

VQ ActionCare – Rehab Equipment

Simple Setup:

1. **Unfold Carefully** – Open the equipment according to the model's design until it clicks or locks into place.
2. **Adjust Settings** – Use the knobs, straps, or sliders to set it to your height or comfort level.
3. **Flat & Safe Surface** – Place the equipment on a non-slip, even surface to avoid wobbling or sliding.

Basic Use:

1. **Start Slow** – Gently sit or position yourself as needed.
2. **Go Light** – Begin with low resistance bands or bodyweight only.
3. **Smooth Movements** – Move slowly and steadily to avoid injury.
4. **Listen to Your Body** – Stop if you feel discomfort or pain. Take breaks as needed.

Safety Tips:

1. **Talk to Your Doctor** – Get medical advice before starting any exercise program.
2. **Check It First** – Look over the equipment for loose parts or wear before each use.
3. **Avoid Slippery Floors** – Use only on clean, dry, and level surfaces.
4. **No Sudden Moves** – Avoid fast twisting or bending too far.
5. **Have Support Nearby** – Keep a chair or rail close for balance when getting up or adjusting.

Maintenance:

1. **Wipe Clean** – Use a damp cloth to clean the equipment after each use.
2. **Inspect Regularly** – Every few weeks, check for loose screws, worn straps, or other issues.