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1. Overview:

Welcome to the Bedside Bike Experience

Thank you for choosing the Bedside Bike, an innovative solution designed to enhance patient mobility and rehabilitation while recovering from medical illness. Our device represents a significant leap forward in rehabilitation, combining innovative technology with patient-centered design to offer a unique and effective rehabilitation tool, from the convenience of the hospital bed.

Purpose of the Bedside Bike

The Bedside Bike is specifically engineered to assist patients in their recovery journey. It is an accessible, bedside device that enables patients, particularly those undergoing rehabilitation or facing limited mobility, to engage in gentle and controlled physical activity. The primary goal of the Bedside Bike is to facilitate early mobility and prevent deconditioning, which is a crucial aspect of recovery, especially for patients who are spending most of their time in bed.

By promoting early mobility, the Bedside Bike aims to:

- Enhance cardiovascular health and muscle tone
- Reduce the risks associated with prolonged bed rest, such as muscle atrophy and deep vein thrombosis (DVT)
- Promote early and regular bowel and bladder function recovery
- Reduce rates of delirium
- Reducing fall risk by preventing deconditioning while staying idle in bed
- Improve patient morale and engagement in the recovery process
- Potentially shorten institutional stay duration by accelerating recovery

Features of the Bedside Bike

The Bedside Bike is equipped with a range of features tailored for ease of use, safety, and effectiveness:

- **Adjustable Resistance:** Customizable settings to cater to varying levels of strength and mobility.
- **Adjustable height and length:** To adapt to any patient, in any bed.
- **Ergonomic Design:** Ensures patient comfort and minimizes the risk of strain or injury.
- **Integrated Monitoring:** Tracks progress in real-time, offering valuable feedback on patient activity and recovery.
- **User-Friendly Interface:** Simple controls and clear display for hassle-free operation by patients and healthcare providers.
- **Compact and Portable:** Ideal for bedside use without occupying significant space in the bed or room.

- Hygienic and Easy to Clean: Built with materials that ensure easy cleaning for maintaining hospital hygiene standards.

Intended Users

The Bedside Bike is designed for a wide range of patients, particularly:

- Patients with limited mobility due to various medical conditions.
- Elderly patients who require gentle exercise to maintain muscle tone and mobility.
- Post-operative patients.
- Patients experiencing bed sores or aches.
- Any patient who just loves to stay moving while in the hospital!

This Manual

This manual serves as your comprehensive guide to the Bedside Bike. It includes everything you need to know about assembling, operating, and maintaining the device. We have also included detailed safety guidelines and troubleshooting tips to ensure a smooth and effective experience.

We encourage you to read this manual thoroughly before using the Bedside Bike and refer back to it as needed. Our aim is for you to feel confident in using the device to its fullest potential, contributing positively to the recovery journey.

Continued Support

We are committed to your satisfaction and successful use of the Bedside Bike. Should you have any questions or require further assistance, our dedicated support team is always on-hand to help.

Let's Get Moving!

Your journey towards enhanced mobility and a quicker recovery starts here. Welcome aboard!

2. Safety Information:

General Safety Guidelines

The safety of our users is paramount. Please adhere to the following guidelines to ensure a safe and beneficial experience with the Bedside Bike:

- **Medical Consultation:** Before using the Bedside Bike, ensure you have approval from your healthcare provider, especially if you have any pre-existing conditions or have recently undergone surgery.
- **Supervised Use:** Initially, use the Bedside Bike under the supervision of a healthcare professional. They can guide you on the correct usage and help adjust the device to suit your specific needs.
- **Understanding Limitations:** Do not overexert yourself. Be aware of your physical limitations and stop using the device if you experience pain, dizziness, or shortness of breath.
- **Proper Positioning:** Ensure that the Bedside Bike is properly positioned and secured before each use.
- **Adjustment of Resistance:** Start with the lowest resistance setting and gradually increase as per your comfort level. Avoid setting the resistance too high as it may lead to strain or injury.
- **Emergency Stop:** At any point, the pedals will stop rotating immediately when you stop using them, as a safety feature.

