



**NewGait™**

**Clinician User Manual**



# The NewGait Manual

## Table of Contents

1. Introduction
2. Functional Mobility and Gait assessment Form
4. Sizing Guidelines
5. Donning Instructions
6. Patient Configuration Card
7. Cleaning and Care / Return & Refunds
8. NewGait Trial Agreement
9. Frequently Asked Questions



## Introduction

Thank you for purchasing or taking part in our trial program for the NewGait clinical model, and congratulations on taking the next step to restoring hope. This manual aims to advance the opportunity of an exceptional experience for you and your patients using the NewGait. The following pages will educate on the product functions and capabilities, inform on methods of utilization, and prepare you for optimal use with step-by-step procedures.

With all of this being said, the NewGait would not be what it is today without innovation and originality. We hope to provide you with the knowledge and confidence to begin using the device, but ultimately, to instill a mentality and attitude of unconventional problem solving which will empower you to make the most of the variable NewGait components at your disposal.

If there is any way that we can improve this manual or enhance your experience using the NewGait, please do not hesitate to let us know. We are also excited to announce the launch of our online clinician resources, including training videos and a digital manual for your convenience. You can find this on our website on the Clinician Portal page. Password: Hope

Email: [info@thenewgait.com](mailto:info@thenewgait.com)

Phone: (949) 463-0453

Website: [www.thenewgait.com](http://www.thenewgait.com)

Join our Facebook NewGait Clinicians group to collaborate with other users

Name: \_\_\_\_\_

## Functional Mobility & Gait Assessment Form

Diagnosis: \_\_\_\_\_

### TUG Test Score

The time it takes to rise from a chair, walk 3 meters, turn around, walk back, and sit down.

Date	Time

### Single Leg Balance

Lift one leg directly beside the balance leg. Maintain level hips and shoulders. Hold the balance position. Record the best of 3 attempts.

Date	Right Leg Time	Left Leg Time

### Gait Assessment: 10 Meter Walk Test

The patient walks 10 meters and the time is measured for the intermediate 6 meters to allow for 2 meters of acceleration and 2 meters of deceleration.

Speed = 6 meters / recorded time

Step Length = 600 cm / # of steps taken

Date	Other Assist. Dev Used	No NewGait Time/Speed	No NewGait Step Length	With NewGait Time/Speed	With NewGait Step Length

### Quality of Gait - Symmetry and Smoothness of Movement

List any initial deficits in gait, including pain (Arm swing, trunk rotation, vertical/lateral shift in center of gravity. Loading response of stance leg, knee flexion and extension, ankle eversion/inversion)

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List any changes in initial deficits over time

