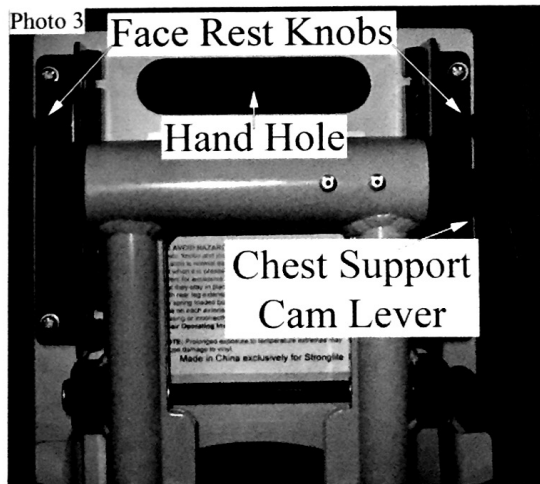
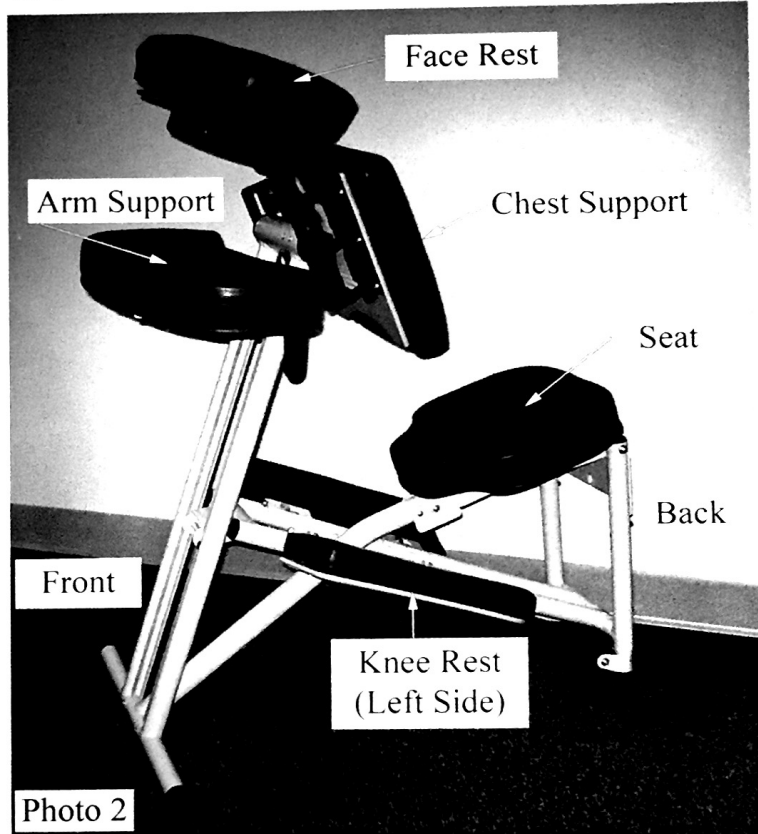
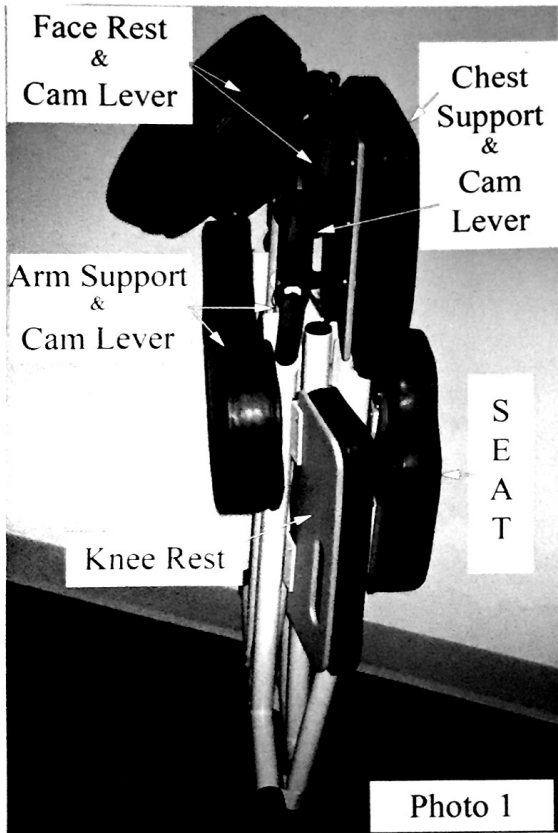




