



Help Deck

Enter website portal for assistance

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Instructions For Use

Scan QR code or enter website portal
to access full Instructions For Use

Legend

Indications for Use: Patients assessed to be at risk of entanglement in vital interventions such as vascular access lines or breathing equipment.

Caution: Federal law restricts this device to sale by or on the order of a Licensed Practitioner.

Manufacturer: Healthy Design Ltd. Co. 13 Willow St Rutland, VT 05701

Phone: (802) 821-1002

Exersides™ Refraint™ Warning Label

Manufactured By: Healthy Design Ltd. Co. 13 Willow St Rutland, VT 05701 P: (802) 821-1002

Contraindications: DO NOT USE if patient is prone, has an upper limb injury, or an IV or wound site which could be compromised by the device, or if body is compressed against device e.g. obesity, deformity..

Caution: Federal law restricts this device to sale by or on the order of a physician.

Warnings & Precautions:

- Assure device has restraint level commensurate with ability for harm.
- Patient struggling in device may cause skin damage.
- Keep lines and tubes from tangling in device.
- Keep equipment out of reach.
- Attach bed and endotracheal tube alarms to monitor patient.
- Do not stand within arms' length of the device if wearer is flailing.
- Device contains hard surface which can cause injury or damage. Assure patient comfort and protection.
- Clean with your institution-recommended EPA-registered cleaners specific for patient infection profile as per instructions.
- Use Universal Precaution.
- Assure that device is securely assembled prior to usage.
- Dispose of soiled soft goods using Universal Precautions according to your institution's recommendations.
- Restricting movement may cause emotional or physical injury. Consult a Licensed Independent Practitioner.

Will come with each Refraint™

Storage Requirements: Do not store in direct sunlight. Store in temperatures between 12-24°C / 55-75°F. Hand Shields store flat. Maintain integrity of packaging. Do not remove labels.



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Application

Attach Exercise and Restraint Bed Straps to Bed Frame

KEEP IN MIND: The Exercise Strap can be tightened so much as to be like the Restraint Strap so you can feel comfortable using and titrating it instead of using Restraint.



Assure pillow is under Patient's Arm

KEEP IN MIND: If the pillow is not there, the wrist strap pulls more on the wrist.



Place Patient Hand onto Hand Rest

Assure irritated skin at wrist and back of Hand are covered with skin protector prior to placing into Wrist Strap



**Buckle WRIST STRAP at back
of hand and close Wrist Pad**

**KEEP IN MIND: Wrist Pad
should be under Wrist Buckle**



Close Wrist Pad around Wrist Buckle

KEEP IN MIND: Assure IVs
and cords are secured
and not compressed.



Place Hand IVs in Wrist IV Holder



**Feed Wrist Strap Side Buckle
in through Frame Side Slot**



Close WRIST STRAP to smallest part of Wrist

KEEP IN MIND: Assure lines are
secured and not compressed.



**TheraPete™ slides
along WRIST STRAP
and can be
attached/detached**

**KEEP IN MIND: Place TheraPete™ in
PALM for calming effect for patients
wishing to interact with equipment.**



**Feed Wrist Strap Side Buckle
out through Frame Side Slot**



Open/Close Arm Tube Latch to adjust Shoulder Plate to Shoulder using straight Arm

KEEP IN MIND: Final Arm Tube length should allow only slight elbow bend while no tension at Wrist Strap.

KEEP IN MIND: Shoulder Plate starts at tip of shoulder and can rotate when latch is unlocked.

Place IVs and cords in Latch Pad IV Holder



Buckle Wrist Strap



1. Remove Slack from Wrist Strap



2. Close Buckle to lock in place



3. Close Strap to secure

KEEP IN MIND: Assure no tension at wrist after removing slack from Wrist Strap

**Click Hand Shield Prongs in
Lateral Frame Lower
Holster and Medial Holster**



**Assure Hand cannot reach
outside of Hand Shield**

**Controls may be placed
under Hand Shield**

**KEEP IN MIND: Choose longer Hand Shield
if Hand reaches outside of Hand Shield.**



Assure final Arm Tube length allows slight elbow bend while no tension at Wrist Strap.



**Note markings on
Arm Tube for sizing**



Wrap Axillary Strap under Axilla and upward

Keep in Mind: Attach firmly and squarely in place



**Insert Axillary Strap Upper
Tab into Shoulder Plate Loop
and affix to Lower Tab**

**Assure the Axillary Strap is
loose by sliding Hand to Axilla**

Keep in Mind:

Axillary Strap may appear loose near
Shoulder Plate but may not be loose at axilla



You may attach Exercise Strap to Frame Side Loop

Keep in Mind:
If used as a means of
reducing mobility
rather than for
resistance exercise, the
Exercise Bed Strap may
be a form of restraint.



