



Guidelines and indications for use of Nautilus ONE medical machines

1. Do any of the functional goals for your patient include activities of daily living listed in the discipline specific table below?
2. Does the therapy plan of care include strengthening?

If the answer to both questions is yes, use the appropriate strength building tools with your patient.

Physical Therapy for Use – MDS categories

Section G	Leg Press	Low Back	Seated Dip	Compound Row	Cervical
1. ADL					
a. Bed Mobility	X	X	X	X	
b. Transfer	X	X	X	X	
c. Walking	X	X			X
d. Wheelchair Locomotion		X	X	X	X
3. Balance	X	X			X

Occupational Therapy Indications for Use – MDS categories

Section G	Leg Press	Low Back	Seated Dip	Compound Row	Cervical
1. ADL					
g. Dressing		X	X	X	
h. Eating		X		X	X
i. Toilet Use	X	X	X	X	
j. Personal Hygiene		X		X	X
2. Bathing	X	X	X	X	
3. Balance	X	X			X

Speech Therapy Indications for Use – MDS categories

Section C	Leg Press	Low Back	Seated Dip	Compound Row	Cervical
5. Communication					
h. Speech Clarity		X		X	X
Section G					
1. ADL					
h. Eating		X		X	X



Indications For Use of the Nautilus Strength Building Equipment

Leg Press: *gluteals, co-contraction of the quadriceps and hamstrings, gastroc-soleus*

- Gait
- Pivot transfers
- Sit to stand transfers

Low Back Extension: *erector spinae*

- Sitting balance (dressing, transfers, bathing, etc.)
- Standing balance (gait, hygiene, meal preparation, etc.)
- Improved lumbar posture with facilitates better scapulothoracic and cervical posture

Seated Dip: *triceps, latissimus dorsi, anterior deltoid*

- Supine to sit transfers
- Sit to stand transfers
- Wheelchair propulsion

Compound Row: *rhomboids, trapezius, posterior deltoid, brachialis*

- Dressing
- Grooming
- Improved scapulothoracic posture which facilitates better cervical and lumbar posture

Cervical Flexion/Extension: *erector spinae, scalenes, sternocleidomastoid*

- Improve cervical posture to facilitate better breathing, swallowing, and speaking
- Improve cervical posture which facilitates better scapulothoracic and lumbar posture

Hip Abduction/Adduction: *gluteus medius, tensor fascia lata, adductors*

- Single leg stance stability during walking and transferring
- Bed transfers
- Sitting transfers

Leg Extension: *quadriceps*

- Sit to stand transfers
- Gait
- Stair climbing

Seated Leg Curls: *hamstrings*

- Gait
- Sit to stand transfers

Abdominal: *rectus abdominis, obliques*

- Sitting to balance (dressing, grooming, bathing, etc.)
- Supine to sit transfers
- Elimination



Lateral Raise: *middle deltoid, rotator cuff*

- Grooming
- Dressing
- Wheelchair propulsion

Chest Fly: *pectoralis major/minor, anterior deltoid*

- Dressing
- Grooming
- Bed transfers/mobility

Rotary Torso: *internal/external obliques, paraspinals*

- Bed transfers
- Bed mobility
- Sitting balance

Biceps Curl: *brachialis, biceps brachii, brachioradialis*

- Dressing
- Meal preparation
- Grooming

Occupational Therapy Indications For Use of the Nautilus Equipment

Seated Dip: strengthening the triceps, posterior deltoid, shoulder depressors will improve –

- Upper extremity dressing – fastening bra, putting arms in sleeves, etc.
- Lower extremity dressing – doffing pants, socks, shoes
- Reaching into closet to put away or retrieve clothing
- Eating/feeding – reaching, stabilizing objects, stirring, etc.
- Meal preparation – reaching, stabilizing objects, stirring, etc.
- Sit to/from stand transfers
- Supine to/from sitting
- Use of a trapeze for bed mobility
- Patients needing additional arm support due to NWB or limited WB status
- Wheelchair propulsion
- Weight shifting

Lower Back: strengthening the lumbar paraspinals will improve –

- Sitting balance (dressing, transfers, toileting, bathing, etc.)
- Standing balance (transfers, hygiene, meal preparation, etc.)
- Stabilization while reaching for, holding and manipulationg objects
- Support while bending forward from a seated or standing position
- Trunk control for sitting in straight back chairs during Rehab /Dining
- Trunk control for wheelchair positioning as opposed to adding supports, wedges, etc.
- Trunk control through which improved posture can improve attention span, eating, respiration and general participation in activities



Leg Press: strengthening hip, knee, and ankle musculature will improve –

- Sit to/from transfers
- Walking and stepping
- Toileting
- Performance of all tasks done while standing such as meal preparation, showering, dressing, cleaning, etc.
- Repositioning and weight shifting in sitting
- Bed mobility such as scooting and bridging

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