Date	Changes in Quality of Gait

### Normative Data for TUG Test

\*Greater than 14 seconds associated with high fall risk

Age Group	Time in seconds
60-69	8.1
70-79	9.2
80-89	11.3

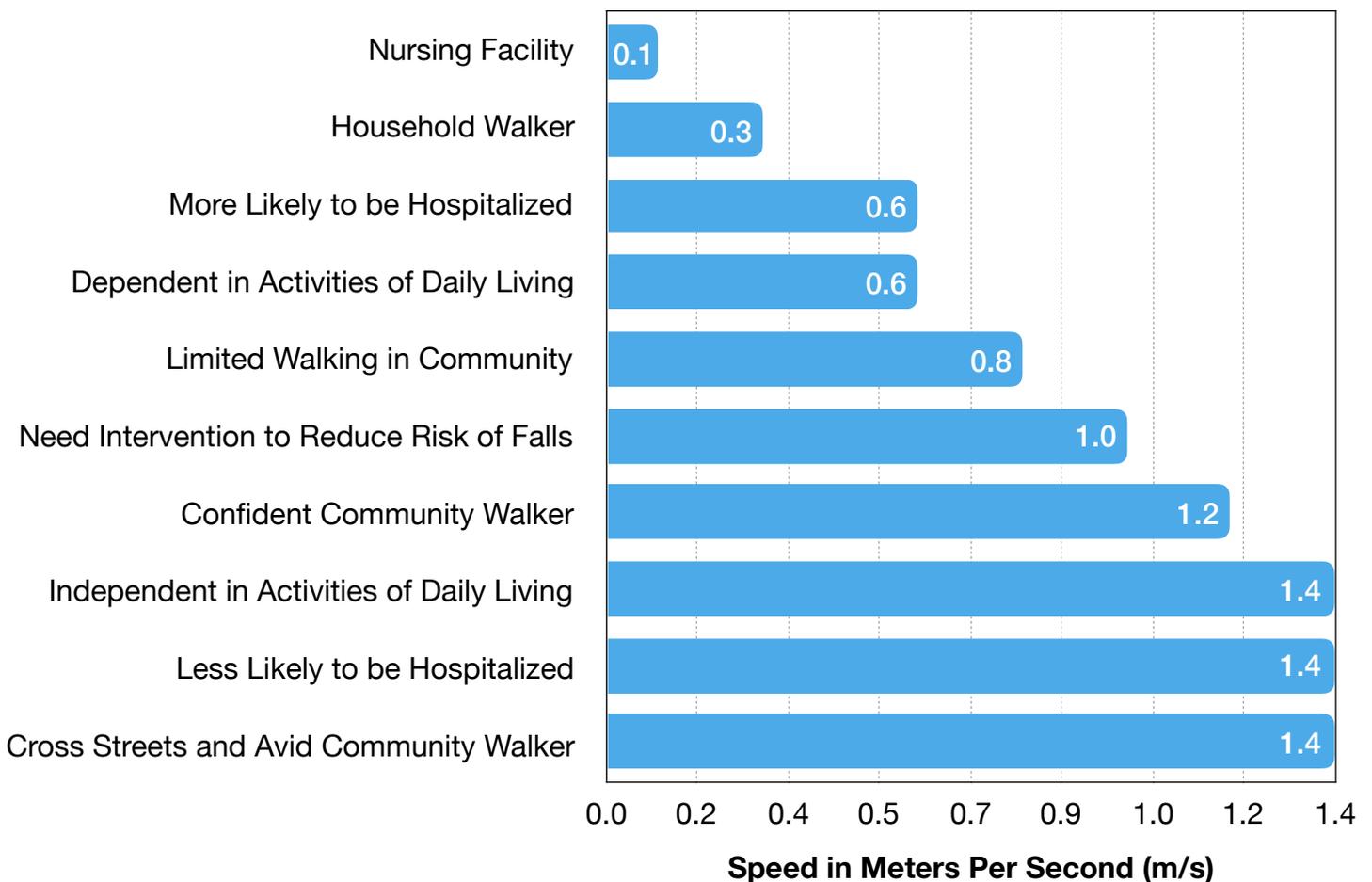
### Normative Data for Single Leg Balance Test

Age Group	Time in seconds
40-49	41.9
50-59	41.2
60-69	32.1
70-79	21.5
80-89	9.4

### Normative Data for 10 Meter Walk Test

Step Length: 70-82 cm | Speed: 1.4 m/sec (2.8 mph) | Step Width: Fist Width

#### Walking Speed



# NewGait Sizing Guidelines <sup>TM</sup>

## LEG STRAP SIZING



Leg size is measured on the lower part of the thigh, 1 inch above the knee. Or on the upper part of the calf, 1 inch below the knee.

Size:	Extra Small	Small	Medium	Large
Leg Size: (inches)	9 - 11	11 - 13	13 - 16	16 - 19

## WAIST BELT SIZING



Waist measurement is taken where a belt would fit, just above the hips.

\*Order an extender if waist size is above 51 inches.

Size:	Small	Medium	Large	Extra Large
Waist Size: (inches)	24 - 30	30 - 36	36 - 42	42 - 51



# NewGait Instructions <sup>TM</sup>

# NewGait



HOW TO PUT IT ON



Follow the steps below for general NewGait assembly.  
We understand that not all patients with the same disease or disability have the same weakness, so adjustments may be required for optimal performance.



## THE WAIST BELT

Secure the waist belt tightly just above the hips, ensuring that the NewGait logo is facing forward and the D-rings are in proper position.



## LEG STRAPS (Thigh)

Tightly Secure the leg straps just above the knee. Ensure that the D-rings align with the waist belt, and attach the assistance bands.