ERGO-PRO™ MASSAGE CHAIR OPERATION INSTRUCTIONS
(REV. 1/09)

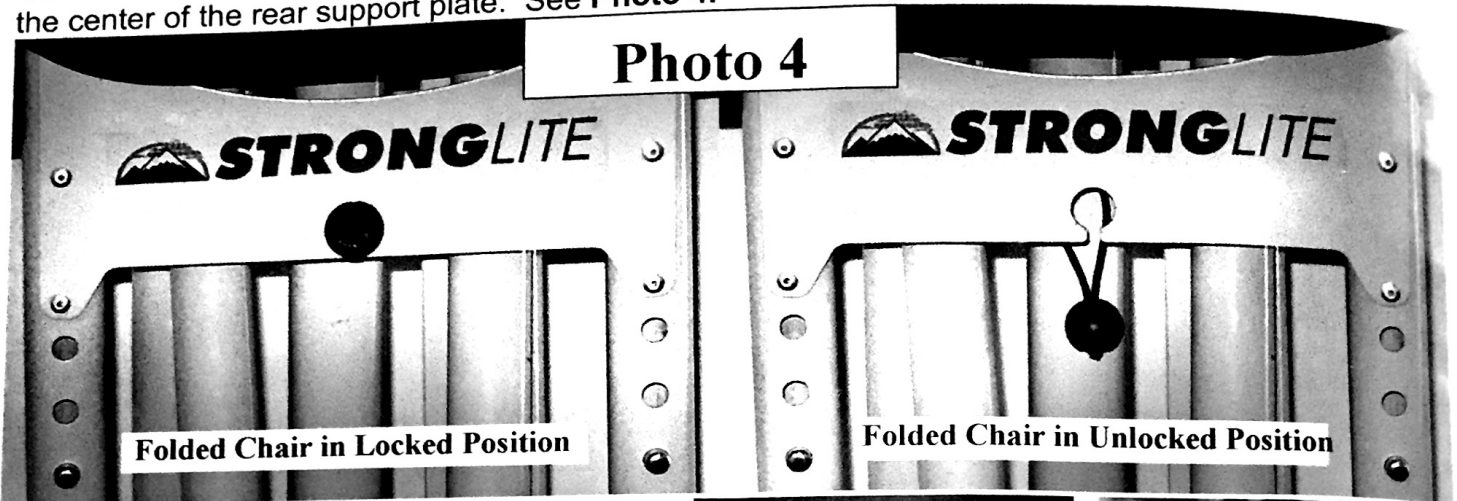
FOLLOW THESE INSTRUCTIONS TO SET-UP.



REVIEW PHOTOS 1, 2, and 3 TO LEARN THE COMPONENTS OF THE ERGO-PRO™.

FOLLOW THESE STEPS IN SEQUENCE TO ASSURE PROPER SET-UP AND ADJUSTMENT.
STEP 1: OPENING THE ERGO-PRO™.

- A. Release the bungee that is holding the chair closed by pulling out and down on the ball found in the center of the rear support plate. See **Photo 4**.

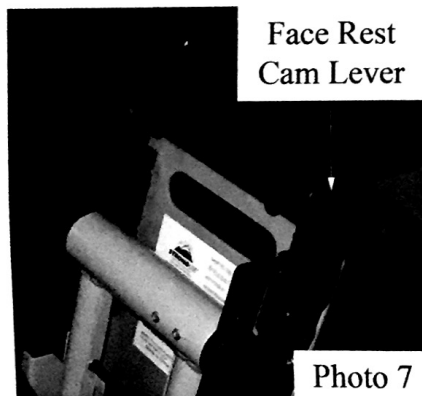


- B. Grasp the chest plate hand hole with one hand and lift the bottom of the seat from the back with the other hand. The chair may open slowly the first few times and this is normal. See **Photo 5**