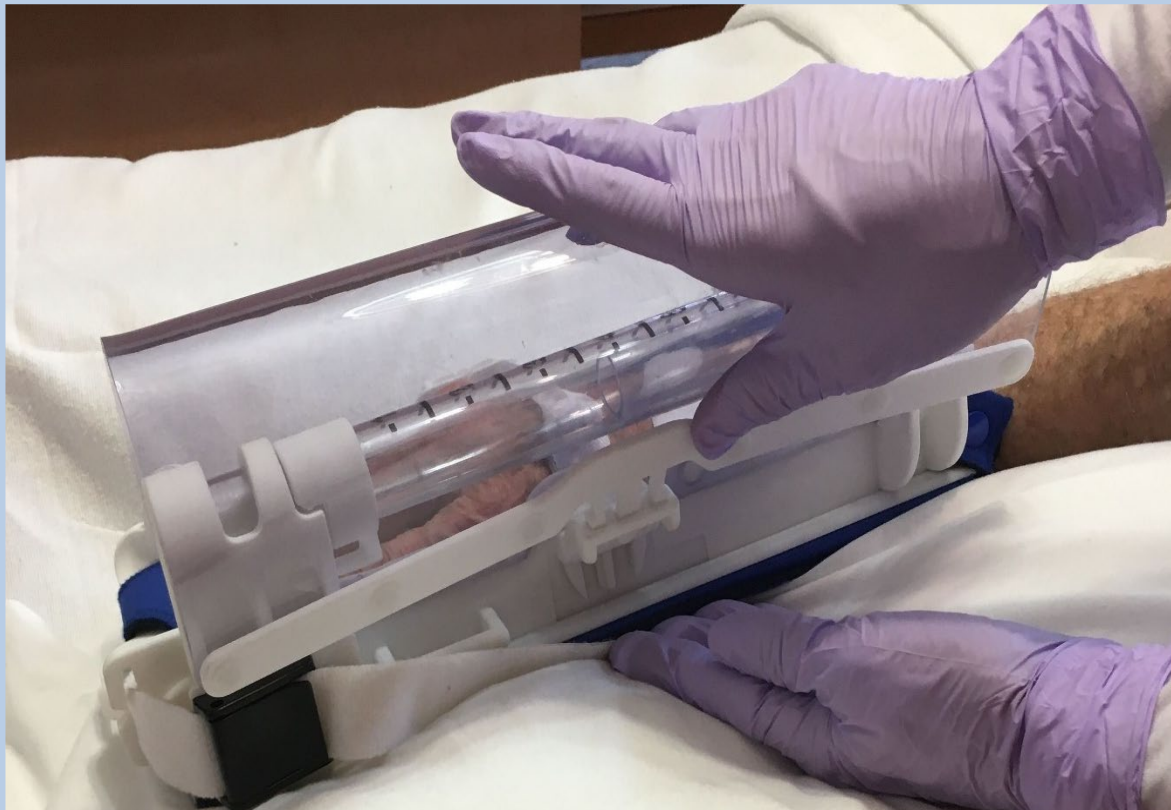
**You may turn the
Refract
into a Restraint by
attaching the
optional Restraint
Strap to the Frame
Side Loop**

KEEP IN MIND: It is easier
to thread Bed Strap upward
through Frame Side Loop



Lift HAND SHIELD to adjust IVs and cords

You may keep HAND SHIELD
open by clicking Hand Shield Prongs
into Hand Shield Upper Holster





Optional LuciLoop for
verticalized patients
traverses back of Neck.
LuciLoop Tabs attach to
Shoulder Plate Loop
and stick anywhere on
LuciLoop Strap to size.





1. Insert closed Tab into Shoulder Plate Loop alongside Axillary Strap Tab



2. Place Neck Pad along back curve of Neck.



3. Affix Tab anywhere on LuciLoop Strap to remove slack.



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Removal

EMERGENCY REMOVAL



**REMOVE IVs FROM ALL
IV HOLDERS**



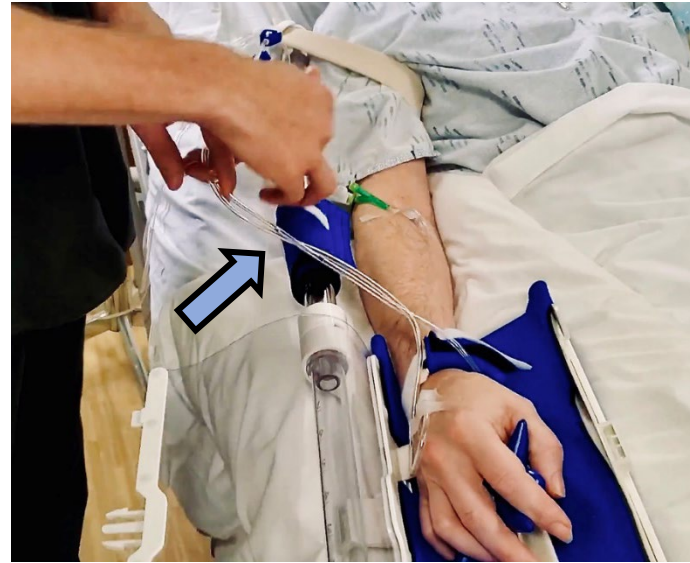
**OPEN SHIELD and
UNBUCKLE WRIST STRAP**



DETACH AXILLARY STRAP



Open Shield to
remove Hand IVs



Remove IVs at
Elbow



Remove IVs at
Shoulder

#1: FREE IVs and cords



Open Wrist Pad and
Unbuckle Wrist Strap to
free hand



Detach Axillary Strap
Tabs and Axillary Strap
to free shoulder



Move Refraint™
taking care not to
entangle IVs

#2: FREE HAND AND SHOULDER



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Sedation

SEDACTION

The balance of sedation and activity that optimizes physical, cognitive and emotional well-being while assuring patient comfort.