## LEG STRAPS (Calf)

For foot drop assistance, tightly Secure the leg straps just below the knee. Connect the assistance band from the most distant shoelace to the D-ring.



## SHOULDER STRAPS (FRONT)

Secure the front of the shoulder straps by connecting the buckles with the waist belt.





## SHOULDER STRAPS (BACK)

Secure the back of the shoulder straps by drawing the left strap under the right arm, and the right strap under the left arm, as to make the straps cross on the back.



## SHOULDER STRAPS

Finally, inhale and hold a deep breath while securing the velcro just below the sternum.

# Shoulder Harness Assembly Instructions

The Shoulder Harness Keeper is designed to hold the Shoulder Harness Straps, and also includes Elastic Band attachment points for postural support. It can be assembled in either a horizontal or vertical orientation with each having distinct benefits.

## Horizontal

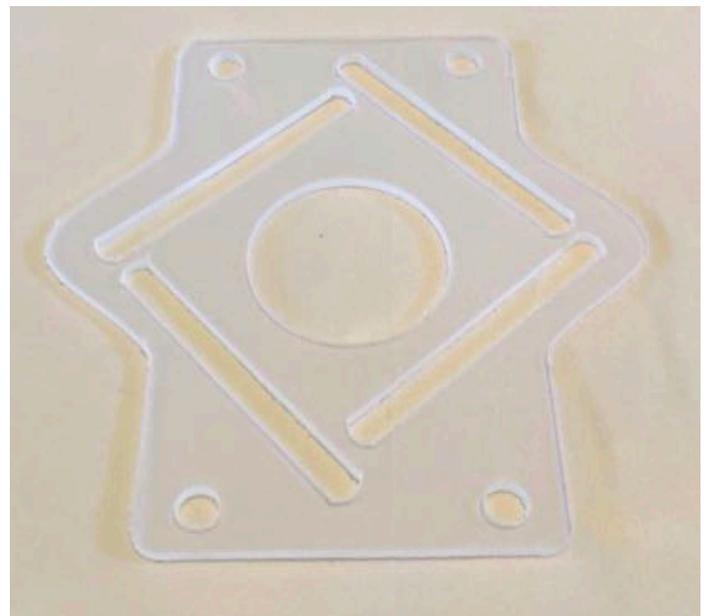
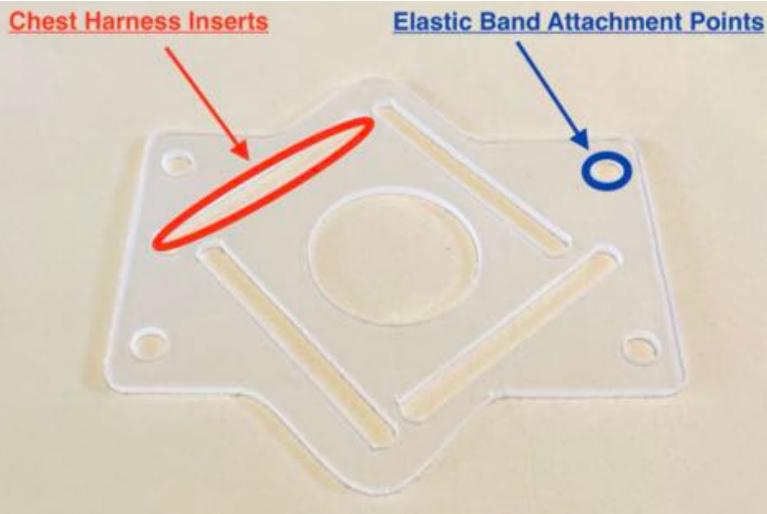
Shorter Patient

