

Adjustable Sit and Reach Flexibility Tester User Instructions



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Description

The standard sit and reach test will test the maximum flexibility of the back attainable without undue strain on the back muscles. The flexibility of the back muscles can indicate the tasks or movements the back is capable of performing. The Flexibility Tester is a highly accurate and valid method of measuring back flexibility. It replaces the crude measuring devices described by Wells/Dillon and Johnson/Nelson. The unit is constructed of durable, yet lightweight aluminum. The top is a platform scale containing an auto-zero slide arm that extends more than 16 inches. The rule is marked in ½" increments to 23", and in centimeters, to 59 cm. The subject sits with legs straight and feet flat against the no-mar rubber panels affixed to the front. The subject reaches forward, moving the slide bar to maximum reach.

Specifications

Dimensions

Base: 18" L x 12" W x 13-3/4" H

Top: 27 1/2" L x 12" W

Weight:

9.5 lbs



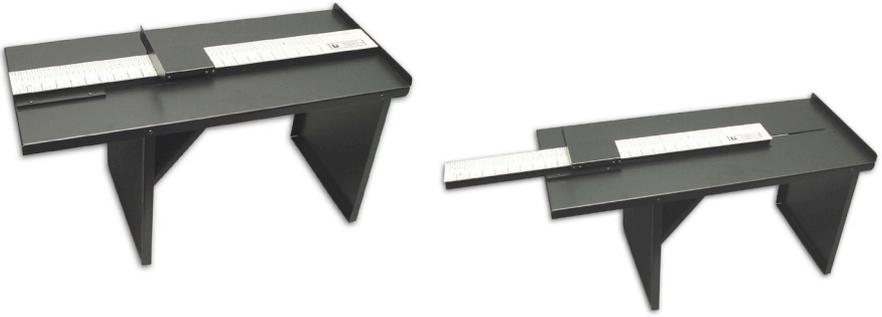
Operation

1. Have the subject sit on the floor with legs together and fully extended with feet against the rubber pads on the unit. Ensuring the head, upper back, and lower back are in contact with a wall.
2. Have the subject extend arms fully in front of their body with the right hand overlaying the left hand, with the middle finger of each hand directly over each other.
3. Move the measurement slide to zero. Place the adjustable scale arm at the tips of the middle fingers and lock it into place.
4. Instruct the subject to reach forward with fingertips against the slide arm, and bending forward at the waist, moving the measurement slide up the scale as far as he/she can.
5. Record the data to the nearest ½"

Operation for the Fire Fighters Wellness-Fitness Initiative

1. The individual is advised that the evaluation is a series of 3 measurements that will evaluate the flexibility of the lower back, hamstring muscles, and shoulders. The individual is informed that the flexion required during this evaluation must be smooth and slow, as the individual advances the slide on the box to the most distal position possible. Inform the individual that if at anytime during the evaluation they experience back pain, chest pain, light-headedness, ataxia confusion, nausea, or clamminess, they should terminate the evaluation.
2. The individual is instructed to sit on the floor ensuring the head, upper back, and lower back are in contact with a wall. The individual is instructed to place legs together, fully extended. The sit and reach box with the adjustable slide is placed with the box flat against the feet.
3. While maintaining head and upper/lower back contact with the wall, the individual is instructed to extend arms fully in front of their body with the right hand overlaying the left hand, with the middle finger of each hand directly over each other. The measurement slide is set to 0.0" at the tips of the middle fingers. The individual is then instructed to exhale slowly while stretching slowly forward, bending at the waist and pushing the measurement slide with the middle fingers. During the stretch, legs are to remain together and fully extended and hands are to remain overlaid. The stretch is held momentarily and the distance obtained. If the individual bounces, flexes knee or uses momentum to increase distance, the evaluation is not counted.

4. Instruct the individual to relax for 30 seconds. Once the individual has completed the 30-second recovery period, begin the second evaluation. Repeat evaluation for the third time using the same procedure.
5. Record the furthest distance of the three trials (rounded to the nearest 1/2 inch) as the final score.



Assembly Instructions

1. For the back leg; take the two thumb screws off and extend leg into place and replace the thumb screws.
2. For the front leg; take the four thumb screws off and extend the support bridge out while extending leg into place and replace thumb screws.
3. To move the adjustable slide arm, you will need to loosen the thumb screws underneath.



Terms and Conditions

LIC Worldwide Headquarters

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Phone, Fax, Email or Mail-in Orders

All orders need to be accompanied by a hard copy of your purchase order. All orders must include the following information:

- Quantity
- Part Number
- Description
- Your purchase order number or method of pre-payment
- Your tax status (include tax-exempt numbers)
- Shipping address for this order
- Billing address for the invoice we'll mail when this order is shipped
- Signature and typed name of person authorized to order these products
- Your telephone number
- Your email address
- Your FAX number

Domestic Terms

There is a \$50 minimum order. Open accounts can be extended to most recognized businesses. Net amount due 30 days from the date of shipment unless otherwise specified by us. Enclose payment with the order; charge with VISA, MasterCard, American Express, or pay COD. We must have a hard copy of your purchase order by mail, E-mail or fax. Students, individuals and private companies may call for a credit application.

International Payment Information

There is a \$50 minimum order. Payment must be made in advance by: draft drawn on a major US bank; wire transfers to our account; charge with VISA, MasterCard, American Express, or confirmed irrevocable letter of credit. Proforma invoices will be provided upon request.