GOAL

No sedation + active range of motion (AROM)

'Sedaction' -The New Sedation

First, minimize sedation. Then, minimize restraint.

The goal is for an awake patient to move as much as possible without agitation.

Do not try to prevent active movement unless it may cause harm.

Only prevent obvious agitation. Active movement is NOT always agitation.



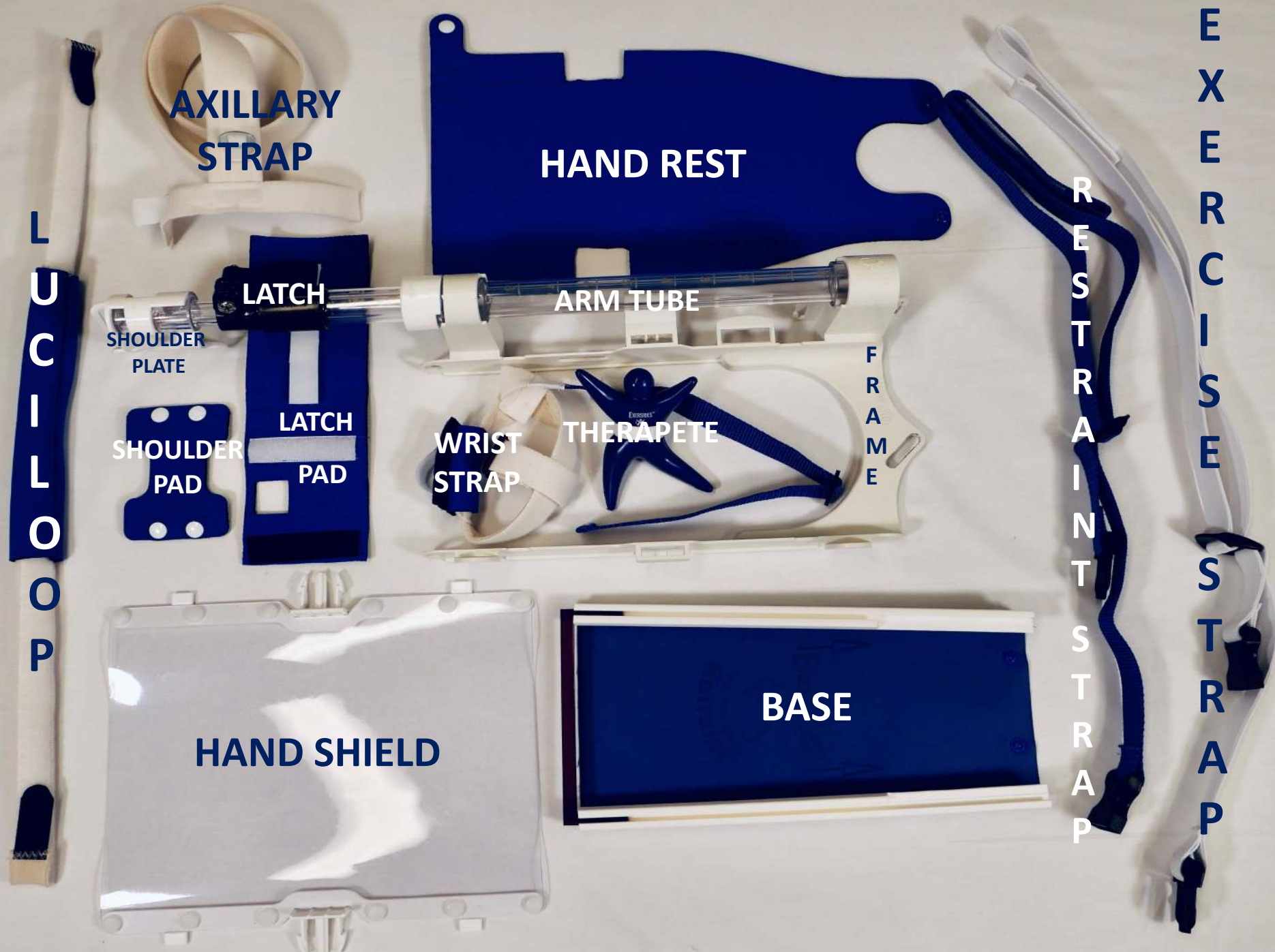
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Assembly

PARTS



AXILLARY
STRAP

HAND REST

LATCH

ARM TUBE

SHOULDER
PLATE

SHOULDER
PAD

LATCH
PAD

WRIST
STRAP

THERAPETE

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R
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M
E