After the chair is fully opened, use the clasp located between the front legs to lock the chair in the open position. See **Photo 6**

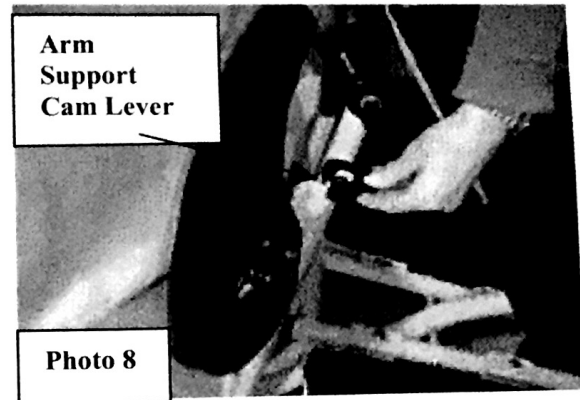


- C. Now set up the rest of the chair from the top down. It is as easy as 1, 2, 3.



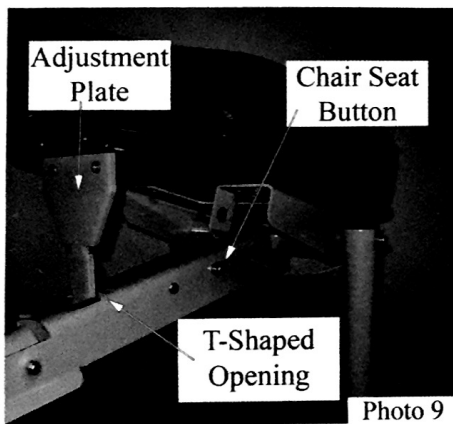
1. Flip the **face rest** cam lever to the unlocked position and set the face rest to a comfortable position, then flip the cam lever to the locked position, see **Photo 7**. Be sure that the teeth of the plastic locking disks on the face rest are fully engaged. The crescent face rest pad is shipped off of the base plate and can now be installed by attaching the Velcro™ on the pad to the Velcro™ on the base.

2. Flip the **chest support** cam lever (**Photo 3**) and adjust the chest support to a comfortable position. Then flip the cam lever back to the locked position.
3. Flip the **arm support** cam lever to the unlocked position and adjust the arm support to a horizontal position, then flip the cam lever to the locked position. See **Photo 8**.



STEP 2: ADJUSTING THE SEAT

The seat can be adjusted to one of three different positions, the lowest one being the locked position and two positions with less of an angle.



- A. Before you are able to adjust the seat position, you must unlock the seat. There is a chair seat push button protruding through the bracket under the seat. Push in on this button until you can lift the front of the seat up, exposing the seat adjustment plate that is held against the bottom of the seat by Velcro™. See **Photo 9**.
- B. Pull the seat adjustment plate free from the Velcro™ so that it hangs down from the seat plate.
- C. There are two sets of notches in the adjustment plate that will mate with the 'T' shaped opening in the seat rail, as shown in **Photo 9**. Choose a position in the seat adjustment plate, insert the adjustment plate into the 'T' shaped opening to the desired position and slide it forward so it engages the seat rail. You can also use the seat in the locked position.

