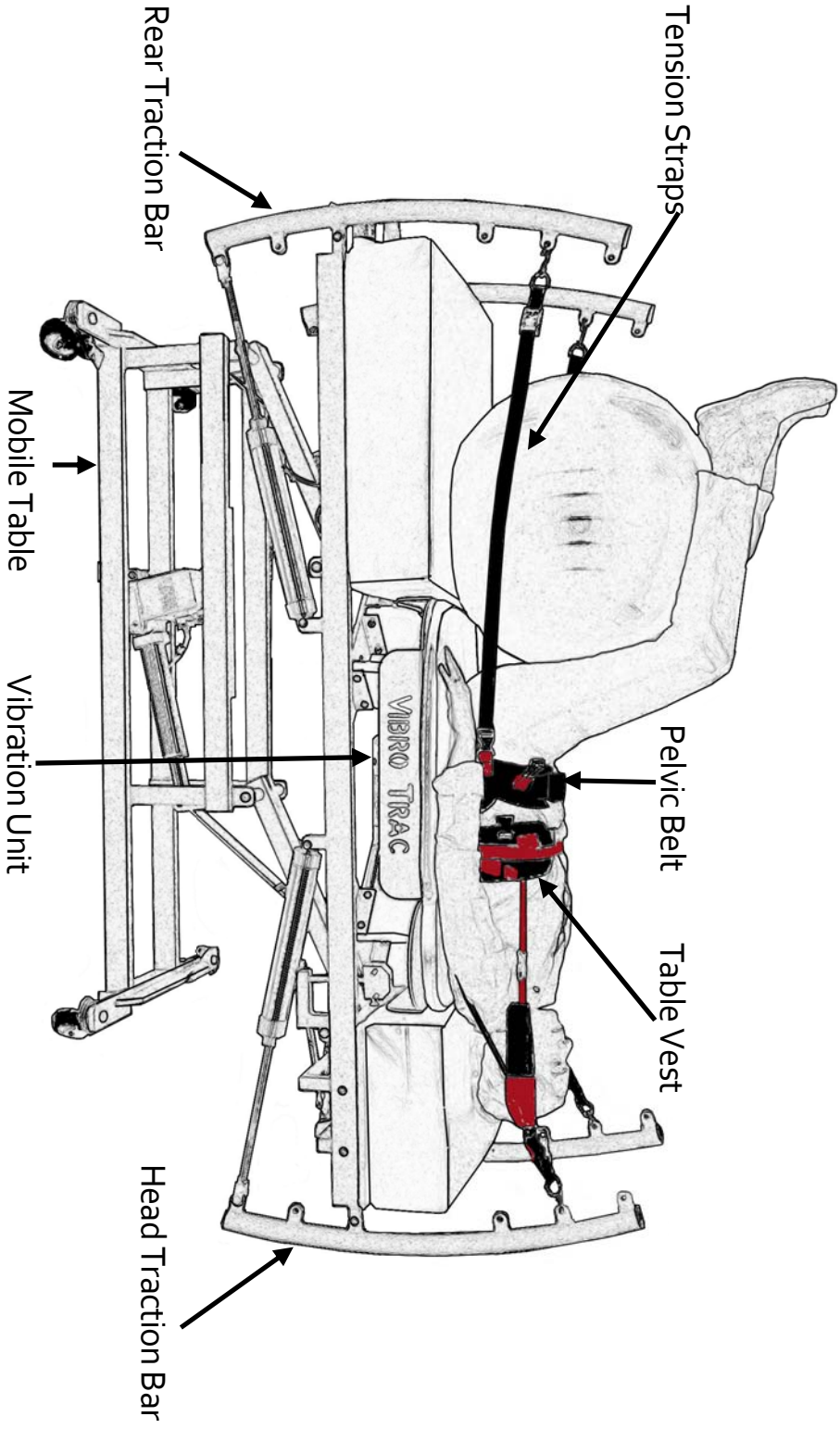
- Read this manual in full before using the VibroTrac™ System.
- Do not start the VibroTrac™ System until it is set up on a **level** surface and all components are plugged in.
- To avoid potential safety problems, use parts and accessories that meet specifications given in this manual.
- Before each use, inspect all electrical plugs and **make sure unit is level**. Do not use if the integrity of these items is questionable.

Patients who have pre-existing conditions spinal fractures, bone spurs, spondylosis, spinal stenosis, spinal tumors or are pregnant should check with their physician before any vibration therapy.