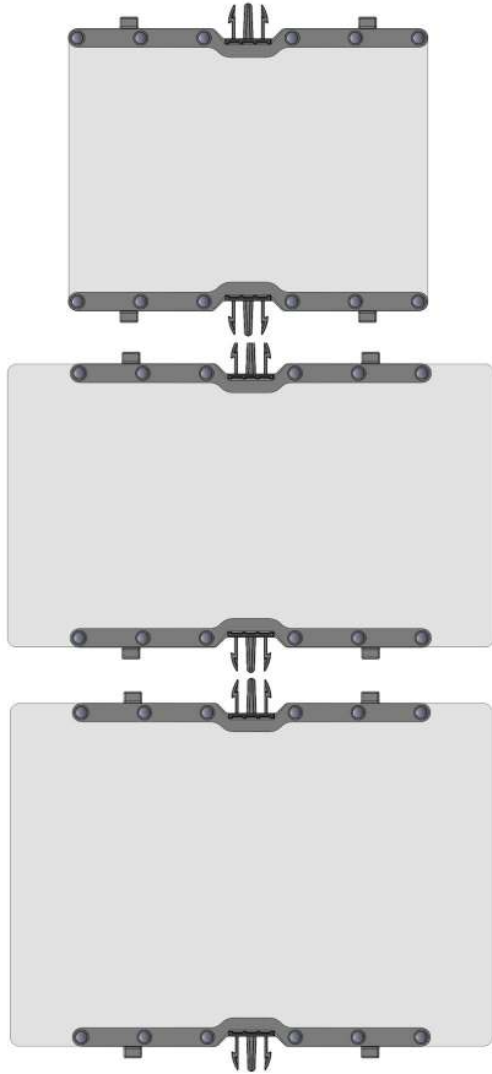
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HAND SHIELD