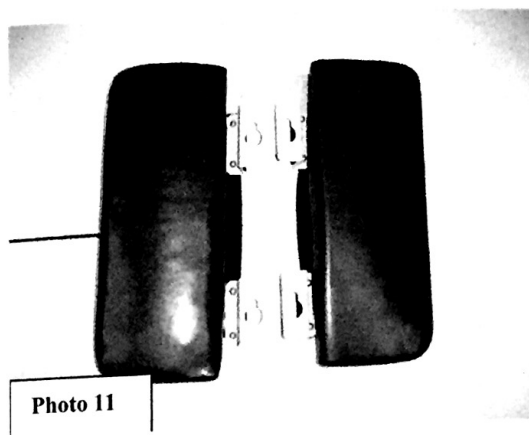
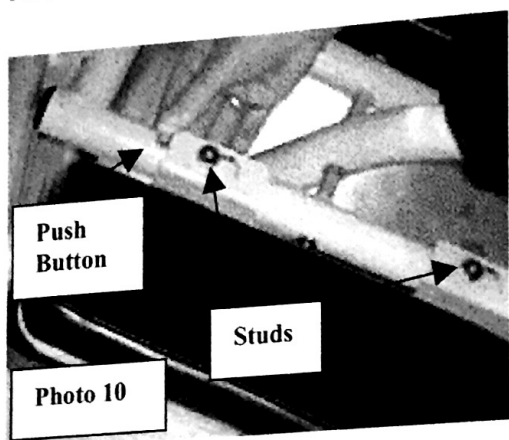
WARNING: BE SURE THAT THE SEAT ADJUSTMENT PLATE IS ENGAGED WITH THE SEAT RAIL SECURELY AND FULLY SEATED AGAINST THE FRONT EDGE OF THE 'T' SHAPED OPENING. AN INCORRECTLY INSTALLED SEAT ADJUSTMENT PLATE COULD CAUSE THE SEAT TO BE UNSTABLE, POSSIBLY RESULTING IN PERSONAL INJURY.

- D. If you want to use the chair **without the knee rests**, we recommend that you place the seat adjustment plate in the upper position. This will give a near level seat position, which is suitable for a 'feet-on-the-floor' sitting position.
- E. If you want to use the chair **with the knee rests**, we recommend the seat to be in one of the two lower positions.

STEP 3: REMOVING AND INSTALLING THE KNEE RESTS

A. If you will be using the chair with the knee rests, verify that both metal brackets on each knee rest are fully hooked to the studs on the knee rail, see **Photo 10**. Make sure the buttons are sticking up, which locks the brackets in position to prevent them from sliding off.

B. If you will be using the chair without the knee rests, remove them as follows. Push the button down and slide the knee rest forward so that the brackets are in the unlocked position. Lift the knee rest up to unhook the brackets. Store the knee rests in a safe place so you can install them before you fold up and move your chair. To install the knee rests, reverse the process. **NOTE:** There is a left and a right knee rest as shown in **Photo 11**.

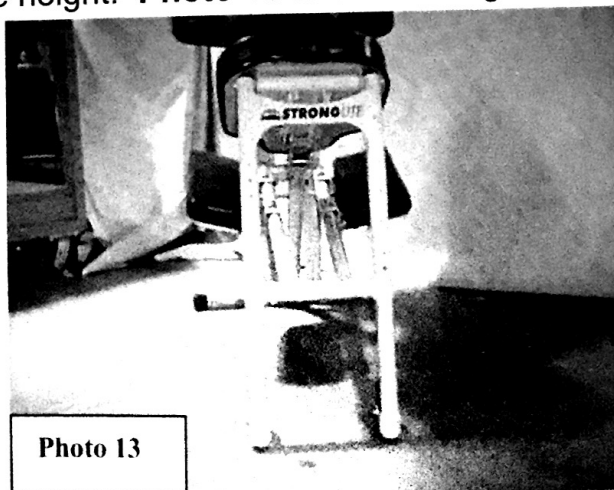
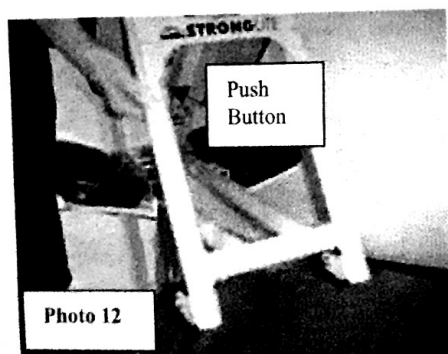


WARNING: WHEN KNEE RESTS ARE INSTALLED, ALWAYS VERIFY THAT BOTH METAL BRACKETS ON EACH KNEE REST ARE FULLY SEATED ON THE STUDS IN THE KNEE RAIL WITH THE PUSH BUTTONS STICKING UP BEFORE SITTING ON THE CHAIR. INCORRECTLY INSTALLED KNEE RESTS CAN FALL OFF OR BE DAMAGED IF WEIGHT IS PUT ON THEM, POSSIBLY RESULTING IN PERSONAL INJURY.