Lower Extremity Application

## Vertical

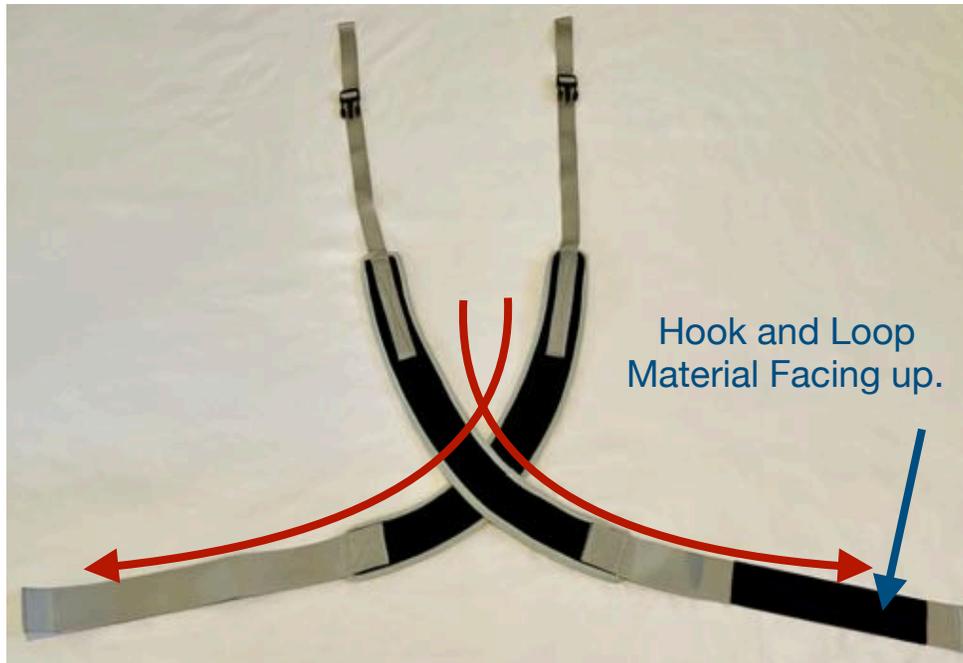
Taller Patient

Upper Extremity Application



Follow these steps to assemble the chest harness (Vertical Assembly Shown)

1. Lay out your Shoulder Harness Straps positioned to make an X with the gray webbing material everting away from each other. Ensure that the hook and loop material is facing up on the right side.



2. Insert the Shoulder Harness Strap with the Hook and Loop Material into the top left Shoulder Harness Keeper Insert from the bottom. Then insert it into the parallel Insert from the top, weaving it back to the bottom.



3. Pull the Shoulder Harness Strap through the Shoulder Harness Keeper to the midpoint of the strap. Begin the same weaving process with the other Shoulder Harness Strap. Inserting it from bottom to top, and weaving back to the bottom.



4. Pull The Shoulder Harness Strap through to the midpoint of the Shoulder Harness.



## Additional Notes

- For users with normal posture, position the Shoulder Harness Keeper just below C7 vertebrae.
- If the user has any kyphosis, position the Shoulder Harness Keeper at the center of the kyphosis.



## V-Anchor Assembly Instructions

The V-Anchor is designed to add an Elastic Band attachment point to a lower leg Limb Strap for improved Dorsiflexion Assistance. Follow the steps below to assemble the V-Anchor for Dorsiflexion Assistance.



1. Insert either end of the Limb Strap into either of the V-Anchor Inserts from the outside.



2. Pull the Limb Strap through the V-Anchor Insert until the Insert sits next to the D-Ring on the Limb Strap. Fold the Limb Strap and insert the loose end into the other V-Anchor Insert.



3. Pull the Limb Strap through until The V-Anchor is at the midpoint of the Limb strap and the V-Anchor Inserts sit on either side of the Limb Strap D-Ring.