BASE

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Shield Options

Regular Hand Shield

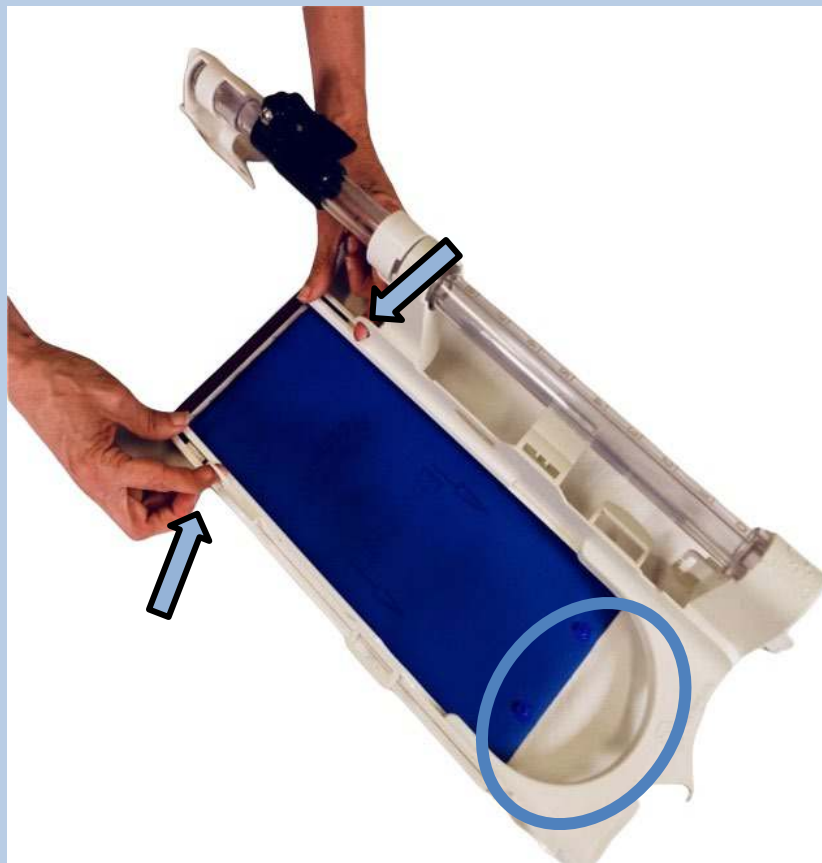
Long Hand Shield

Tall Hand Shield

Slide Base onto Hand Frame



**Place Hand Frame
into Base Tracks**



**Pull to slide
Base onto Hand Frame**

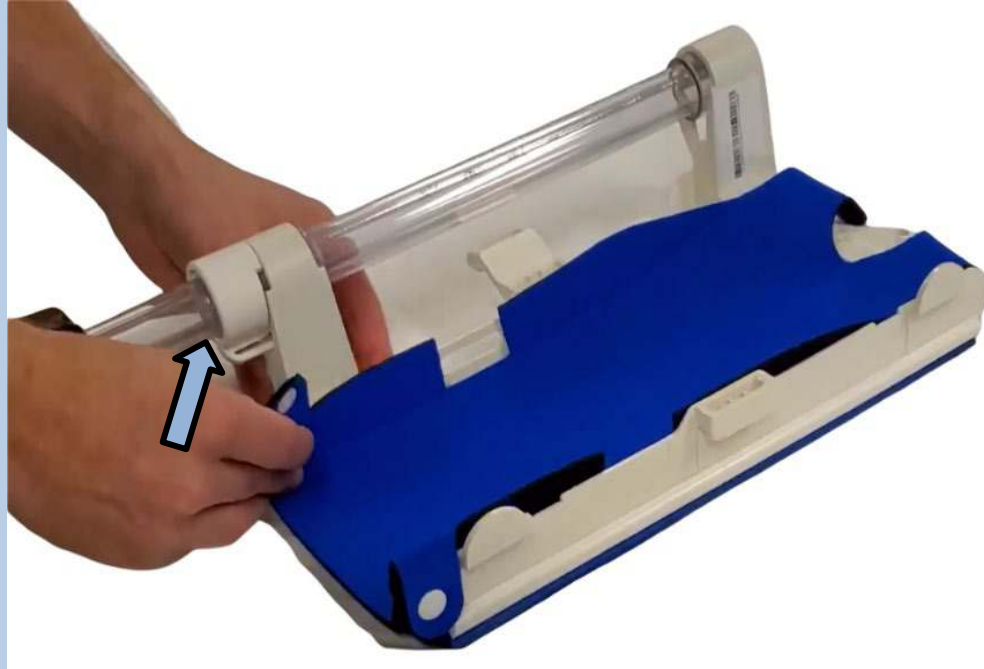


**Base Guide disconnects
when in place**

Overlay Hand Rest onto Base



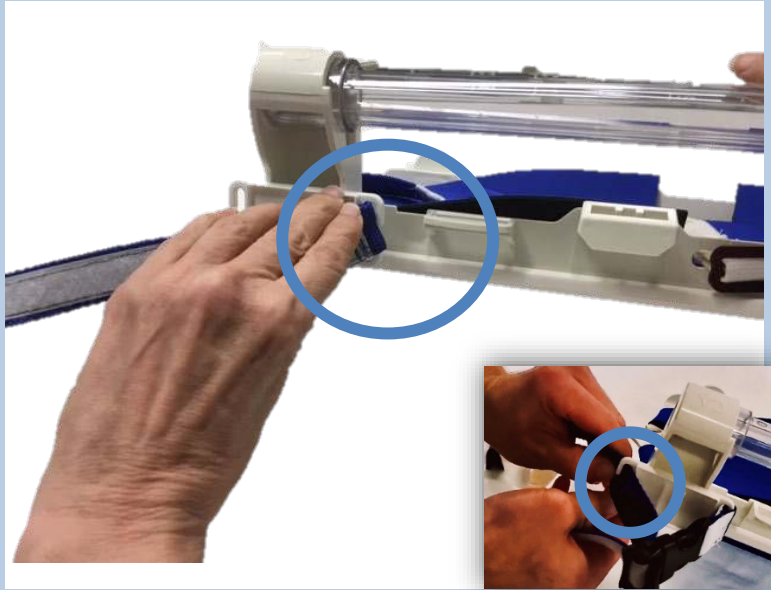
Place Hand Rest on Base



**Secure Snaps through
Frame Snap Holes**



**Secure Hand Rest
Snaps onto Base**



Slide Buckle End of
Strap onto side Frame
Plate Open Loops



Slide Wrist Strap
through Front
Frame Open Slot



Insert Side Clasp
through Side Slot

Attach Wrist Strap

Snap Shoulder Pad into Shoulder Plate



This may be done before or after Axillary Strap attachment.

