

INSTRUCTION MANUAL

OAKWORKS®

Vitrectomy Recovery Seated Support



Brought to you by



OAKWORKS LEASING™, INC

Let OAKWORKS® put you at

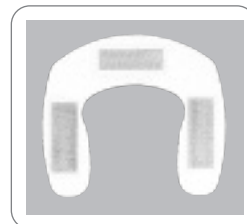
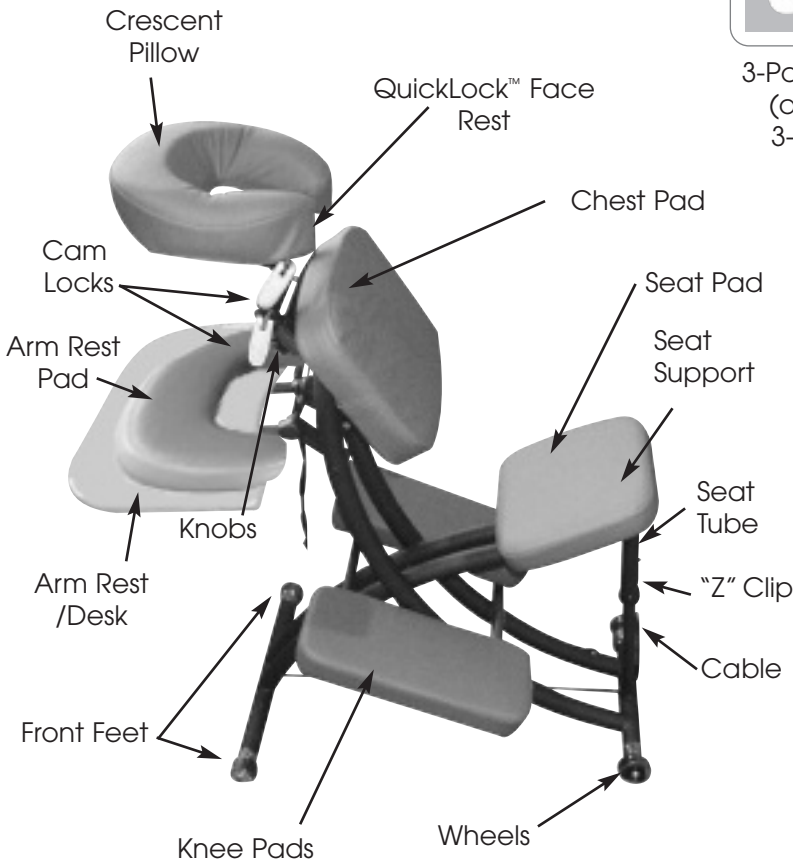
Seated Support System™

OAKWORKS® supports face-down recovery without sacrificing the basic things you can enjoy. Make the time you are awake as comfortable as possible with the Seated Support System*. This uniquely relaxing, face-down support system alleviates the muscle strain throughout your spine and shoulders that is associated with face-down positioning.

The adjustable height arm rest/desk allows you, with your doctor's approval, to write, watch TV, do crafts and eat. You can join your family and friends to eat or chat and meet your doctor's post-operative care instructions comfortably.



Product Description

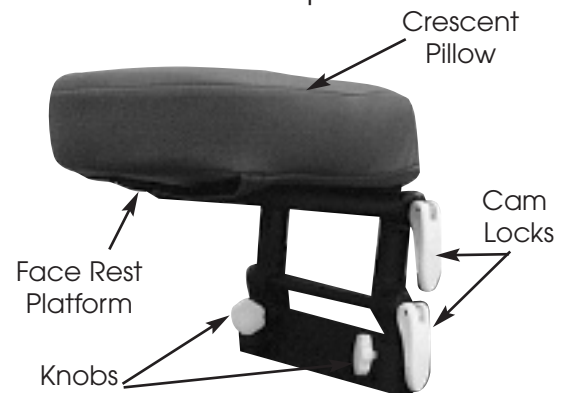


3-Pad Face Plate
(attached to
3-Pad Pillow)



Sternum Pad, Crescent Pillow
w/Flannel Cover,
3-Pad Pillow w/Flannel Covers
& Instructional Video

QuickLock™ Face Rest Close-up:



Use Instructions

How to Use the Seated Support System:

Setting Up Your Seated Support:

- Lean your chair forward and lift the back of the seat until the chair is fully open. (*Fig. 1*)
- Sit on the chair with your knees on the knee pads and your chest on the chest pad. Are you comfortable? If so, proceed to the Arm Rest/Desk Set-up Instructions. If you aren't comfortable, you can adjust the seat angle and the height of the chair.



