

# Quick Reference Guide



# rifton TRAM

Quick Reference Guide



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## Introduction

The Rifton TRAM is a simple and versatile transfer and mobility device. With proper use it can eliminate caregiver lifting, reduce back strain and workplace injuries, and give dignity and safety to the client.

This Quick Reference Guide provides basic operating guidelines, focusing on core functionality and key techniques. It is a supplement to the Product Manual, not a replacement. Before operating the TRAM, all caregivers must read and understand the Product Manual.

**TIP:** For the most up-to-date and detailed instructions, see the online guide here:





## How to get it right the first time

**Go slow the first time.** Explain to your client that in the course of the transfer some adjustments may be needed to find the best configuration of the straps and supports, and that this will make future transfers quick, easy and safe.

**Try to win the client's trust before beginning your first transfer.** Sometimes it may soothe an anxious client to watch a caregiver or someone else being transferred in the TRAM first.

**The key to success is the proper positioning** of thigh straps and other components to help the client feel balanced, comfortable and secure.

# Key Components



1

Body support pads with color-coded clips



2

Expansion handle



3

Arm supports



4

Arm support holder



5

Arm support mounting bracket



6

Thigh straps



7

Seat strap

To provide additional support a third thigh strap can be used as a seat strap.



8

Pelvic support

# Using Thigh Straps for a Seated Transfer



**1** Move or remove the wheelchair footplates, armrests and trunk laterals if possible. Use the TRAM's expansion handle to widen the base frame before approaching the client.

**2** Evaluate the client's body type and size. Adjust the straps and height of the body support accordingly.

**3** Fully shorten one end of each thigh strap and attach that end to the yellow clips at the front of the body support, gray side facing the client. The other ends of the thigh straps should be fully lengthened.

**TIP:** If needed to prevent outward movement of thighs, the straps can be crossed in front and attached to the yellow clips on opposite sides.

**4** Have the client raise their arms slightly. Position the TRAM so that the body support pads are around the client's rib cage a few inches below the armpits and just above the hips.

**5** Secure both buckles and tighten the two adjustment straps snugly by pressing on one side of the body support while tightening the belts. Lock the caster brakes.

**6** Slide the unattached ends of the thigh straps under the client's legs, from the inside to the outside of the thighs. Raise the client's legs as needed and work the straps as far back under the thighs as possible. Hook the thigh strap rings onto the gray or blue clips.

**TIP:** If your client is able, ask them to raise one leg and place foot on the curved tube in front.

**TIP:** For some clients this may be the single most important step; you may need to work the thigh strap back by pushing both on the outside and the inside of the client's thigh.

**TIP:** For some clients, placement of the straps underneath the thighs may be performed first, before bringing the TRAM up to the client. (Using seated weight shifting.)



**7** Pull the T-handles on the straps snug. If you can stand behind the client, pull them both evenly at the same time. Straps should be adjusted so that thighs form a 90° angle to the client's trunk during transfer.



**a.** Correct position

**8** Unlock the caster brakes and raise the client. Watch closely to make sure the body support does not ride up under their armpits and the client remains balanced and comfortable and does not sag.

**9** Move the client to the transfer destination.



**b.** Incorrect (sagging)



**c.** Correct with seat strap

**TIP:** If the client sags or feels insecure, you can add the seat strap (which is simply a third thigh strap), hooked onto the white clips on either side. Tighten both ends while standing behind the client.



**10** Gently lower the client onto the chair. Stop lowering the body support before it touches the client's hips or legs. Lock the caster brakes. Unclick the back ring on the thigh straps and gently pull the straps out from under the client.

**TIP:** If you used a seat strap, pause just above the seat surface and remove it.

**TIP:** The TRAM will automatically stop and beep if it meets increasing resistance.



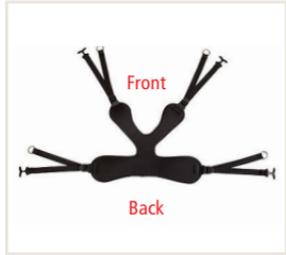
**11** Release the back buckles and caster brakes and pull the TRAM away from the client.

## Toileting with the TRAM

See our online resources for several different methods for toileting with the TRAM:



# Using the Pelvic Support for Sit-to-Stand or Walking



**1** Adjust all 4 straps of the pelvic support to full length.

**2** Position the pelvic support under the client, either by lifting the client using steps 1 through 8 of the seated transfer procedure or by folding the saddle, shifting the client to one side, and positioning the saddle under the client one half at a time. Make sure the pelvic support is gray side up.

**3** Lower the client onto the pelvic support. Unclip and remove the thigh straps.

**4** Attach the pelvic support rings to the colored clips on the body support using these guidelines:

**a.** For slim clients, cross the straps on both sides. Attach back strap rings to the red or yellow clips and front straps to the blue or gray clips.

**b.** For larger clients, you may want to attach the straps as shown with back strap rings on the blue or gray clips and front straps on the red or white clips.

**TIP:** For some clients, securing the back strap ring to the blue clip assures that the weight bearing assist occurs at the client's ischial tuberosities. For a slim client, the front strap can then attach (crossed) to the gray clip. For a larger client, the front strap can be attached (uncrossed) to the white clip.