Secure Axillary Strap onto Shoulder Plate



1. From Shoulder Plate 'Snap Side', insert Axillary Strap Tip into Shoulder Plate Lower Slot



2. Insert Axillary Strap Clasp into Shoulder Plate Upper Slot

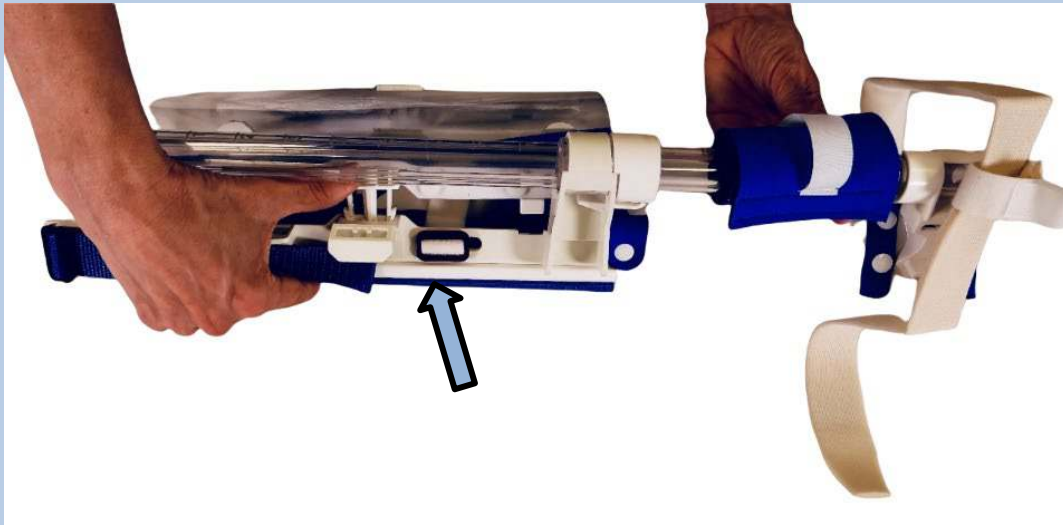


3. Insert Axillary Strap Tab into Shoulder Plate Loop

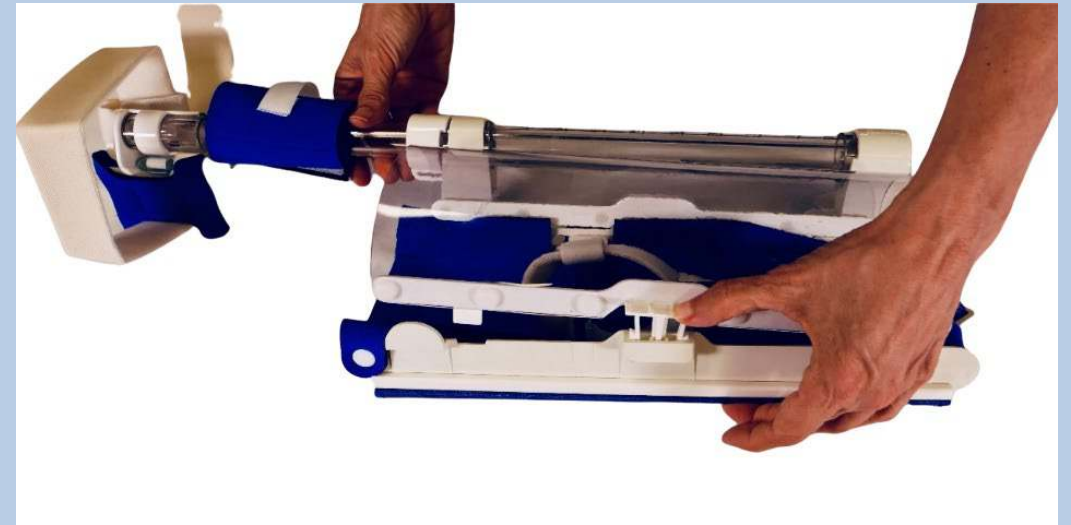


4. Bring Axillary Strap Tip over top of Shoulder Plate and adjoin Strap and Tabs

Attach Hand Shield to Frame



**Click Hand Shield Prongs into
Lateral Frame Lower Holster**



**Click Hand Shield Prongs into
Medial Frame Holster**



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Cautions

A patient is lying in a hospital bed, wearing a light blue hospital gown. Their right arm is extended upwards, holding a clear plastic IV bag. The patient's left arm is resting on a white and blue padded armrest. In the background, there is a medical monitor with multiple screens displaying various data, a white medical cabinet with drawers, and a large overhead lamp. A blue rectangular object is placed on the medical cabinet. A wire basket containing various cables is visible in the lower right corner. The text "CAUTION: Assure Equipment is out of Arms Reach" is overlaid on the left side of the image in a dark blue font. A red horizontal bar is located at the top left of the image.

CAUTION:
Assure Equipment
is out of Arms Reach

CAUTION:
Do NOT Apply to
fractured limb
without
Practitioner order



CAUTION:
DO NOT APPLY
Exersides™ in
proned patient



A patient is lying in a hospital bed, wearing a white gown and a white mask. The patient's arms are restrained with blue straps. A white pillow with a blue stripe is behind the patient's head. In the background, there is a medical monitor with multiple screens and a red emergency button on the wall.

CAUTION:
DO NOT Apply
Exersides™ while
patient moving
aggressively

CAUTION:
Cover At-risk
Skin before
placing STRAPS
on Patient





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Cleaning



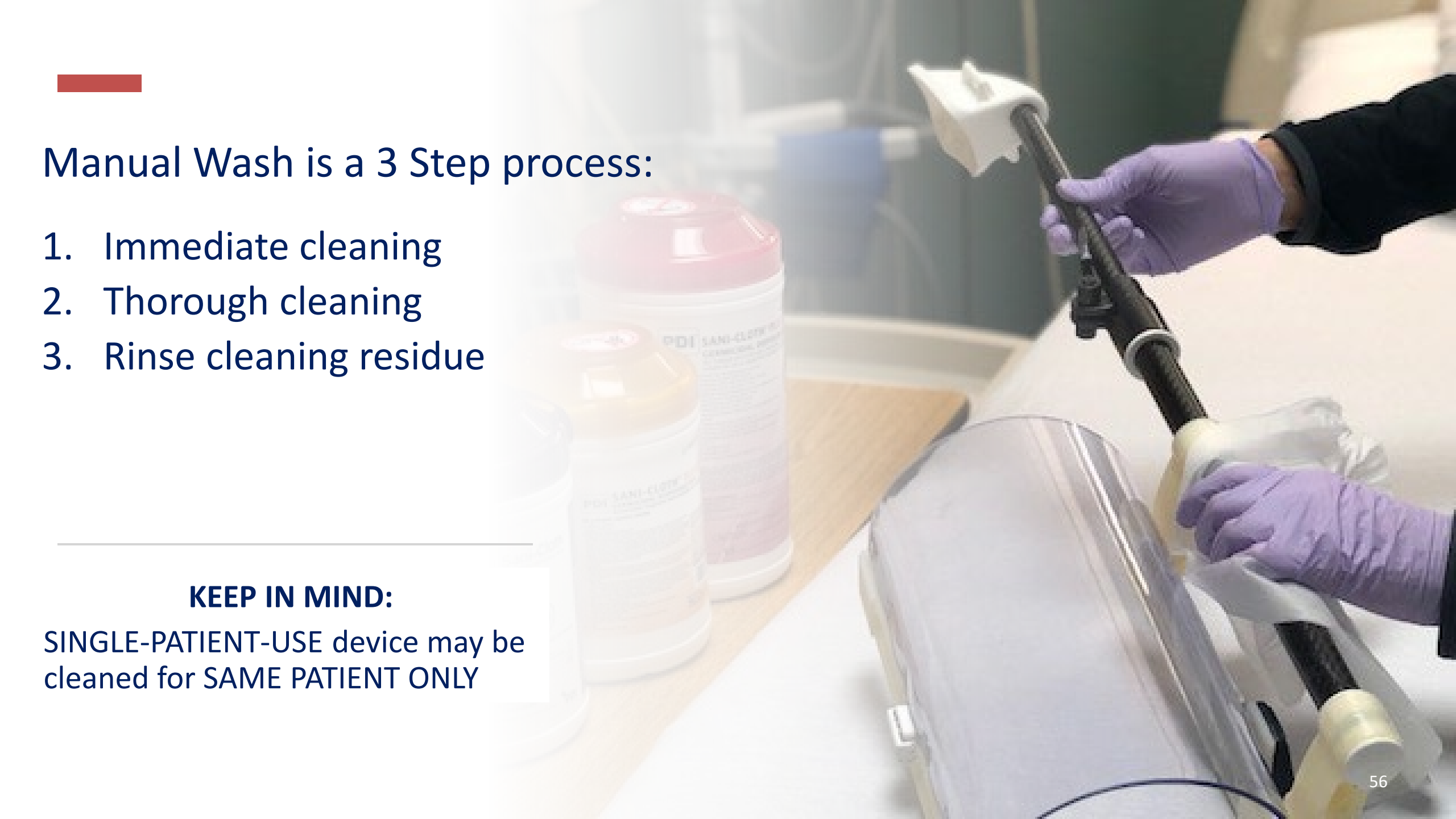
Inspect the Refraint™ and follow these cleaning and disinfecting procedures prior to each use. Where possible, follow your institution's procedures for cleaning and disinfection.