Fig. 1

The Cable System adjusts the chair height:

- To change the cable setting, pull the chest pad back toward the seat slightly to relax the tension on the cable and then remove the “Z” clip. (*Fig 2*)
- Insert the “Z” clip into a higher or lower hole depending on your comfort. Most patients are comfortable with the “Z” clip in the third or fourth hole from the bottom. Higher settings position you higher and more vertical. Lower settings position you lower and more horizontal. (*Fig.3*)
- After you have placed the “Z”clip in the appropriate hole, pull back on the seat tube until the cable has no slack. Make sure the “Z” clip is parallel to the tube.



Fig. 2



Fig. 3

The Push Button on the seat tube adjusts the seat angle and height: (*Fig. 4*)

- In a good basic position, the back of the seat will be higher than the front. (*Fig.5*)
 - Lumbar strain can be reduced by raising the seat height one or two holes.
 - To change the seat angle, push in the button on the seat tube while raising or lowering the seat.
- Try sitting on the chair again. Adjust as specified above until you are comfortable.



Fig. 4

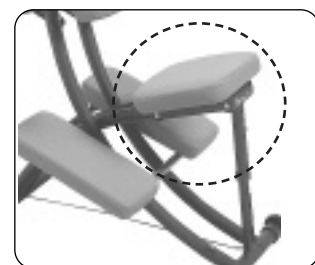


Fig. 5

Use Instructions (cont)

How to Use the Seated Support System (cont):

Setting Up the Arm Rest/ Desk:

- The Arm Rest/Desk is designed to be both a desk and a comfortable rest for your forearms. (Fig. 6)
 - ▶ Please **DO NOT** push against the desk to lift yourself out of the chair. The desk will not support your full weight.
- Release the cam lock and lengthen the strap by releasing the clip. (Fig. 7)
- Lift or lower the Arm Rest/Desk until your forearms rest comfortably on the pad and your shoulders are slightly rounded. (Fig. 8)
- When you have found the position that you find comfortable, lock the cam lock and tighten the strap by pulling on the end.
 - ▶ For watching TV, release the cam lock, angle the desk down and lock the cam. (Fig. 9)
- The pad is held on by velcro straps and can easily be removed or repositioned.



Fig. 6

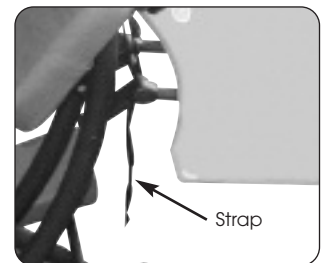


Fig. 7



Fig. 8



Fig. 9

Face Rest Set-up:

- Remove the knobs from the package and hand tighten them to the frame. *Note: 4 knobs are provided; only 2 are required for assembly.* (see the QuickLock™ Face Rest Close-up under the Product Description Section for proper placement).
- If the cam locks on the face rest are on the side of your strongest hand, proceed to the next step. Otherwise, you can turn the face rest around by making the following adjustments.
 - Open the face rest cam locks and loosen the knobs on the Seated Support Frame that hold the face rest in place.
 - Remove the Face Rest Cushion from the Face Rest Frame.
 - Slide the face rest dowels from the chair's connector tubes and turn the Face Rest Frame over so that the cam locks are on the side of your strongest hand when you are seated on the frame. (Fig. 10)

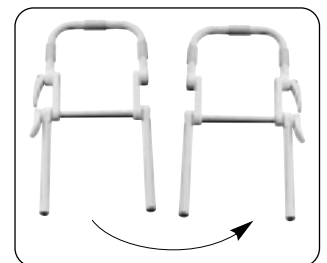


Fig. 10

Face Rest Set-up (cont):