# The NewGait™ NewGait

## NewGait Configuration Card (EXAMPLE)

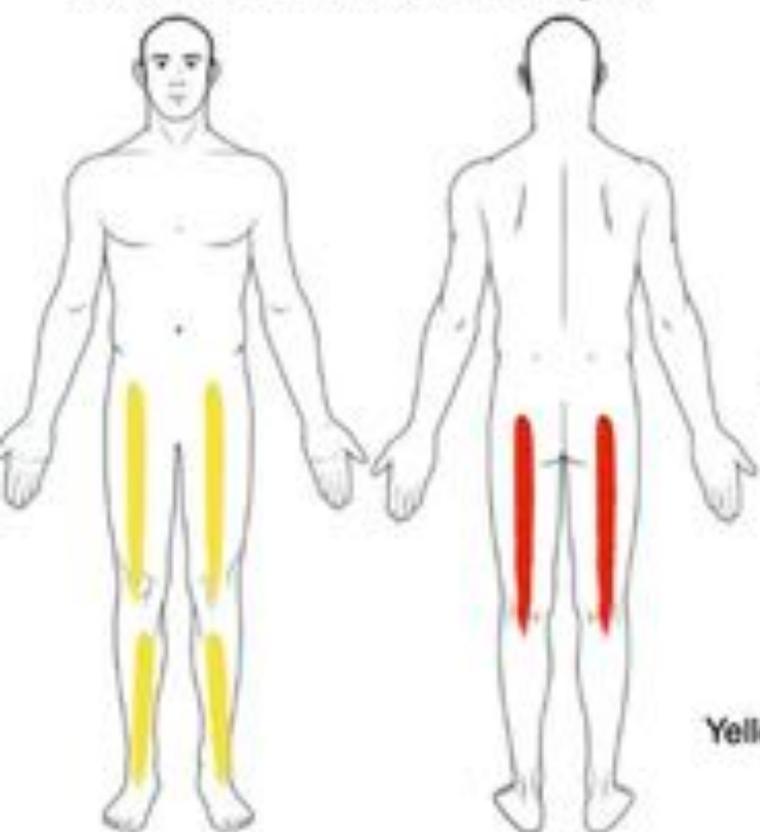
Provide a completed configuration card to any patient that would like to purchase the NewGait for home use. The NewGait can be ordered online at [www.thenewgait.com](http://www.thenewgait.com) Use the space below to make notes regarding the components to be ordered and elastic band placement.

Extra Notes:

**Wear 4 times/week for 30 - 60 minutes. Progress from red to yellow elastic bands in 3 weeks.**

Promo Code:

Assistance Band Placement Diagram



Shoulder Straps 1 - Medium

Waist Belt 1 - Large

Extender No

Leg Straps 2 - Small, 2 - Medium

Double D-Ring Anchor No

V-Anchor 2

Shoe Anchor 2

Assistance Bands:

Yellow 4 Red 2 Green No Blue No

## **Ordering Instructions (patient)**

1. To order your NewGait visit [www.thenewgait.com](http://www.thenewgait.com)
2. The menu is located at the top right of the page. Hover over the “Shop” menu heading and select the “NewGait Shop” sub-heading.
3. If you would like further assistance with ordering, please complete the new customer form at the top of the shop page and a consultant will contact you shortly. Otherwise, continue down the page to the NewGait products.
4. Select your NewGait components and sizes based on your configuration provided by your therapist.
5. When you have added all of your components to the cart, you can apply a promo code if applicable and choose your shipping speed then proceed to checkout.
6. Fill out all of the required billing and shipping information, then review to ensure that it is error free and select "Place Order".
7. If you ever have any questions or comments, please email us at [info@thenewgait.com](mailto:info@thenewgait.com)

# NewGait™

## **Cleaning & Care / Returns & Refunds**

### **Pre-Caution**

1. Like all other fitness equipment, injury may occur if used improperly.
2. Like all other fitness equipment, if injury occurs while in use, stop immediately and consult your physician.
3. Remain hydrated during workouts as neoprene induces additional sweat.
4. Do not wash the elastic bands or expose to chlorinated or sea water as it will corrode the bands, causing them to break.

### **Cleaning & Care**

Washing by hand is the best way to clean the NewGait. Use cold water with a gentle detergent, as this method maintains the life of the material the longest. To hand wash, dip the components into soapy cold water, then dip into clean water to rinse. Make sure all velcro straps are fastened with no velcro exposed because the coarse part of the velcro will degrade the nylon webbing material if they come into contact. Hang to dry in the shade, or, to expedite the process, pat the components dry with a towel.

## **Cleaning & Care Continued**

1. Always keep the velcro fastened so the coarse part of the velcro does not come into contact with the nylon or neoprene materials. The velcro will degrade the materials upon separation.
2. Do not over-tighten the leg straps to the point where it restricts circulation
3. Do not store in direct sun or heat.
4. Do not store in the carrying bag while damp.
5. Do not rub the NewGait against abrasive materials or surfaces.
6. Do not machine wash or dry.
7. Do not iron or expose to direct heat.
8. Do not use, and immediately replace any elastic bands that look dry, cracked, or have visible cuts and abrasions.
9. Do not bleach the NewGait or any of its components.

