



# **DST** Dynamic Stair Trainer

Model 8000

## **User's Guide**

Manufactured by: DPE Medical LTD

### **Introduction**

Stair climbing is a basic everyday skill. The sooner patients can achieve independence on stairs, the sooner they can return to normal life.

The revolutionary Dynamic Stair Trainer was developed in close cooperation with leading physical therapists. It combines parallel bars and the unique feature of height adjustable stairs. This unique function helps you adapt to the needs and abilities of your patient, while reducing anxiety and pain.

The DST features four steps whose height can be adjusted from 0 to 6.5 inches. The device is equipped with adjustable height handrails. In the flat position the DST also serves as traditional parallel bars.

Thank you for choosing to incorporate the DST in your clinic and rehabilitation program. We trust that it will help you provide high quality, successful patient care.

Please read and understand all the instructions in this User's Guide before operating the DST.

### **Precautions and safety instructions**

- Use only a grounded electrical outlet when connecting the DST to a power source.
- The DST is to be used under the supervision of an authorized physical therapist.
- Do not expose the DST to rain or moisture.
- Do not use the DST where water spills can occur.
- Do not use the DST when you or the patient is wet.
- Do not place the DST near heating sources.
- Do not allow anything to rest on the power cord or leave any cords hanging where people frequently walk.



- Before operating the DST, verify that no objects or people will interfere with the up/down movement.



DO NOT CHANGE THE HEIGHT OF THE STAIRS WHEN A PATIENT IS ON THE DST. YOU CAN LOWER THE STAIRS TO EVACUATE A PATIENT WHEN NECESSARY.

NOTE: Inform the patient before changing the stair height.

- Do not allow more than two people on the DST.
- Unplug the DST before moving or cleaning.
- Do not attempt to service the DST yourself. If the DST does not operate, refer to section 6.
- Unplug the DST and contact your authorized DST representative if one or more of the following occurs: exposed to water; The DST has been damaged; The DST does not operate normally or unusually noises are heard.

## **Instruction for use**

### **General**

1. Plug in the power cord to a grounded wall outlet.
2. Verify that no objects or people will interfere with the up/down movement of the DST.
3. First, make sure that the heights of handrails suit the patient, then, adjust the stairs height.

### **Adjusting the handrails**

1. Lower the DST to the lowest (flat) position.
2. Adjust the height of each handrail by turning the knobs counter-clockwise. The handles are located under each end of the handrail (much the same as adjusting regular parallel bars).

### **Adjusting the height of the stairs**

1. Holding the control unit, press and hold the appropriate up/down button until the desired stair height is achieved. A green indicator light will appear on the control unit as long as one of the buttons is pressed.
2. Monitor the height of the stairs by watching the gauge in the window of the central column (centimeters are shown on the right side).

The maximum stairs height is 6.5 inches.



## Moving the DST in the room

The DST is equipped with four retractable wheels for easy moving. In order to move the DST, carry out the following steps:

1. Lower the DST to the flat position.
2. Unplug the DST socket from the wall outlet.
3. Fold the front ramp 180 degrees.
4. Pull the front and rear handles. Now the DST is on wheels and can be easily moved.

Front handle  
(Find the rear handle at the  
other end of the DST)

5. After positioning the DST in its new location, lower the two handles.
6. Unfold the front ramp.

## Maintenance, Cleaning and Service

The DST requires no maintenance.

Before cleaning, unplug the DST from the wall outlet. The outer surfaces of the DST may be cleaned with a dry cloth.

When service is required, or if you have any questions, please call your distributor.

You are most welcome to contact the manufacturer for comments, questions or requests:

DPE Medical  
Tel: 972 2 5791177  
Fax: 972 2 5791188  
Email: [info@dpemed.com](mailto:info@dpemed.com)  
Website: [www.dpemed.com](http://www.dpemed.com)

## Troubleshooting

Should the DST fail to operate properly, please check:

- The power cord is connected to the wall outlet.
- The wall outlet is indeed powered; check by connecting some other electrical appliance to the outlet.



- The DST may be overloaded with excessive weight. Clear the DST and try again after 2 hours.

If, after trying all of the above, the DST still fails to operate, unplug the cord and contact your authorized DST representative.