- Replace the Face Rest Cushion on the QuickLock™ Face Rest Frame.
 - ▶ *Note: The Crescent Face Cushion can also be adjusted for larger or smaller faces by flexing the ends of the crescent pad closer together or farther apart. Hold the cushion in the desired position and place it on the Velcro® brand hook & loop fasteners of the face plate to secure the adjusted position.*
- Slide the face rest dowels into the chair's connector tubes on the Seated Support Frame.
- Hand-tighten the knobs to hold the face rest in place.
 - ▶ *NOTE: Please make sure that the teeth on the cam locks are meshed between each other. Do not allow the teeth to grind against each other.*

You are now ready to proceed with custom fitting the Face Rest to suit you comfortably.

- Sit on the chair.
- Release the cam locks (Fig. 11) and loosen the knobs. (Fig. 12)
- Hold onto the face rest on the Velcro® brand hook & loop fasteners on the sides of the U-tube. (Fig. 13)
- Pull the face rest toward you until your forehead rests comfortably on the cushion and tilt your head until you are looking straight down at the floor. (Fig. 14)
- Lock the cam locks (Fig. 15) and tighten the knobs.
 - ▶ *Please do not over tighten as too much force may cause stripping. Be sure that the teeth on the cam locks are meshed between each other. Do not allow the teeth to grind against each other.*

Setting-Up and Using the 3-Pad Face Cushion:

- Take the Crescent Face Cushion off the QuickLock™ Face Rest Platform by pulling it off the Velcro® brand hook & loop fasteners.
- Place the 3-Pad face Rest Plate onto the platform. It will attach on the Velcro® brand hook & loop fasteners. (Fig. 16)



Fig. 11



Fig. 12



Fig. 13



Fig. 14



Fig. 15



Fig. 16

Use Instructions (cont)

How to Use the Seated Support System (cont):

Setting-Up and Using the 3-Pad face Rest Cushion (cont.):

- Attach the larger of the 3 cushion pads (the Forehead Pad) at the top of the plate with the Velcro® brand hook & loop fasteners. (Fig. 18)
- Take the 2 Cheek Pads and hold them up to your face where they are comfortable. Be sure that they are not in the way of your glasses or any eye patch or bandage. (Fig. 18)
- Still holding the cheek cushions to your face, lean forward onto the face rest until the cushions are in contact with the Velcro® brand hook & loop fasteners on the plastic face plate. (Fig. 19) There should be plenty of space for your glasses to rest comfortably on your face, out of the way of the cushions with cheeks and forehead completely supported in the correct face-down position. (Fig. 20)



Fig. 18



Fig. 19

Additional Tips for Comfortable Positioning During Your Face-Down Recovery:

- Short, heavy-set or large breasted patients will be more comfortable with the face rest pulled towards them directly over the chest pad. (Fig. 21)
- To relieve tension or pain in the lumbar region, raise the angle of the seat by using the seat tube button.
- A higher seat height will help patients having trouble getting up to the face rest and is adjusted with the cable.
- To reduce knee flex, raise the seat and the chair height.
- The sternum pad works especially well when positioned vertically for large-breasted patients. (Fig. 22) Another position found comfortable for larger patients is to position the sternum pad horizontally with the ridge just below the breast area. The pad is used in place of the chest pad and is held in place with Velcro™ brand hook & loop fasteners.
- Chest Pad adjustments are easy. The Velcro™ brand hook & loop fasteners allow you to move the pad up or down, and to turn it sideways. Find the position that is most comfortable for you.



Fig. 20



Fig. 21



Fig. 22

How to Use the *MajikView™* Mirror:

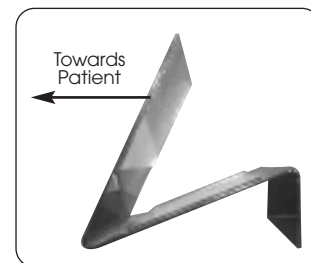
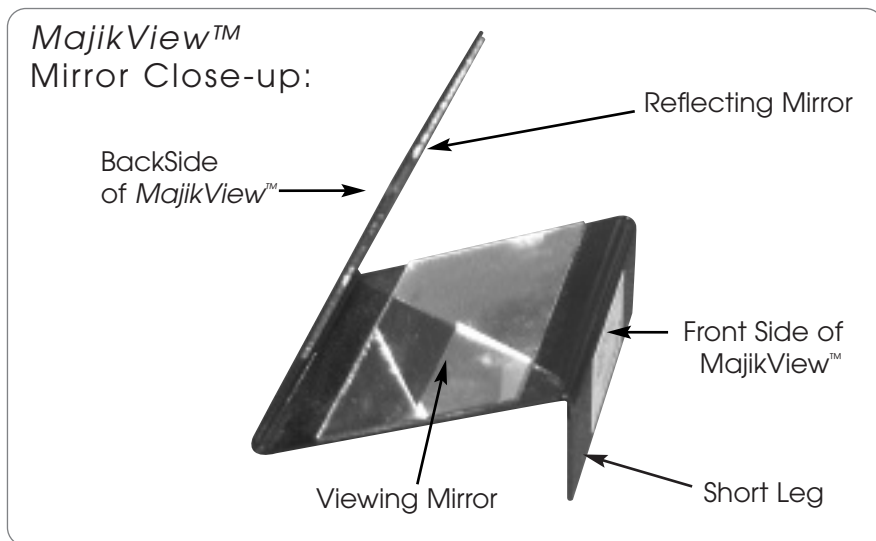


Fig. 23

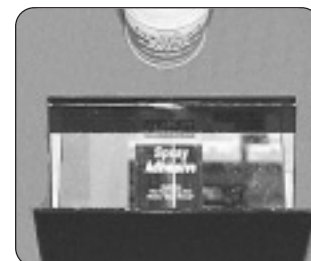


Fig. 24

- Place the mirror so that the back of the *MajikView™* is facing towards you. The proper position of the mirror should then be with the short leg resting on the Arm Rest/Desk and the reflecting mirror in the upright position and pointing away from you. (Fig. 23)
- While looking down from above the *MajikView™*, look directly into the viewing mirror to see objects directly in front of you. (Fig. 24)
- Adjust the *MajikView™* by positioning it on the desk where it provides comfortable viewing without strain. (Fig. 25)
- Use a book or pillow to position the mirror to accommodate viewing objects that are higher than the Arm Rest/Desk. (Fig. 26)



Fig. 25



Fig. 26

Folding Your Seated Support:

- Release the Arm Rest cam lock and the strap to fold down the Arm Rest/Desk. Lock the cam.
- Release the face rest cam locks and loosen the knobs; fold down the face rest and relock the cams and tighten the knobs.
- Make sure the push button on the seat tube is in the third hole from the bottom. Lean the chair forward and pushing the seat.
- Use the spacer bar on the face rest as a handle for moving the chair. Stand behind the seat and grab the spacer bar. Pull it towards you. The chair will fold. Push the seat to lock it in the folded position. The wheels will roll on any surface. (Fig. 27)



Accessories

ButterflyCushion™: (Fig. 30)

- Excellent prone pelvic support
- Aids in the comfort of large-breasted women
- Supports sternum, shoulders and ribcage



Fig. 30



Fig. 31

Fleece Cover for the Crescent Face Cushion:

(Fig. 31)

- Provides warmth and comfort

Additional Flannel Covers: (Fig. 32)

- May be ordered for convenient use when included covers are being cleaned



Fig. 32

Cleaning

All parts of the Seated Support can be cleaned using a mild detergent or Green Windex. A diluted $1/100$ bleach solution for disinfecting can be used. Dry the equipment immediately to remove excess cleaning solution. Using strong cleaners that contain alcohol, acetone, higher concentrations of bleach can shorten the life of the fabric or discolor it.

Returning a Rental Unit:

When the doctor has informed you that you no longer need to maintain the face down position, you simply follow the *Equipment Return Instructions* included on the yellow laminated card that is attached to the unit. Use the included checklist to be sure all items are accounted for and returned.



OAKWORKS LEASING™, INC

923 E. Wellspring Rd., New Freedom, PA 17349
800-916-4592 717-235-6807 FAX: 717-227-3133
www.owleasing.com