# Specifications

Pneumex VibroTrac	
Weight	400 lbs
Shipping Wt.	450 lbs
Maximum capacity	450 lbs
Table Height	23 to 40"
Equip Dims	76 x 28"
Electrical	110 Volt
Hz	10 to 60 Hz
Amplitude	1 - 2 mm preset

# Components





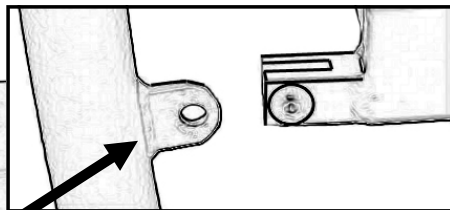
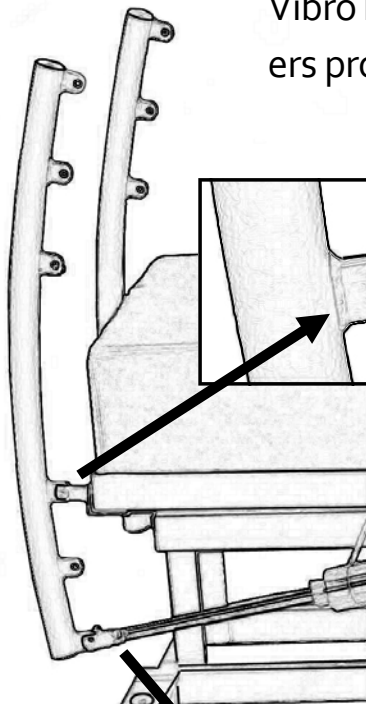
# Operating Instructions

Unpack the VibroTrac™ unit. Retain all packing material until you are certain you have all the components.

## Table Assembly

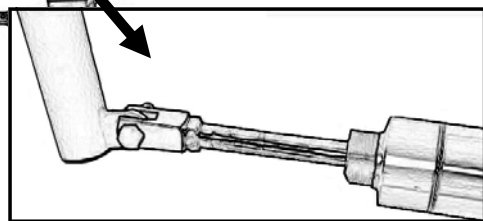
Your VibroTrac™ Table will come almost completely assembled. You will have to attach the traction bars and connect the cylinders.

First attach the traction bar to the VibroTrac Table using the bolt and washers provided.



Second pull out the cylinder arm and attach to the traction bar using the bolt and washers provided.

If problems occur, refer to the troubleshooting guide in this manual. If problems persist, call Pneumex, Inc. 800-447-5792.

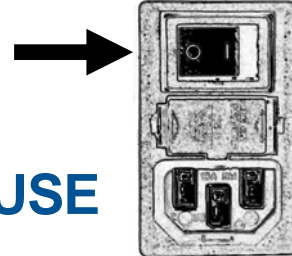


## Use

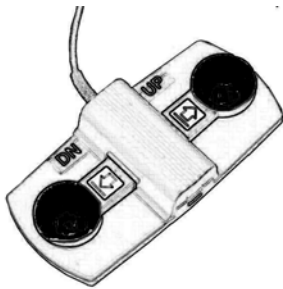
Plug the Hi-Lo table control in wall outlet. Connect the air hose to compressor and plug the control panel in wall outlet. On the under side of the control panel where the power cord is plugged in is an On / Off switch.

**Turn the switch on**

ON/OFF  
Switch



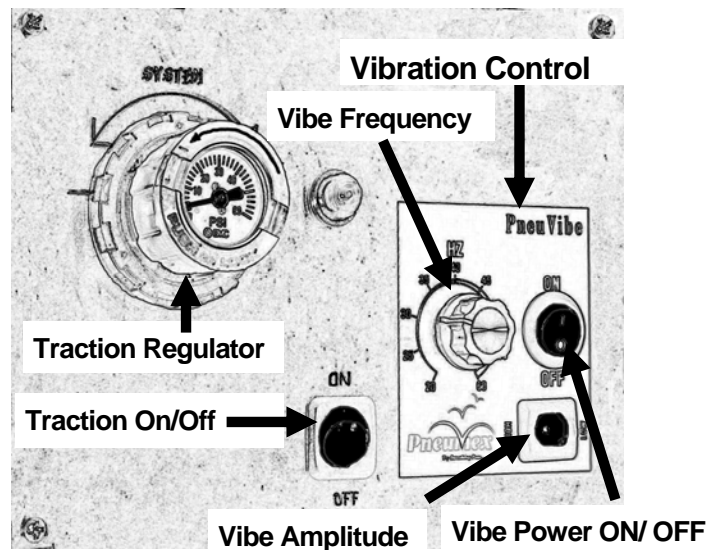
## TURN UNIT OFF WHEN NOT IN USE



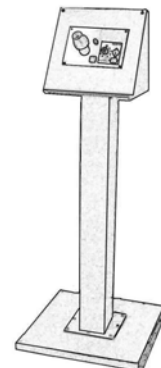
To operate the Hi-Lo part of the VibroTrac Table use foot pedals to raise or lower table to desired height.