**TIP:** The attachment points of the pelvic support can be used to control the position of the pelvis and affect posture. See Product Manual for more information.



**5** While the client is still seated, tighten all straps.

**TIP:** The pelvic support straps should be snug so that the body support does not ride up on the torso when lifting the client.



**6** Raise the client while pulling the TRAM slowly toward you to mimic the natural sit-to-stand arc.

**TIP:** Watch closely to make sure the client is comfortable and well supported throughout the lift.



**7** Adjust the body support height and other supports so the client can walk comfortably.

**TIP:** The body support pads should not be positioned too high under the armpits.



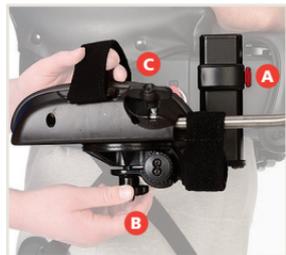
**TIP:** Arm prompts can be adjusted to accommodate a wide range of positioning needs. Here we show a client positioned with arms forward to promote good walking form.



**8** Using the T-handles, adjust the pelvic support straps to optimally position the pelvis for good walking posture.

# Positioning and Adjusting Arm Supports

Arm prompts or arm platforms may be used to provide additional support during transfer, and positioning during ambulation. The arm supports are highly adjustable to accommodate different positioning requirements.



Arm prompt



Arm platform

## Adjusting Arm Prompts or Platforms

Height Adjustment:

Press button **A** and slide the post to desired position

Pad adjustment: Loosen knob **B** to:

- Slide the arm pad toward or away from the user
- Angle up or down
- Rotate in or out
- Move the pad backward or forward (arm prompt only)

Handhold adjustment: Loosen knob **C** to:

- Slide the handhold forward or back for different forearm lengths
- Rotate the handhold from side to side
- Remove the handhold



Shown above are the two arm support holders in the four positions possible. Arm support holders can be placed on either side of the body support, with the post forward and up, forward and down, rearward and up, or rearward and down, giving a wide range of adjustment.



For clients with shorter trunks, the arm support mounting bracket can be removed and reattached upside down to prevent the bracket from interfering with the client's leg position during seated transfers.



The arm and wrist straps may be used to coach a client's arm to stay in the arm support.

**TIP:** (For positioning) Arm supports generally give the most lifting support when adjusted to the rearmost position, with the client's elbow directly below the shoulder. Using the arm supports like this is particularly helpful when you're having difficulty lifting a client.

## Scale

The scale can be used to measure a client's weight, and to measure the weight a client is bearing during ambulation.



- 1 Turn on the display and use the lb/kg button to display either pounds or kilograms.
- 2 Attach all the components needed for the client, (leg straps, arm supports, etc.) and then press the ZERO button to zero the scale.
- 3 Lift the client. Once a client is completely supported by the TRAM, the client's weight will be displayed.

**TIP:** When gait training, lift the client completely and zero the scale. Lower the client to begin walking. The weight that the client is bearing will display as a negative number.

## Gait Tracker

The Gait Tracker app allows data from the TRAM scale to be displayed on mobile phones and tablets via a Bluetooth connection.

The app has two primary functions:

1. It displays the weight measured by the scale, averaged over a 10 second interval for smoothness.
2. It calculates the average weight on the TRAM over the course of a gait training session. This value can be used to record and track a client's weight bearing capability over time.



- 1 Install the app on your phone or tablet (available for Android and iOS devices).
- 2 Activate Bluetooth on the scale by pressing the "BT" button.



Install the Gait Tracker app for Android:



Install the Gait Tracker app for iOS:



- 3 Open the Gait Tracker app on your mobile device. Your device will pair with the scale when you open the app.
- 4 Press "start" on the app when you are ready to begin the gait training session.



- 5 Use the "pause" and "resume" commands as needed until the session is over.

**TIP:** Before pressing the "reset" button at the end of the session, be sure to make an external record of the session average if needed for tracking purposes. Pressing "reset" will clear all stored data from the app.

**TIP:** To provide a client with access to the scale data, a phone may also be mounted on the client handlebar using a phone mount for a bicycle handlebar.

# Using the Caster Swivel Locks

Caster swivel locks allow the caregiver to control the TRAM's movement in several ways by preventing one or more of the TRAM's casters from swiveling.



**TIP:** "Front" indicates the caregiver handle end.



**One lock on front caster:** allows both rear casters to swivel and steer fully in all directions while the front casters follow.

This can make control easier when repositioning an empty TRAM between sites, and in some cases during seated transfers.



**One lock on rear caster:** allows both front casters to swivel and steer fully in all directions while the rear casters follow.

This helps with stability and directional control during gait training.



**One lock on front caster and one lock on rear caster:** TRAM will track in a straight line during gait training.

This allows the client to focus on forward movement without steering.

**You will make a difference.**

The Rifton TRAM is designed to give clients the gift of mobility and restore their personal dignity. By understanding and implementing the basic functions outlined in this guide, you will now make this possible—and you may change someone's life.



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