STEP 4: ADJUSTING THE CHAIR HEIGHT

A. The chair height can be adjusted to one of eight positions in order to place the seated client in the best position for the therapist. The therapist will usually set this height once and leave it at that setting. (Tall therapists will most likely prefer the higher settings while shorter therapists may prefer the lower ones.)

B. To change the chair height, push the button in on one rear leg and move the leg extension up or down to the desired position. (Your chair is shipped with the leg extensions all the way in.) Line the button up with the selected hole in the rear leg so the button is once more protruding through the rear leg. Repeat this process with the other rear leg and leg extension, see **Photo 12**. Be sure to set both leg extensions at the same height. **Photo 13** shows the legs fully extended in the tallest position.



WARNING:

BE SURE THE TWO BUTTONS ARE PROTRUDING THROUGH THE REAR LEGS AND FULLY ENGAGED BEFORE USING THE CHAIR. LEG EXTENSIONS SET AT TWO DIFFERENT HEIGHTS OR NOT PROPERLY INSTALLED CAN CAUSE THE CHAIR TO BE UNSTABLE, POSSIBLY RESULTING IN PERSONAL INJURY.

STEP 5: SITTING ON THE CHAIR

Verify that the chair is fully opened and that the clasp between the front legs of the chair is locked in place as is shown in **Photo 6**.

The proper way of sitting on the chair is to first sit on the seat and then fold your legs and rest them on the knee supports. Sitting in this manner will prevent damage that might be caused by clients putting their entire weight on a single knee support. Knee supports are not designed for this use.

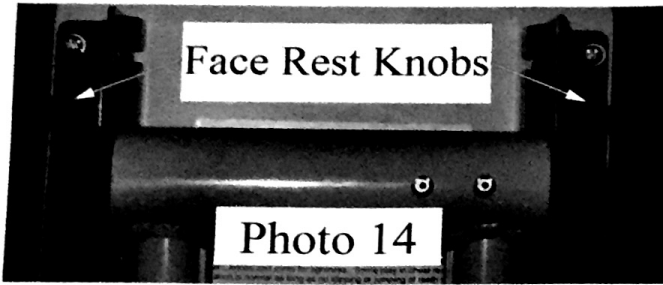
It is a good practice to sit on the chair yourself the first time after you set it up to be sure that it is set up correctly. Practice getting on and off the chair so you can better assist clients. Remember, some people have never sat on a chair like this before and might need assistance.

WARNING: ALWAYS STAND NEARBY SO YOU CAN STABILIZE THE CHAIR OR, IF NEEDED, ASSIST THE PERSON GETTING ON OR OFF THE CHAIR. IT IS POSSIBLE FOR YOUR CLIENT TO STUMBLE OR FALL, RESULTING IN PERSONAL INJURY.

STEP 6: ADJUSTING THE CHEST SUPPORT, THE FACE REST AND THE ARM REST

NOTE: The two chest support adjustments and the three face adjustments are interrelated. It is possible to find a number of different combinations of adjustments that will allow the client to sit comfortably. The client's position on the seat will also affect his or her comfort. It will take some experimenting to find the right combination of adjustments to optimize client comfort, therapist comfort and ease of set up. One way to do this is to leave the chest support at the same angle and height all the time and adjust the face rest height to accommodate different sized clients. It is also possible to leave the face rest at a lower height and change the chest support angle and/or height to accommodate different sized clients. You will need to find the settings that work best for you and your client.

- A. To adjust the chest support position, have the client sitting on the chair but not leaning against the chest support. Flip the chest support cam lever to the unlocked position, see **Photo 3**. Using your experience and a visual image of how the client fits the chair; adjust the chest support to the appropriate angle, raise the chest support to the desired height and flip the cam lever back to the locked position, see **Photo 3**.
- B. To change the face rest position, unlock the face rest cam lever and adjust the face rest to the appropriate angle. See **Photo 7**. If the client is thick chested and short necked you can also lift the face rest to meet his or her face, this is done by lifting up on the face rest base plate while unlocked. When you have the face rest where you want it, lock it in place by flipping the cam lever to the locked position. If the face rest cam lever is in the way, it can be rotated without unlocking it to a position out of the way. The crescent pad can be adjusted to fit different face widths. Simply grasp the end of the two legs of the crescent, lift up to free them from the Velcro™, bring the two ends closer together or wider apart and reattach to the Velcro™.



