

FREQUENTLY ASKED QUESTIONS

HOW MUCH ROOM DOES THE ICARE NEED?

Depending on configuration, space needed can range from 145" x 90" to 87" x 42".

HOW DOES THE ICARE MOTOR ASSIST ENGAGE AND DISENGAGE?

The motor provides assistance as long as the user is below the set Strides Per Minute (SPM). When the user achieves one SPM over the set SPM, the motor disengages smoothly and no longer provides assistance as the user continues to train. The motor reengages to provide assistance when the user's speed decreases back to the set SPM.

HOW EASY IS IT TO TELL IF THE USER IS GOING FASTER THAN THE SPM SET?

When setting up the ICARE program, you will be asked for an SPM range between 1-10 SPM. This value is added to the SPM that the clinician has chosen. For example, if SPM setting is 35 and range is 5 SPM, then the SPM target value will be 40 (i.e., 35 +5) SPM. Once the target threshold (i.e., 40) is achieved, the screen will change color as follows: Red indicates the SPM value is less than the target, Orange indicates that they are in the target range, and Green indicates they are greater than the SPM range.

HOW WELL DOES IT WORK WITH A BARIATRIC PATIENT?

The ICARE elliptical has a 450 lb limit and the ICARE unweighting system has a 400 lb limit. Thus, conceivably, a 450 lb person could train with 400 lb of their body weight supported. In reality, external body weight support is usually in the range of 0 to 50% of body weight. The unweighting system works with most external harnesses currently used to support body weight during ambulatory activities, thus facilities that already have a bariatric harness could likely use the existing harness if compatible. One could also use the body weight support system to help the patient stand up from the device's height-adjustable seat. The seat would also be an asset when working with bariatric patients as patients could sit down when fatigued. In addition, the seat elevates, facilitating transition from a seated to standing position. The seat's armrests flip out of the way, thus accommodating individuals of broader girth. A set of stationary handles on the ICARE can also rotate out of the way to allow those of larger girth easier access.

IS THERE VIRTUAL TRAINING WITH COVID-19 PRESENTLY?

Yes, but this would be followed up with onsite training with any ICARE MA purchase.

IS THERE THE CAPABILITY FOR EXTRA TRAINING BASED ON STAFF TURNOVER?

Yes, supplementary ICARE training is available at additional cost.

IS UPPER BODY MOVEMENT PASSIVE OR RESISTIVE?

Arm movement can be facilitated by the motor's assistance (i.e., If a person has arm weakness following a stroke, spinal cord injury, or other condition). Users can also attempt to train faster than ICAREs set SPM using their arms to push and pull the dynamically moving handles. Actively pushing and pulling on the handles increases muscle demands in the arms and trunk/core.

IS THERE WHITE PAPER AVAILABLE TO SUPPORT CASE STUDIES?

White papers are typically generated when no published research exists to support use of the technology. There are many peer-reviewed publications available that support and guide the use of the ICARE.

DOES THE ICARE DISPLAY ONLY READOUT IN MILES?

The ICARE has a user preference setting where either miles or kilometers may be chosen.

WHAT ARE THE STRIDE LENGTH ADJUSTMENTS?

The stride length is from 18-29" in electronically controlled one-inch increments.

CAN WE USE ANY HARNESS?

Most harnesses will work with the ICARE unweighting system.

HOW DO YOU SEE THE ICARE FITTING IN TO A TRADITIONAL FITNESS CENTER?

One of the biggest challenges patients face after completing their rehabilitation program is how to continue their rehabilitation recovery journey. This is particularly true given shortened lengths of inpatient and outpatient therapy. Availability of an ICARE unit outside a "normal medical setting" will only enhance their development and progression.

WHAT PREREQUISITES WOULD THE STAFF NEED TO HAVE?

With every ICARE unit purchased, training is required and provided for all staff.

ARE THERE ANY COMMUNITY-BASED WELLNESS CENTERS THAT HAVE AN ICARE?

