



USER GUIDE

Read All Instructions Before Use

Follow All Instructions and Train Often!

- Designed to improve your walking, posture and gait mechanics.
- Use often for general fitness, pre and /or post rehabilitation.
Train 2-7 times per week for best results.
- Proven to enhance gait speed, symmetry and hip/trunk rotation.¹

SAFETY NOTE

The Vizziq™ is recommended for use with supervision and / or instruction from clinician or trained personnel. Follow all directives from your physician / health professional for any movements that should be avoided.



- 1 Front Frame
- 2 Front Crossbar
- 3 Tie Rod with Springs
- 4 Quick Connector
- 5 Side Frames
- 6 Detent Pin
- 7 Non-Pivoting Locking Feature
- 8 Left Handlebar
- 9 Right Handlebar
- 10 Brake Cable
- 11 Ball Stud
- 12 Right Leg
- 13 Left Leg
- 14 Handlebar Adjustment Knob
- 15 Back Plate
- 16 Cable Tie
- 17 Upper Handgrip
- 18 Lower Handgrip
- 19 Brake (Squeeze)
- 20 Wheel Locking Mechanism (Pull)
- 21 Rear Vertical Frame Tube

How to Assemble

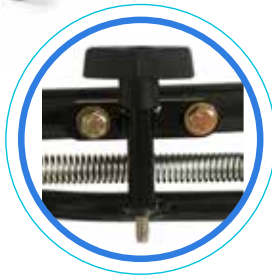
- Stand the Vizziq™ with four wheels in contact with the ground.



- The Vizziq™ comes mostly assembled. Stand the Vizziq™ with four wheels in contact with the ground. Swing the left leg out followed by the right (leg with Vizziq™ label) so that the tie rod with springs is positioned parallel, along the inside of the front crossbar.



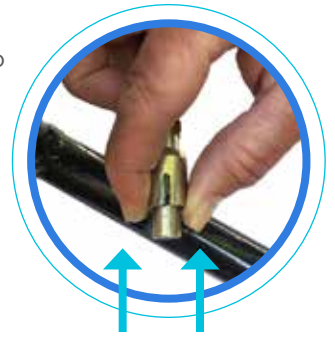
- Insert the detent pin through the non-pivoting locking feature located near the center of the crossbar. Squeeze the middle bars together for ease of insertion.



- Standing outside and in front of the front crossbar, locate the quick connector (found on each end of the tie rod) and slide the outer sleeve back until the socket is fully open (ensure the sleeve opening is facing downward by centering the black line), then place the open socket on the ball stud (located on each of the side frames) pressing down until the ball is in the socket.



- Release the outer sleeve and the connector should lock onto the ball stud (if sleeve does not lock, rotate the sleeve or the side frame back and forth until it locks). This will align both side frames, keep the rear wheels in line, and create a 90-degree angle at the two front corners of the Vizziq™.



- The up-right handlebars are designed to allow for maximum postural positioning. If the unit was shipped to you, it will arrive in a semi unassembled form.
- Insert the right and left handlebars into the rear vertical tubes of the frame by unscrewing the handlebar adjustment knobs and removing the backing plate as pictured below.
- Position the brake cables along the frame and anchor with cable ties as seen in the photos.

Adjusting & Setting Handlebar Height

- Adjust the handlebars according to user height while user is standing inside the Vizziq™.
- To position, secure and tighten the handle bars, align the holes on the handlebars with the holes on the Vizziq™'s rear vertical frame tube.
- Place the backing plate for the retention knob through both tubes and tighten the retention knob until secure. Secure both right & left retention knobs by hand (do not over tighten).



Getting Started

For safety have attendant close by for optimal security while getting started and/or as long as needed for confidence and safety.

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Upper Placement



Lower Placement



- Begin with the wheels locked and keep the Vizziq™ in non-pivoting/locked position. Walk into the Vizziq™ and grasp the handlebars: Elbows bent at 90 degrees to grasp up-right. Elbows slightly bent with arms at your sides to grasp lower handgrips.
- The lower handgrips will provide some lower body/joint unloading/less weight bearing, if recommended by your health provider. If unloading is desired, position the handle bars lower so the user's arms are slightly bent while holding and slightly pushing down on the lower handgrips.
- Position the height of the handgrips so the user is relaxed through the neck, upper trunk and shoulders, and can stand comfortably.
- Position wrists at the most comfortable level.