Device is Single Use and Re-Usable for SAME PATIENT ONLY

SOILED

Dispose of Soiled
SoftKit Parts using
GLOVES per
Institutional
Universal
Precautions policy



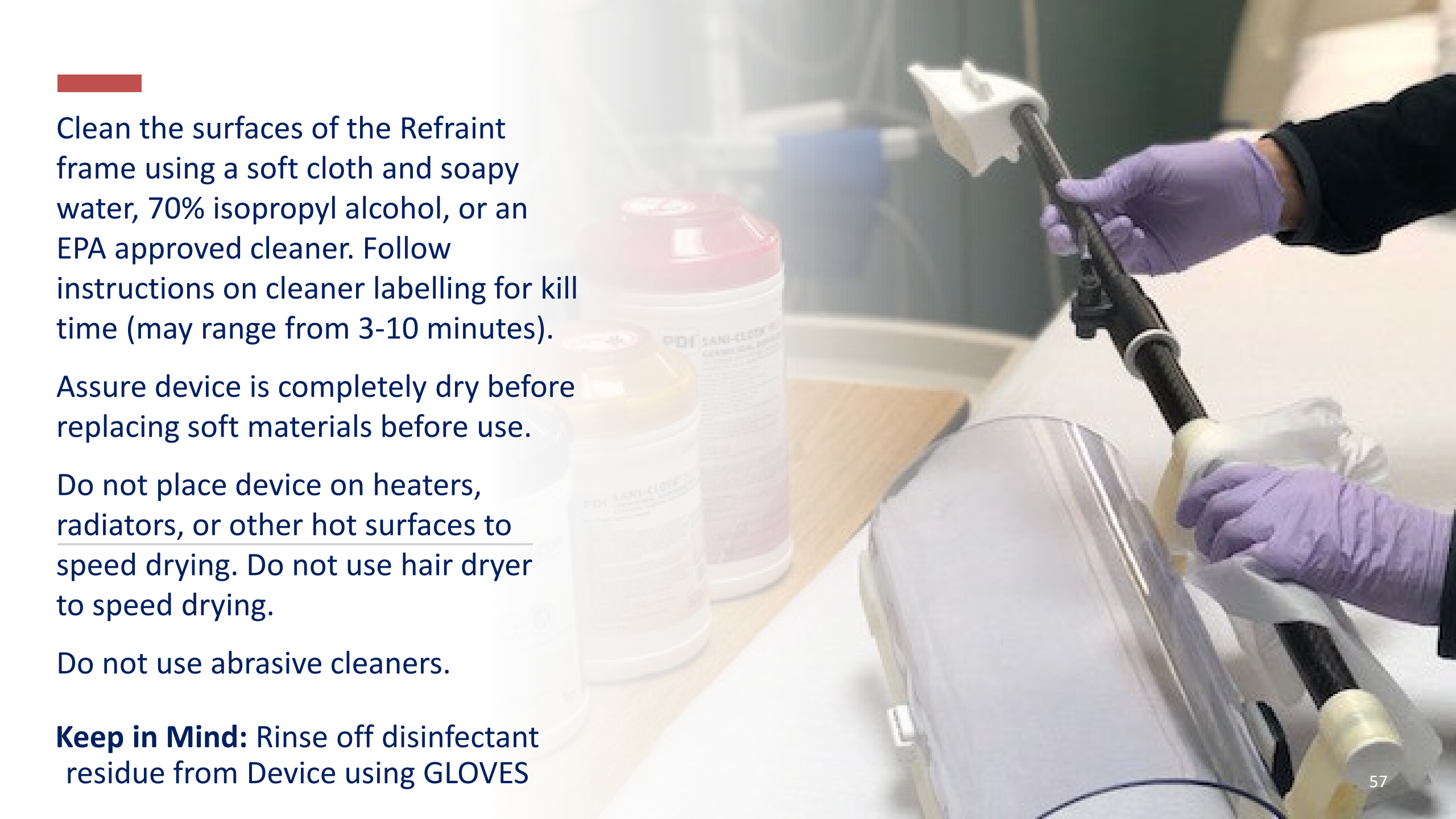


Manual Wash is a 3 Step process:

1. Immediate cleaning
2. Thorough cleaning
3. Rinse cleaning residue

KEEP IN MIND:

SINGLE-PATIENT-USE device may be cleaned for SAME PATIENT ONLY



Clean the surfaces of the Refraint frame using a soft cloth and soapy water, 70% isopropyl alcohol, or an EPA approved cleaner. Follow instructions on cleaner labelling for kill time (may range from 3-10 minutes).