Madonna Proactive Medical Fitness Center has two ICARE units which help physically challenged individuals, or those with chronic conditions gain or retrain their walking ability and fitness levels. These units do not have the ramp or unweighting system. The ICARE also doubles as a conventional elliptical for fitness users as well. Rancho Los Amigos National Rehabilitation Center also has multiple ICARES, one of which resides in their community medical fitness facility.

THE ICARE UNWEIGHTING SYSTEM LOOKS QUITE TALL WHAT ARE THE CLEARANCE REQUIREMENTS?

The unit is 111.4" tall. (9'4")

ARE THERE ANY TBI, SCI INDIVIDUALS THAT WOULD NOT BE ABLE TO USE THE ICARE?

A physician and/or clinician should evaluate the individual.

DOES THE ICARE REPLACE PBWSTT?

Yes, the main reason for its development was so that mass repetition could be achieved while keeping clinicians and patients/clients from being injured. In addition, ICARE enables patients to work simultaneously on walking, fitness and balance goals.

WHAT SAFETY ELEMENTS ARE BUILT INTO THE ICARE TO PROTECT THE USER?

There are numerous safety measures in place.

1. To use the ICARE motor assist program, a passcode will need to be entered
2. An infrared safety shutoff system exists between the pedals
3. A user-safety stop button is on the display
4. A tethered safety magnet attaches right below the display
5. The clinician's remote control is able to shut the unit off safely
6. The body-weight support system stabilizes patient
7. The ramp provides for easy access.

CAN THE CLINICIAN CONTROL THE RESISTANCE AND STRIDE LENGTH REMOTELY?

The clinician's remote control has capabilities of adjusting stride length and SPM, as well as providing a safety shut-off.

DOES THE ICARE HAVE THE CAPABILITY OF RETRO/REVERSE REHABILITATION SESSIONS?

Yes, the clinician can set up the ICARE program to perform either forward or reverse rotation. Patients can also override the motor's assistance (i.e., cause the motor to disengage) when training in either direction.

HOW DOES THE ICARE COMPARE TO THE LOKOMAT?

ICARE is capable of helping approximately 90% of the LOKOMAT users. ICARE addresses the need for affordable technology to help people with physical disabilities and chronic conditions regain walking, fitness and quality of life. ICARE may be used for rehabilitation, fitness and home use. ICARE also allows patients to simultaneously pursue Cardio-respiratory fitness goals which are critical for not only function but for long-term health and wellbeing. Setting patients up is faster on the ICARE than the Lokomat.

WHAT IS THE BAR AT THE BACK OF THE ICARE?

The bar is to help stabilize the user while the harness is put on or off.

HOW LONG DOES IT TAKE TO PUT A HARNESS ON AN INDIVIDUAL AND GET SET UP ON THE ICARE?

The process of putting the harness on and getting the user situated on the ICARE is typically five minutes or less once clinicians are familiar with using harnesses.

HAVE YOU USED OR KNOW OF ANYONE TO USE THE ICARE FOR POST COVID-19 THERAPY?

Covid-19 is still so new that there have not been any studies yet in relation to ICARE. However, ICARE has been used to address walking and fitness goals of patients recovering from Covid-19.

CAN THE USERS GO OVER 65 SPM?

The motor assist is 15-65 SPM, with the default setting being 25 SPM. (The unit can be user-powered over 65 SPM with the unit user-powered range of 5-120 SPM). The ICARE provides a good means of promoting Cardio-respiratory challenge.

DOES ICARE TRAINING MEET THE REQUIREMENTS OF CONTINUING EDUCATION CREDITS?

Madonna hosts the Locomotive Training Workshop and other events throughout the year that may qualify for continuing education credits.

WHERE CAN I FIND MORE INFORMATION ABOUT ICARE?

Please visit <https://www.gosportsart.com/medical/icare/>