Specific Precautions

- **Bed Rest Orders:** If you are under specific bed rest orders from your physician, make sure you obtain explicit permission from your medical provider before using the device.
- **Medical Devices and Attachments:** Patients with catheters, IV lines, or other medical attachments must take extra caution. Ensure these devices are securely placed and do not interfere with the Bedside Bike's operation.
- **Alert Systems:** If you are connected to monitoring devices or alert systems, ensure that using the Bedside Bike does not interfere with these systems.

Environmental Safety

- **Space Clearance:** Ensure there is adequate space around the Bedside Bike during use to avoid accidental contact with other equipment or injury to others.
- **Stable Attachment:** The Bedside Bike should be fastened securely to the attachment point to prevent tipping or movement during use.

In Case of Emergency

If an emergency occurs while using the Bedside Bike:

- Stop pedaling immediately
- Notify hospital staff immediately.
- Do not attempt to move if you feel dizzy, lightheaded, or in pain.

Regular Safety Checks

Perform regular safety checks on the Bedside Bike:

- Inspect for any loose components or damage before each use.
- Ensure that all adjustable parts are securely locked in place.
- Report any malfunctions or concerns to the hospital staff immediately.

Cleaning and Hygiene

- Follow the facilities guidelines for cleaning and sanitizing the Bedside Bike, especially if shared between patients.
- Do not use abrasive cleaners or strong chemicals that may damage the device.

By following these safety guidelines, you can ensure a secure and beneficial experience with the Bedside Bike. Remember, your health and safety are of utmost importance. Do not hesitate to seek assistance from healthcare professionals or our team at Bedside Bike if you have any concerns or questions regarding the use of this device.

3. Device Components:

Illustrations or photographs with labels for easy identification.

Pedal Unit:

- Pedals: Ergonomically designed for comfort and safety, featuring heel straps to comfortably rest your feet.
- Resistance Mechanism: A key component for adjusting the difficulty level of the movements. It includes a knob or digital control (depending on your model) for easy adjustment.

Handlebars:

- Grips: Soft, non-slip grips for comfortable and secure hand placement.
- Adjustability: Handlebars that are not confined to a particular height or angle to accommodate various user needs.

Display Console:

- Screen: Digital display providing real-time feedback on metrics such as duration, speed, distance, and calories burned.
- Control Buttons: User-friendly buttons to navigate the console's features and settings.

Safety Features:

- Stability Enhancements: Features to ensure the device remains stable during use, including proprietary clamp and anti-tip designs.

Power Supply (If Applicable):

- Battery or Power Cord: Depending on the model, the Bedside Bike may be battery-operated or be powered based on your own arm movements and/or pedaling.

Mobility Features:

- Top Handlebar: Designed to fit the contour of a hand, for easy and comfortable transport and adjustment.

Understanding these components and their functions is essential for the effective use of the Bedside Bike. Familiarize yourself with these parts to ensure a safe and beneficial experience. In case of any doubts or questions, please refer to the detailed descriptions in the subsequent sections of this manual or contact our customer support team.

4. Set up Instructions:

1. Unwind the clamp and place it on the attachment point, with the top rubber coating aligned parallel to the top of the attachment surface.
2. Tighten the clamp by turning the knob at the top of the clamp clockwise until there is significant resistance to tightening further and the device appears stable.
3. With one hand on the transport handle, lift the lever on the top of the device to unlock and adjust the Bedside Bike to the desired height and length from the attachment point, then release the lever to once again lock the device.
 - a. It is recommended to first adjust the desired length, followed by the desired height (see pictures and video).
4. Set the desired resistance by lifting or lowering the lever on the front of the device. It is recommended to start low and increase until muscle activation, but not strain, is achieved.
5. Place feet on the pedals, or hands on the handlebar, and get active!

To remove the device

6. Once finished, retract the device to the neutral position by once again lifting the lever on the top of the device to unlock and adjust the device, releasing the handle and locking it again to keep it in the neutral retracted position.
7. Loosen the knob at the top of the device to unclamp and remove the device to be transported or stored until the next use.

Images or diagrams to assist with each step.