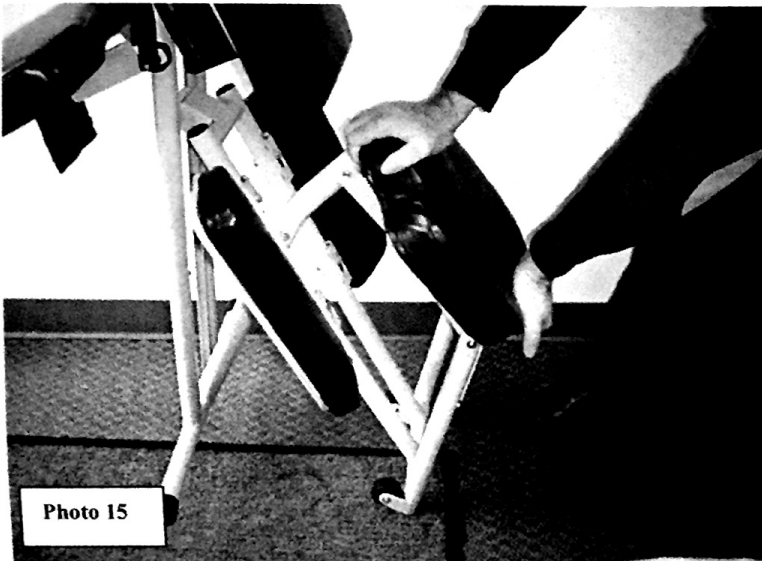
- C. To raise the face rest away from the chest support to fit taller clients, grasp it by the base plate, loosen the face rest knobs on the sides of the chest support and raise the face rest to the desired height. Tighten the face rest knobs so they are tight again. The face rest knobs on the chest plate sides will hold the face rest in place. Be careful not to pull the face rest up so high that the rods are no longer extending through the tube of the mounts. See **Photo 14**.

WARNING: DO NOT USE THE FACE REST UNLESS THE FACE REST RODS ARE INSERTED INTO AND EXTEND THROUGH THE MOUNTS. IT IS POSSIBLE FOR AN IMPROPERLY INSTALLED FACE REST TO BECOME UNSTABLE, POSSIBLY RESULTING IN PERSONAL INJURY.

- D. Adjust the arm rest by unlocking its cam lever and adjusting the arm rest to a comfortable position for the client. See **Photo 8**. Hold the armrest base plate in position and lock it in place with the cam lever. The client's arms should be comfortably supported on the pad with his or her shoulders relaxed. We suggest leaving the arm rest in the level position for most clients. There is an eyeglass pocket attached to the bottom of the arm rest by Velcro™.

STEP 7: FOLDING THE CHAIR

- A. Replace the knee rests if they were removed. Be sure they are installed on the correct sides and securely locked in place, see **Photos 10 & 11**. (Refer to **Step 3** if necessary.)
- B. Set the seat to its lowest position. Make sure the seat is locked to the seat rail. Lift up on the front part of the seat to check. (Refer to **Step 2** if necessary.)



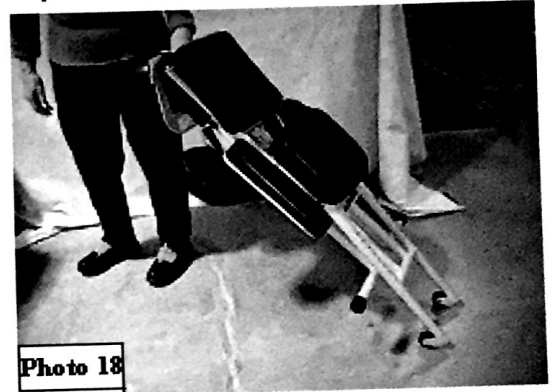
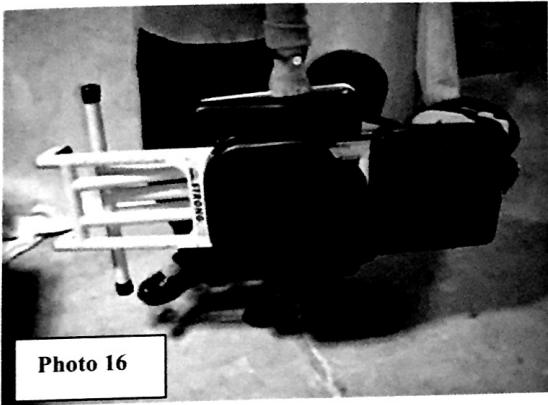
- C. Release the clasp found between the front legs of the chair shown in **Photo 6**. After the chair clasp has been released, pull up on the front of the seat as you push away on the chest plate. This will begin the folding process. To finish folding the chair, continue to pull on the front of the seat as you push on the back of the seat (**Photo 15**). Once the chair is completely folded, return the bungee to the center of the rear support plate by pulling out and up on the ball. Refer to **Photo 4**.