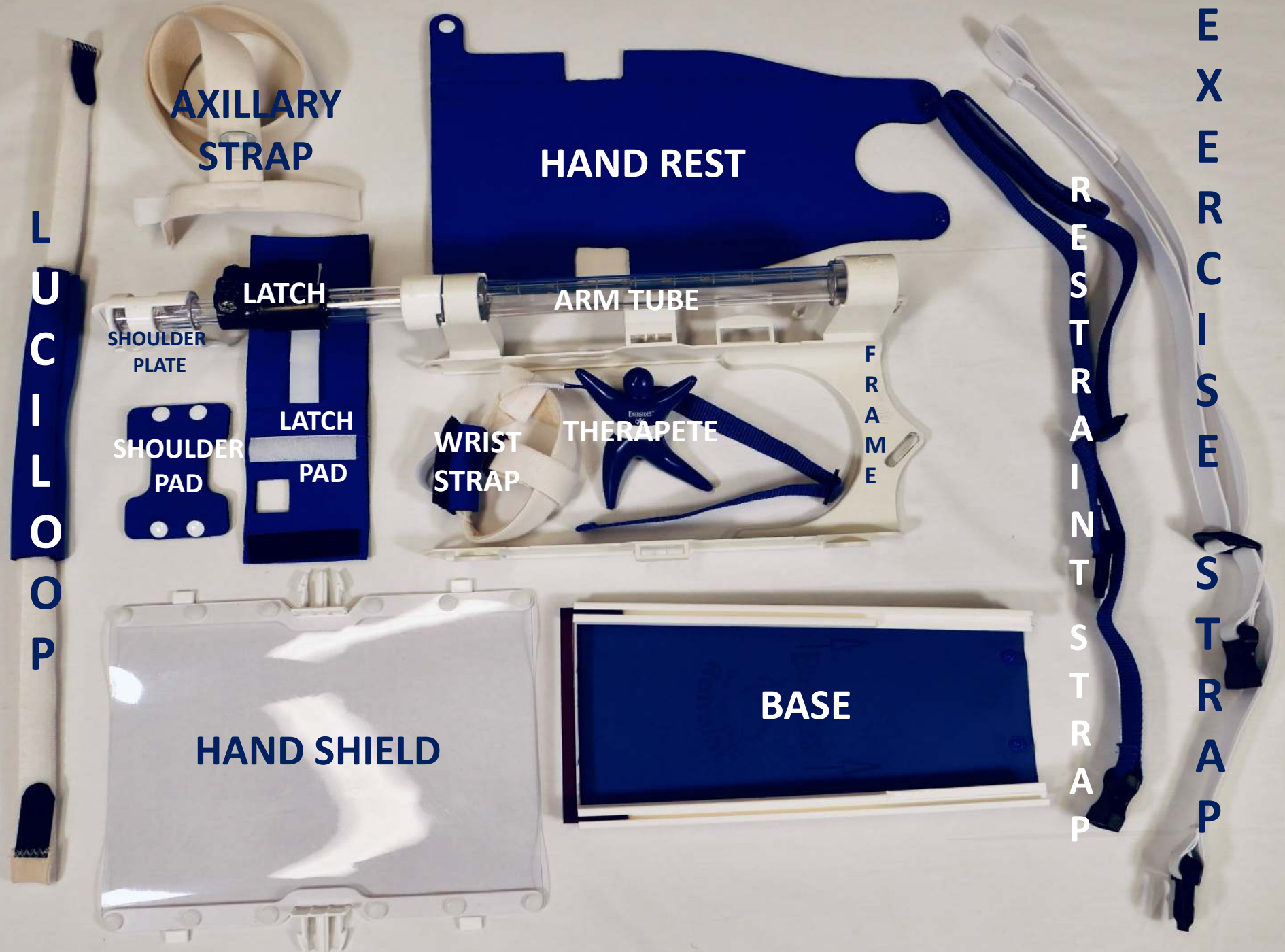
Assure device is completely dry before replacing soft materials before use.

Do not place device on heaters, radiators, or other hot surfaces to speed drying. Do not use hair dryer to speed drying.

Do not use abrasive cleaners.

Keep in Mind: Rinse off disinfectant residue from Device using GLOVES

Retrieve New
CLEAN SOFT
KIT and
ASSEMBLE
per ASSEMBLY
INSTRUCTIONS





EXERSIDES™



 **Healthy Design**

Storage

**Store in Temperatures
between
12C-24C / 55F-75F**



HAND SHIELDS store flat





Help Deck

Enter through website portal for assistance

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