QR code linking to online resources (digital manual) and video tutorials.

5. Operating Instructions:

A suggested beginner regimen is 20 minutes, three times per day. At a minimum, you should be using the Bike for 15 minutes, twice per day. This may be adjusted by your provider based on their professional assessment of your medical and functional status.

Preparing for Use:

- **Safety Check:** Conduct a quick visual inspection to ensure the Bedside Bike is in good condition, with no loose parts or visible damage.
- **Personal Preparation:** Users should be in a comfortable position, either sitting in their bed or on a chair. Feet should be flat on the pedals.

Starting the Movements:

- **Engaging the Pedals:** Begin pedaling at a slow, steady pace. There is no need to force or rush; the motion should feel comfortable and natural.
- **Adjusting Resistance:** Start at the lowest setting. Gradually increase the resistance to a comfortable level where you can pedal without strain, but feel your leg muscles working after a few minutes.

Using the Display Console:

- **Turning On:** Power on the display console, if applicable.
- **Setting Goals:** Enter any specific goals for the session, such as time, distance, or calorie count, if your console has this functionality.
- **Monitoring Progress:** Keep an eye on the display to track your progress. It can provide motivational feedback and help you stay on track.

During Movement:

- **Maintaining Comfort:** Ensure you are comfortable throughout the session. Adjust your position if necessary.
- **Hydration:** Keep water within reach and stay hydrated during the movements.
- **Pacing:** Maintain a steady pace that feels comfortable. Avoid overexerting yourself.

Concluding Operation:

- **Winding Down:** Gradually slow down your pedaling pace to cool down rather than stopping abruptly.
- **Recording Your Session:** Note your session's duration, distance, and any other metrics displayed on the console for your records or to share with healthcare providers. These metrics will be automatically recorded by the device, and on the mobile application, if your device comes with this functionality.
- **Powering Off:** The device will power off on its own, and restart on its own when you're ready to pedal again.

Reporting and Feedback:

- Recording Feedback: If the facility or healthcare provider requires, fill in any feedback or reporting forms provided for your session.
- Communicating with Healthcare Providers: Share any concerns, feedback, or positive outcomes from your session with your healthcare provider.

Additional Tips:

- Frequency of Use: Follow the recommended frequency of use as advised by your healthcare provider.
- Listening to Your Body: Pay attention to how your body responds during and after movement. If you feel any discomfort or pain, stop using the device and consult with healthcare professionals.

Remember, the Bedside Bike is a tool to aid in your recovery and enhance mobility. Its effectiveness is maximized when used correctly and regularly, as part of your overall care plan. For any further queries or assistance, please refer to the 'Help' section of this manual or contact our customer support.

6. Maintenance and Cleaning:

Proper maintenance and cleaning are essential for ensuring continuous safe operation of the Bedside Bike. This section provides detailed instructions on how to maintain and clean the device.

Routine Maintenance Checks

- **Visual Inspection:** Regularly inspect the Bedside Bike for any signs of wear or damage. Pay particular attention to the pedal straps, resistance mechanism, and any moving parts.
- **Battery Check (If Applicable):** For models with a digital display powered by batteries, regularly check the battery level and replace the batteries as needed.

Cleaning Instructions

- **Regular Cleaning:** Wipe down the Bedside Bike regularly (ideally after each patient transfer) with hospital-grade disinfectants to sanitize the device, especially if it is being used by multiple patients. Follow the disinfectant manufacturer's instructions for application and contact time.
- **Handlebars and Pedals:** Pay special attention to high-contact areas such as handlebars and pedals. Ensure they are cleaned and disinfected thoroughly after each use.
- **Display Console and Buttons:** Carefully clean the display console and control buttons, being careful not to let moisture seep into the electronic components.

Storage

- **Ideal Conditions:** Store the Bedside Bike in a clean, dry area when not in use. Avoid exposure to extreme temperatures or moisture.
- **Protective Covering:** If the device will not be used for an extended period, consider using a protective cover to prevent dust accumulation.