Exports

If ordering instrumentation for use outside the USA, please specify the country of ultimate destination, as well as the power requirements (110V/60Hz or 220V/50Hz). Some model numbers for 220V/50Hz will have a "C" suffix.

Quotations

Quotations are supplied upon request. Written quotations will include the price of goods, cost of shipping and handling, if requested, and estimated delivery time frame. Quotations are good for 30 days, unless otherwise noted. Following that time, prices are subject to change and will be re-quoted at your request.

Cancellations

Orders for custom products, custom assemblies or instruments built to customer specifications will be subject to a cancellation penalty of 100%. Payment for up to 100% of the invoice value of custom products may be required in advance. Cancellation for a standard Lafayette Instrument manufactured product once the product has been shipped will normally be assessed a charge of 25% of the invoice value, plus shipping charges. Resell items, like custom products, will be subject to a cancellation penalty of 100%.

Exchanges and Refunds

Please see the cancellation penalty as described above. No item may be returned without prior authorization of Lafayette Instrument Company and a Return Goods Authorization (RGA#) number which must be affixed to the shipping label of the returned goods. The merchandise should be packed well, insured for the full value and returned along with a cover letter explaining the reason for return. Unopened merchandise may be returned prepaid within thirty (30) days after receipt of the item and in the original shipping carton. Collect shipments will not be accepted. Product must be returned in saleable condition, and credit is subject to inspection of the merchandise.

Repairs

Instrumentation may not be returned without first receiving a Return Goods Authorization Number (RGA). When returning instrumentation for service,

please call Lafayette Instrument to receive a RGA number. Your RGA number will be good for 30 days. Address the shipment to:

Lafayette Instrument Company

3700 Sagamore Parkway North

Lafayette, IN 47904, USA.

Shipments cannot be received at the PO Box. The items should be packed well, insured for full value, and returned along with a cover letter explaining the malfunction. An estimate of repair will be given prior to completion ONLY if requested in your enclosed cover letter. We must have a hard copy of your purchase order by mail or fax, or repair work cannot commence for non-warranty repairs.

Damaged Goods

Damaged instrumentation should not be returned to Lafayette Instrument prior to a thorough inspection. If a shipment arrives damaged, note damage on delivery bill and have the driver sign it to acknowledge the damage. Contact the delivery service, and they will file an insurance claim. If damage is not detected at the time of delivery, contact the carrier/shipper and request an inspection within 10 days of the original delivery. Please call the Lafayette Instrument Customer Service Department for repair or replacement of the damaged merchandise.

Limited Warranty

Lafayette Instrument Company warrants equipment manufactured by the company to be free of defects in material and workmanship for a period of one year from the date of shipment, except as provided hereinafter. The original manufacturer's warranty will be honored by Lafayette Instrument for items not manufactured by Lafayette Instrument Company, i.e. resell items. This assumes normal usage under commonly accepted operating parameters and excludes consumable products.

Warranty period for repairs or used instrumentation purchased from Lafayette Instrument is 90 days. Lafayette Instrument Company agrees either to repair or replace, at its sole option and free of part charges to the customer, instrumentation which, under proper and normal conditions of use, proves to be defective within the warranty period. Warranty for any parts of such repaired or replaced instrumentation shall be covered under the same limited warranty and shall have a warranty period of 90 days from the date of shipment or the remainder of the original warranty period whichever is greater. This warranty and remedy are given expressly and in lieu of all other warranties, expressed or implied, of merchantability or fitness for a particular purpose and constitutes the only warranty made by Lafayette Instrument Company.

Lafayette Instrument Company neither assumes nor authorizes any person to assume for it any other liability in connection with the sale, installation, service or use of its instrumentation. Lafayette Instrument Company shall have no liability whatsoever for special, consequential, or punitive damages of any kind from any cause arising out of the sale, installation, service or use of its instrumentation. All products manufactured by Lafayette Instrument Company are tested and inspected prior to shipment. Upon prompt notification by the Customer, Lafayette Instrument Company will correct any defect in warranted equipment of its manufacture either, at its option, by return of the item to the factory, or shipment of a repaired or replacement part. Lafayette Instrument Company will not be obliged, however, to replace or repair any piece of equipment, which has been abused, improperly installed, altered, damaged, or repaired by others. Defects in equipment do not include decomposition, wear, or damage by chemical action or corrosion, or damage incurred during shipment.

Limited Obligations Covered by this Warranty

1. In the case of instruments not of Lafayette Instrument Company manufacture, the original manufacturer's warranty applies.
2. Shipping charges under warranty are covered only in one direction. The customer is responsible for shipping charges to the factory if return of the part is required.
3. This warranty does not cover damage to components due to improper installation by the customer.
4. Consumable and/or expendable items, including but not limited to electrodes, lights, batteries, fuses, O-rings, gaskets, and tubing, are excluded from warranty.
5. Failure by the customer to perform normal and reasonable maintenance on instruments will void warranty claims.
6. If the original invoice for the instrument is issued to a company that is not the company of the end user, and not an authorized Lafayette Instrument Company distributor, then all requests for warranty must be processed through the company that sold the product to the end user, and not directly to Lafayette Instrument Company.

Export License

The U.S. Department of Commerce requires an export license for any polygraph system shipment with an ULTIMATE destination other than: Australia, Japan, New Zealand or any NATO Member Countries. It is against U.S. law to ship a Polygraph system to any other country without an export license. If the ultimate destination is not one of the above listed countries, contact us for the required license application forms.