## Control Panel

Turning on the Regulator will engage the intermittent traction. You can set the intensity with the Traction Regulator. Refer to your treatment protocols for correct settings.



Turning the Vibe Power on will engage the vibration unit. Set vibration intensity with Frequency knob to 20-60 Hz. Use paddle switch to select vibration amplitude of Hi or Low.



## Accessories

The following items are included in the accessory pack with the table. These accessories can be ordered individually from Pneumex by calling:

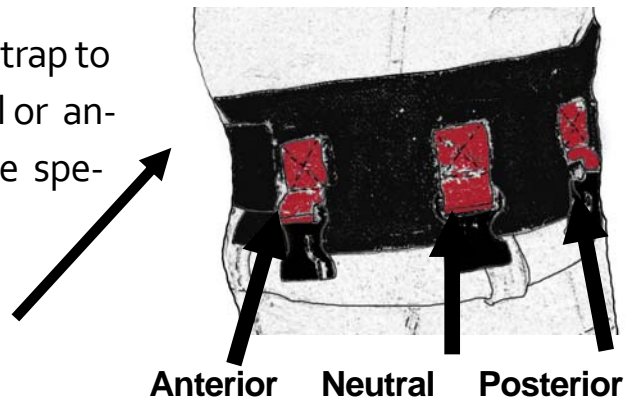
(800) 447-5792

Item ID	Item Description
AC-Comp	Compressor PPT (USA)
FT-PBL	Pelvic Belt Large
FT-PBM	Pelvic Belt Medium
FT-PBS	Pelvic Belt Small
PV-TABS	Vest Table Abilities Small
PV-TABM	Vest Table Abilities Medium
PV-TABL	Vest Table Abilities Large
RP-VMP	Pad Mobilization 3.5" Vibe
SG-WV	2-6" Wedge
RP-CVB70	Velcro Belt 70 in 06
2089P	Ball 55cm -22" Stability Vibe
RP-VAT	Vibe Ankle Tie

## Pelvic Belt

The pelvic Belt is designed to allow the traction bars to apply tension to specific areas of the body.

By attaching the Tension Strap to either the posterior, neutral or anterior position we can create specific quadrant tension.



The pelvic belt has a quick release front buckle that may be used at any time to release tension if it feels excessive.

## Pneumex Vest

The Abilities vest is designed to allow the bars to apply tension to the upper body.

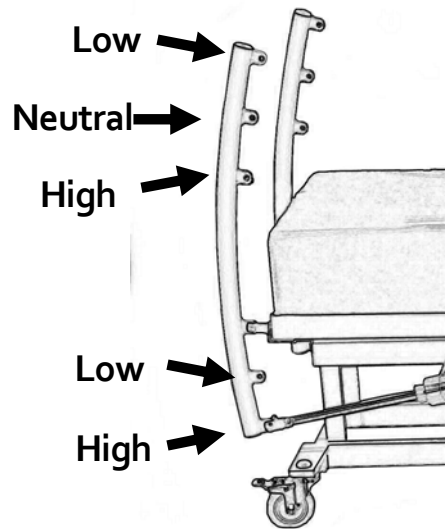
By attaching the shoulder strap S hooks to the head traction bar we can create specific tension.



The Vest has quick release front buckle that the patient may terminate treatment at any time to release tension if it feels excessive.

# Traction Bar settings

The traction bars at the head and foot of the VibroTrac Table allow for variations on the application of tension.



General set up and use guidelines are included in this Operator's Manual. The individualized treatment plans are at the discretion of the clinician, and based on a thorough diagnosis and progress of the patient.