Safety Post-Maintenance

- **Post-Maintenance Check:** After any maintenance or cleaning, perform a safety check to ensure everything is in place and the device is safe to use.
- **Documentation:** Keep a record of all major maintenance activities. This can be important for warranty purposes and to keep track of the device's upkeep.

By following these maintenance and cleaning guidelines, you can help ensure the Bedside Bike remains a reliable and hygienic tool for enhancing patient mobility and recovery.

Service and Repairs

If any significant issues arise or parts need replacing, contact professional service providers authorized by the manufacturer. Avoid attempting major repairs yourself, as this may void the warranty.

7. Troubleshooting:

This section provides solutions to common issues that may arise while using the Bedside Bike. If you encounter a problem not listed here, or if the suggested solution does not resolve the issue, please contact our customer support for further assistance.

Pedals Not Moving Smoothly:

- Cause: Obstruction, or misalignment.
- Solution: Check for any visible obstructions and remove them. Ensure all moving parts are properly aligned.

Resistance Adjustment Not Working:

- Cause: Mechanism jammed or control malfunction.
- Solution: Try adjusting the resistance control back and forth to see if it frees up the mechanism. If the control is digital and not responding, check the power source or batteries.

Display Console Not Functioning:

- Cause: Battery depletion, loose connection, or malfunction.
- Solution: Replace batteries if applicable. Check all connections to ensure they are secure. If the problem persists, the console may need professional servicing.

Squeaking or Unusual Noises During Use:

- Cause: Loose components or need for lubrication.
- Solution: Check for any loose nuts, bolts, or adjustable parts. Contact the manufacturer if the noise persists.

Device Unstable or Wobbling:

- Cause: Loose attachment, misaligned attachment.
- Solution: Ensure the device is secured to the attachment point tightly, and that the rubber is contacting the attachment point at 3 points (top, front, back). Check and tighten the base components.

Difficulty in Adjusting Handlebars:

- Cause: Stiff adjustment mechanism or misalignment.
- Solution: Ensure components are correctly aligned before attempting to adjust.

Device Not Responding to Control Inputs:

- Cause: Electronic control malfunction or software issue.
- Solution: Restart the device if possible. If the issue is software-related, it may require professional servicing or a software update.

Note: Regular maintenance checks can prevent many common issues. Always consult the maintenance section of this manual to keep your Bedside Bike in optimal condition.

Safety Reminder: If you experience any electrical issues or notice exposed wiring, do not attempt to use the device. Contact a professional for repair.

Contact Information: For further assistance, please contact our customer support. Our team is available to help with any issues or queries you may have regarding the Bedside Bike.

8. Contact Information:

We are dedicated to providing exceptional support for our Bedside Bike users. Should you have any questions, concerns, or need assistance with your device, our experienced and friendly customer service team is here to help.

Customer Support Contact Details

Phone Number: For immediate assistance, please call us at 812-484-8334. Our customer service representatives are available Monday through Friday, 8:00 AM to 6:00 PM Eastern Time.

Email: If you prefer to contact us via email, please send your inquiries to founders@bedsidebike.com. We strive to respond to all email inquiries within one business day.

Service and Repair Inquiries

If your Bedside Bike requires servicing or repairs, please contact us using the information above. We can guide you through the process of diagnosing the issue and advise on the next steps, including arranging for repairs or replacement parts as needed.

Feedback and Suggestions

We value your input and are always looking to improve our products and services. If you have any feedback or suggestions, please feel free to contact us. Your insights are crucial in helping us enhance the Bedside Bike experience for all users.

Warranty Claims

For warranty claims or questions regarding your warranty, please contact us at the phone number or email provided above. Be sure to have your device's model number and purchase information handy for quick assistance.

Online Resources

Visit our website [\[Insert Website URL\]](#) for additional resources, including FAQs, user guides, video tutorials, and more information about the Bedside Bike.

We are committed to ensuring that your experience with the Bedside Bike is as positive and beneficial as possible. Don't hesitate to reach out to us with any questions or needs you may have. Our team is here to support you every step of the way!