## **Returns & Refunds**

At Elite Athlete Products Inc., we hold customer satisfaction in a very high regard. That is why we allow a 30-day refund policy. The item you wish to return must be in the same condition that you received it. It must be in the original packaging, and needs to have the receipt or proof of purchase. Upon receiving your returned item, and following its inspection, we will immediately notify you on the status of your refund. If your return is approved, we will initiate a refund to your credit card (or original method of payment). You will be responsible for paying for your shipping costs for returning your item and a 15% restocking fee. If you have any questions on how to return your item to us, please contact us. In the event of discovering a manufacturing defect with your purchase, you have 12 months to contact us via [sales@thenewgait.com](mailto:sales@thenewgait.com) in order to be eligible for a product exchange. Please note that the elastic bands are not covered under this 12 month policy, will wear over time, and may break if over-stretched or abraded. However, when used and stored appropriately the elastic bands can be expected to last 12 - 18 months.

## NewGait Trial Program Agreement

**NewGait™**

1. This agreement is between Elite Athlete Products, Inc. (“NEWGAIT”) and you “The Customer”
2. The Customer requests a trial of The NEWGAIT Clinic Model for a period of up to 30 days. The trial period shall commence upon the delivery of the product(s) to the customer.
3. The Customer will retain the original packaging (bag/box) to use in the event the product(s) need to be returned. If available, The Customer should use original packaging material to package the product(s) properly.
4. The Customer may use the product(s) during the trial period with any patients and will use their professional judgment regarding the clinical appropriateness of NEWGAIT products for each individual patient.
5. The Customer agrees to take care of the product(s) and prevent any abuse/ damage of the products during the trial period. Operations and care instructions are included with your trial products. Any damages caused during the trial period will be charged at full cost.
6. At the expiration of the trial period, The Customer agrees to either:
  - A. Purchase the trial product(s) at cost denoted below; applicable taxes and shipping charges will also be applied.
    - i. \$700, if payment is received before the trial period expires
    - ii. \$750, if payment is received after the trial period expires
  - OR
  - B. Return the trial product(s) to NEWGAIT:

Collection will be made within 5 working days of expiration date. The Customer will be responsible for shipping the product(s) back to NEWGAIT and ensuring that they are clean prior to their return. All items will be checked for damage and misuse upon collection. Any damages will be charged to The Customer at cost. In the event that The Customer does not purchase the product(s), or if The Customer does not return the product(s) within 5 working days of the expiration date of the trial a late fee of \$50 PER DAY will be assessed and billed to The Customer.

# NewGait™

## Frequently Asked Questions

### **What are the contraindications / precautions for patient use?**

Use proper judgement to provide a safe environment for the patient. The patient must have the ability to stand and initiate gait on their own to have success with the NewGait. When first equipping the NewGait, provide extra support as the patient will not be used to the assistance and compression sensation. If the patient feels any discomfort, please discontinue using the device and reassess the placement of components. Do not use the NewGait with healing or unstable fracture sites, do not place the bands over healing incisions, Deep Vein Thrombosis (blood clots), or leg edema.

### **Should I match elastic bands on both sides of the body?**

Patient comfort will typically be improved with the patient wearing a balanced unit, however one side may benefit from a stronger band.

### **What are some tips for use?**

As bands are applied, listen to your patient for feedback. They will tell you what feels most comfortable, supportive, and aids mobility the best. Therapists are strongly encouraged to don the device on themselves, in varying combinations, to become familiar with the usefulness of the device. To increase knee extension at heel strike, add a dorsiflexion band. To decrease knee extension at mid stance, add a hip flexion assistance band. To increase base of support with ambulation, add hip abduction bands.

### **How long does a patient need to use the NewGait?**

Some patients will only need the NewGait for several sessions of physical therapy. Some patients obtain a unit for home use. Others have made the NewGait an essential aid to ambulation and wear the unit most days during activities of daily living.

### **What is it made of?**

The NewGait is manufactured from high quality neoprene; the same material wetsuits are made from. This allows for an elastic yet strong material that is comfortable on the skin. The NewGait is manufactured in the USA.