



# USE AND MAINTENANCE MANUAL

Physiotherapy Clinic Items- Exercise Mat, Gym Ball, Couch, Pillow & Towels

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## **Models:**

**VT M-112 AG**

**VT B-109 AG**

**VT C-105 AG**

**VT P-104 AG**

**VT T-107 AG**



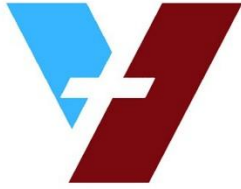
## Exercise Mats

### How to Use

- Used for floor-based exercises such as stretching, yoga, and core workouts.
- Place on a clean, dry surface before each use.
- Ensure the mat is fully unrolled and flat to prevent tripping.

### Maintenance

- Wipe down after each session using mild soap and water or disinfectant spray.



## VEGO & THOMSON

- Deep clean weekly by soaking in warm water with mild detergent (if allowed by material).
  - Dry thoroughly before storing.
  - Replace if torn, curled, or loses cushioning.
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### Exercise Balls (Swiss Balls / Gym Balls)

#### How to Use

- Used for balance training, core strengthening, and postural correction.
- Inflate to a firm but comfortable level (height should allow 90° knee angle when seated).
- Ensure the ball is on a non-slip surface during use.
- Only use balls appropriate to the patient's height and weight.

#### Maintenance

- Clean with a damp cloth and disinfectant daily.
  - Check weekly for punctures, air loss, or material wear.
  - Store away from sharp objects and heat sources.
  - Reinflate as needed using a manual or electric pump.
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### Treatment Couch / Plinth

#### How to Use

- Used for manual therapy, assessments, and treatments.
- Adjust height before the patient lies down.
- Ensure paper roll or clean linen is placed for hygiene.

#### Maintenance



## VEGO & THOMSON

- Wipe vinyl surface with medical-grade disinfectant after each patient.
  - Clean adjustable parts (levers, wheels) monthly.
  - Lubricate moving joints and check for loose screws quarterly.
  - Replace torn upholstery immediately.
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### **Therapy Pillows**

#### **How to Use**

- Used for patient comfort, joint support, and positioning during therapy.
- Use with a disposable or washable cover.

#### **Maintenance**

- Wipe waterproof pillows after each use.
  - Machine wash fabric covers regularly (use hospital-grade laundry cycle).
  - Inspect for lumps, loss of shape, or tears—replace if necessary.
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### **Towels**

#### **How to Use**

- Used for hygiene, padding, support, or wiping during therapy.
- Use one per patient; do not reuse without washing.

#### **Maintenance**

- Wash after every use using hot water (60°C or higher) and antibacterial detergent.
  - Tumble dry thoroughly.
  - Store in a clean, closed cabinet.
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**VEGO & THOMSON**

### **General Guidelines**

- Label and separate “CLEAN” and “USED” zones clearly.
- Maintain a daily cleaning checklist.
- Train staff on hygiene protocol for patient and staff safety.
- Keep backup stock of each item to ensure continuous operations.