9. Warranty and Service:

Warranty Policy

The Bedside Bike comes with a comprehensive warranty to ensure your complete satisfaction and peace of mind. Our warranty covers any defects in material or workmanship under normal use during the warranty period.

Warranty Duration

The warranty period for the Bedside Bike is uncapped. As long as you have a Bedside Bike, you have a warranty on it. We believe so strongly in the durability of our product, that we don't think you'll need us. But if you do, we'll be here for you. This warranty extends only to the original purchaser of the product and is not transferable.

Coverage

- Parts: Replacement of defective parts will be done at no cost to the user.
- Labor: Any labor costs associated with the repair or replacement of defective parts are covered under this warranty.
- Service: If your Bedside Bike requires service, it will be provided by our authorized technicians without any charge during the warranty period.

Exclusions

The warranty does not cover problems resulting from:

- Misuse, abuse, or modifications to the product.
- Unauthorized repairs.
- Accidents or damages incurred during transport/setup.

Claim Process

- Contact Us: If you believe your Bedside Bike has a defect covered under warranty, please contact our customer support at 812-484-8334 or founders@bedsidebike.com.
- Proof of Purchase: Be prepared to provide a copy of your original purchase receipt or other proof of purchase.
- Assessment: Our support team will help diagnose the issue and determine if it falls under warranty coverage.
- Service Arrangement: If a warranty claim is validated, we will arrange for repair or replacement as necessary.

Maintenance and Care

Regular maintenance and proper care are essential for the longevity of your Bedside Bike. Refer to the 'Maintenance and Cleaning' section of this manual for guidelines.

Customer Satisfaction

Your satisfaction is our top priority. If you have any concerns or questions about your Bedside Bike, even after the warranty period, please do not hesitate to contact us. We are committed to providing ongoing support and assistance.

Contact Information

- Phone: 812-484-8334
- Email: founders@bedsidebike.com

At Bedside Bike, we stand behind our products and are committed to providing top-quality equipment and service. This warranty is our promise of a worry-free experience and our commitment to your recovery journey.

Quick Reference Guide & Checklist

This quick reference guide and checklist is designed to provide a concise summary of the key steps and considerations for using and maintaining the Bedside Bike. Keep this guide handy for easy reference.

Before Using the Bedside Bike

1. Check for Approval: Ensure you have medical clearance to use the device.
2. Visual Inspection: Quickly inspect the Bedside Bike for any visible damage or loose parts.
3. Positioning: Tightly fasten the Bedside Bike to the attachment point.
4. Adjustments: Adjust handlebars and other ergonomic features for comfort, if applicable.
5. Safety Check: Ensure all moving parts are secure and the device is stable.

Operating the Bedside Bike

1. Comfortable Seating: Sit comfortably and securely before starting.
2. Foot Placement: Place feet on the pedals and rest heels against the back strap.
3. Start Pedaling: Begin at a slow pace, gradually increasing as comfortable.
4. Resistance Adjustment: If applicable, start at the lowest setting and adjust as needed.
5. Monitoring Progress: Use the display console to track your session.
6. Hydration: Keep water within reach and stay hydrated.

After Using the Bedside Bike

1. Cool Down: Gradually reduce your pace before stopping.
2. Disengage: Carefully remove your feet from the pedals.

Maintenance & Cleaning

1. Regular Cleaning: Wipe down the device after each patient transfer.
2. Disinfecting: Use appropriate disinfectants, especially if shared between patients.

Troubleshooting

1. Pedals or Resistance Issues: Check for obstructions and ensure proper adjustment.
2. Console Problems: Check battery and connections; reset if necessary.
3. Stability Concerns: Ensure the device is attached tightly and all components are tightly secured.

Contact for Assistance

If you encounter any issues or have questions, contact our customer support at 812-484-8334 or founders@bedsidebike.com.

Note: Always prioritize your safety and comfort. If at any point you feel discomfort or pain, stop using the device and consult with a healthcare professional.

Keep this guide in an easily accessible location for quick reference whenever using the Bedside Bike. This will help ensure a safe, effective, and enjoyable experience with the device.

QR code linking to online resources (digital manual) and video tutorials.

Website