Hand Brakes

- Brakes are designed to stop or slow the rear wheels by squeezing the loop handle.
- To lock the wheels on the Vizziq™, pull out/down on the loop of the handle.



Positioning

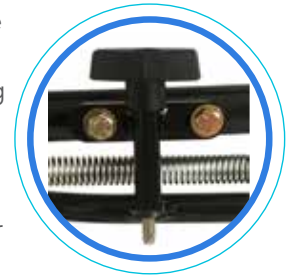
For safety, have attendant close by for optimal security while getting started and/or as long as needed for confidence and safety.

Alignment

- 1 **Stand tall inside the frame close to the handlebars.**
- 2 **Position your shoulders over your hips.**
- 3 **Relax your shoulders and keep your head level**

Non-pivoting / Locked Position

- For safety, keep the Vizziq™ in the non-pivoting/locked position for greater stability. Lock the pivoting mechanism in the center of the front crossbar by inserting the detent pin through the locking feature located in the front center crossbar. Squeeze the crossbars together for easier pin insertion. The spring loaded resistive pivoting will be locked out and the Vizziq™ will operate as a static 4-wheel device.



SAFETY NOTE

Follow all directives from your physician / health professional for any movements that should be avoided.

Pivoting / Articulating

- Unlock the device and store the pin in the center hole of the top center crossbar. While becoming accustomed to the pivoting feature of the Vizziq™, stand inside the device and position your elbows at 90 degrees for upper hand grips or with arms at sides elbows relaxed, for lower horizontal hand grips.
- Grasp the handlebars and move your trunk naturally in a pivoting motion (rotating left to right) while standing in place. The Vizziq™ will provide support while you rotate your trunk.



Begin Walking

- Position your body inside the Vizziq™; it will surround you and move with you. Move naturally with your arms comfortably near your sides and allow your body to experience the dynamic stability of the Vizziq™. You should feel supported while allowing for natural movements through your torso and hips.



- The lower handgrips will provide some lower-body unloading for less weight bearing, if recommended by your health provider. If unloading is desired, position the handle bars lower so that the user's elbows are slightly bent while holding and slightly pushing down on the lower handgrips. Position the height of the handgrips so the user is relaxed through the neck, upper trunk and shoulders, and can stand comfortably. Position wrists at the most comfortable level.

QUICK REVIEW

- 1 **Lock the wheels - pull hand loop out/down.**
- 2 **Non-pivoting/locked Method: Insert pin through the center cross bars.**
- 3 **Grasp the handlebars.**
- 4 **Stand tall inside the Vizziq™ frame.**
- 5 **Keep arms close to your body.**
- 6 **Squeeze brake handle to unlock wheels.**
- 7 **Walk naturally staying inside the frame. Stand tall. Look straight ahead.**
- 8 **Pivoting Method: Remove pin to engage the pivoting feature and repeat 3-7.**

DISCLAIMER

KC Product Development is not responsible for any injuries, product failure or any injury or malfunctioning during use of Vizziq™. Contact KC Product Development, L.L.C. 2916 Hilldale Ave NE Mpls, MN 55418 or call 612.598.1702, if you have any questions or concerns regarding your Vizziq™.

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Folding / Storing the Vizziq™

- Stand inside the Vizziq™ with four wheels in contact with the ground.



- Unlock the device by removing the center detent pin and place it in the storage hole on the center front crossbar. Disconnect the side frames by releasing the quick connector. Slide the outer sleeve back until the socket is fully open and lift off the ball stud.

- To position the Vizziq™ for folding/storing, swing the left leg out (clockwise) followed by swinging the right (leg with Vizziq™ label) counterclockwise so the tie rod with springs is positioned parallel, along the inside of front crossbar. Secure with rubber twist tie looping through center and tighten.



- If needed for storage or transit, shorten or remove handlebars by disassembling from frame: Loosen the retention knob and remove the back plate. Remove total adjustment assembly so that handlebars move freely up, down or if necessary, handlebars may be completely removed from rear frame. Store the adjustment assembly parts in the frame if removing handlebars.



vizziq™
Neuromuscular Trainer