

How to set up the Therabike (ONYA)

1-Facilitate the patient lifting their feet onto the pedals



2- Fasten the calf and ankle Velcro straps.



3-press the fore foot pad down until it reaches the desired position.

Nb. Press the red button to release.



4-Plug the bike in, the once it has initialised press **Start**

5-Adjust the resistance using the +/- buttons next to the image of a weight.



Reduce If patient slowing or appearing to tire

Increase resistance if RPM greater than 40.

6-To pause at any point, press **STOP**. Pressing this a second time ends the session.



Use you clinical judgement around when to pause/ end the session depending on the clinical presentation and Observations.

Reverse steps 1-2-3 to disconnect the patient from the bike and the clean using Yellow Wipes.