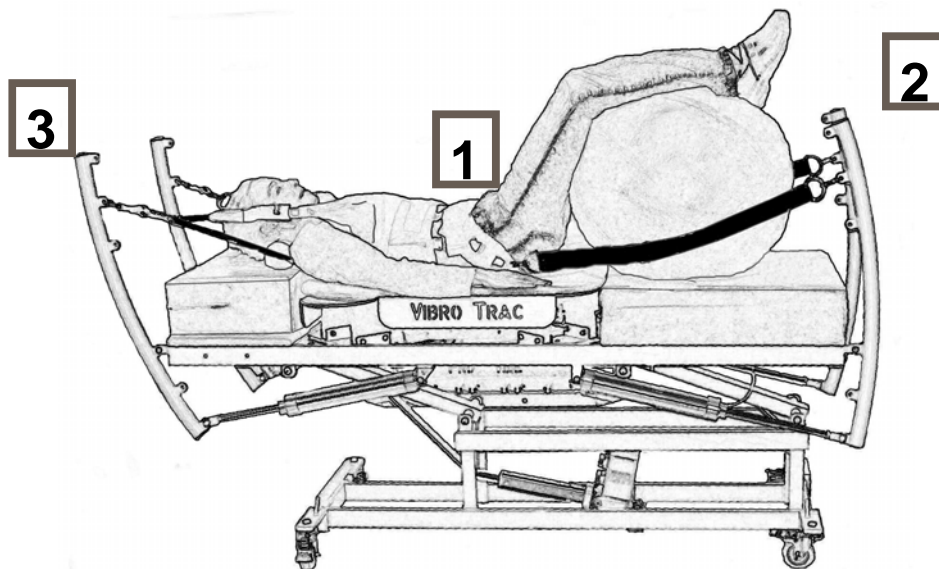
## Patient set up

Put appropriate size Pelvic Belt and Table AbilitiesVest on patient. Have the patient lie on the VibroTrac Table face up. The table may be lowered to allow the patient easy access to the table. Raise the table to a comfortable height for the clinician.

It is recommended that a roll be placed under the neck to keep the spine in proper alignment.

1. Attach the Tension straps to the Pelvic Belt in either the Posterior, Neutral or Anterior position see Pelvic Belt.
2. Attach the Tension Straps to the Traction Bar at the foot of the table in highest, neutral or lowest setting.
3. Attach shoulder straps on vest to Traction Bar at the head of the table in highest, neutral or lowest setting.
4. Turn on the vibration unit starting at 20 Hz.
5. Turn on traction unit and start at approximately 10-20 lbs.

MAKE sure the patient feels no pain or discomfort. Allow patient to relax under vibration about 2-3 minutes before mobilization begins. The total traction time is 12 min. The intermittent interval will be 45 sec on 15 sec off.



We recommend, for proper spine alignment, you place a 55 cm exercise ball under the patients legs to form a 90° angle before beginning treatment.

# Bibliography

## **Effects of whole-body vibration in patients with multiple sclerosis: a pilot study.**

Schuhfried O, Mittermaier C, Jovanovic T, Pieber K, Paternostro-Sluga T. Department of Physical Medicine and Rehabilitation, Medical University of Vienna, Austria. othmar.schuhfried@meduniwien.ac.at

## **Adaptive Responses of Human Skeletal Muscles to Vibration Exposure**

C. Bosco <sup>1,2,3</sup>, R. Colli <sup>5</sup>, E. Introvini, M. Cardinale <sup>4</sup>, M. Iacovelli <sup>1</sup>, J. Tihanyi <sup>3</sup>, S.P. von Duvillard <sup>7</sup>, A. Viru <sup>8</sup>

## **The role of Vibratory Massage on Treating Delayed Onset Muscle Soreness**

(2004). Floris Jan Gerko Pietzsch, University of Brighton, Chelsea School, East Bourne, East Sussex.

## **Treatment of Chronic Lower Back Pain with Lumbar Extension and Whole-Body Vibration Exercise A Randomized Controlled Trial**

Jörn Rittweger, MD, \*Karsten Just, MD, †Katja Kautzsch, MsPsych, ‡Peter Reeg, MD, §and Dieter Felsenberg, PhD

## **EMC Compliance and Warning Statement**

- IEC 60601-1-2: 2007 and EN 60601-1-2: 2007

This equipment has been tested and found to comply with the limits of the standard for medical devices, IEC 60601-1-2.

## Your Warranty

If a product purchased from Pneumex does not operate properly, Pneumex will repair or replace it at no charge, for up to one year from the date shipped. In the course of repair or replacement, Pneumex may send you written recommendations on how to prevent a problem from occurring again. Pneumex reserves the right to withdraw this warranty if recommendations are not followed. The customer is responsible for freight charges both to and from Pneumex in all cases.

This warranty does not apply to compressors which are covered by the compressor manufacturers.

This warranty is exclusive and is in lieu of all other warranties whether written, oral or implied, including the warranty of fitness for any particular purpose. Pneumex liability is in all cases limited to the replacement price of its product. Pneumex shall not be liable for any other damages, whether indirect, consequential, or incidental arising from the sale or use of its products.

Pneumex sales personnel may modify this warranty, but only by signing a specific written description of any modifications.

Pneumex  
2605 Boyer Ave  
Sandpoint, ID 83864  
pneumex@pneumex.com  
www.pneumex.com  
800-447-5792



Pneumex Equipment



*treat. restore. thrive.*

PneuThera Treatment Protocols