- D. Unlock the arm rest cam lever and lower the arm rest on the front beam down to the stored position. Lock the cam lever.
- E. Unlock the chest support cam lever, lower the chest support, if necessary, and lower the chest support onto the front beam on the side opposite the arm rest. Lock the cam lever (see step 6A).

- F. Lower the face rest if it has been raised using the face rest knobs. Unlock the face rest cam lever and lower the face rest onto the front beam on the side opposite the chest support. Lock the cam lever (see step 6B).

STEP 8: CARRYING THE CHAIR

- A. The chair can be picked up and carried by grasping through the hole in either knee rest plate. (**Photo 16**). It will be necessary to lift the pad out of the way to gain access to the hand hole in the knee rest plate. The chest plate also has a hand hole in it that can be used for carrying the chair (**Photo 17**). **Remember, do not use the face rest to pick the chair up.**



- B. For longer distance travel your chair is equipped with wheels and can be towed behind you similar to a piece of luggage. Once the chair is folded up and locked in place, grasp the hand hole in the chest support plate, orient the chair in the direction indicated in **Photo 18**, lower your hand towards the ground until the wheels mounted on the leg extensions come into contact with the ground and start walking to your destination.

WARNING: DAMAGE WILL OCCUR TO YOUR ERGO-PRO™ IF THE WHEELS ARE NOT ON THE GROUND WHILE TOWING.

- C. Stronglite also makes a durable nylon carrying case. It protects the chair and the padded shoulder strap makes transporting easy. To use the Ergo-Pro carrying case place the chair in the unzipped case with the seat side of the chair towards the pocket and Stronglite logo. Be sure the wheels stick through the slit in the bottom of the case. The chair may be towed on its wheels or carried by the shoulder strap.

MAINTAINING YOUR ERGO-PRO™ CHAIR

We at Stronglite have designed and built the ERGO-PRO™ chair to be long lasting and trouble free. All the exposed nuts are locking to help prevent loosening. All of the pivot joints are close tolerance to eliminate movement and reduce wear. Even so, it is possible for fasteners to become loose, parts to wear and damage to occur. **It is up to you to maintain your chair in good condition.** Tighten any loose fasteners and replace or repair any worn, damaged or missing parts. If you need replacement parts, contact Stronglite at 1-800-289-5487. See our warranty page, www.stronglite.com/home/sl1/warranty_info.html, for more information on repairs and replacement parts.

WARNING: A CHAIR WITH LOOSE, DAMAGED OR MISSING PARTS CAN FAIL POSSIBLY CAUSING PERSONAL INJURY. INSPECT YOUR CHAIR BEFORE EACH USE AND KEEP IT IN GOOD CONDITION.

INSPECTION:

Before each use: Inspect your chair to see that all joints are as tight as possible without causing binding when the chair is folded up. Check to see that there are no damaged or missing parts. If you have any questions or need assistance please call 1-800-289-5487.

CLEANING:

The vinyl on your chair can be cleaned with mild soap and water and using a non-abrasive cloth. The powder coated aluminum and finished wood components can also be cleaned in this manner.

WARNING: PROLONGED EXPOSURE TO TEMPERATURE EXTREMES WILL CAUSE DAMAGE TO VINYL.



STRONGLITE®

Serving massage professionals

since 1986

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