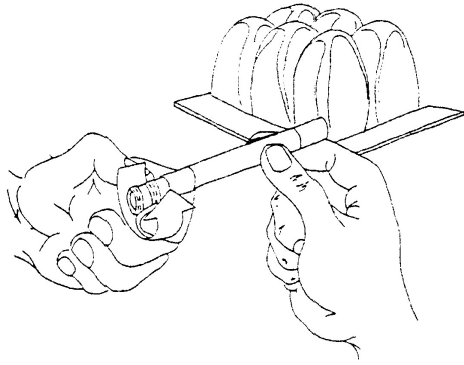


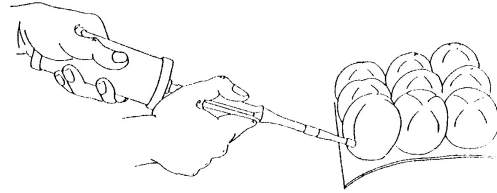
ROHO & PUMP ARE PROPERTY OF SELF CARE
PLEASE RETURN TO SELF CARE

ADJUSTING YOUR DRY FLOATATION® CUSHION

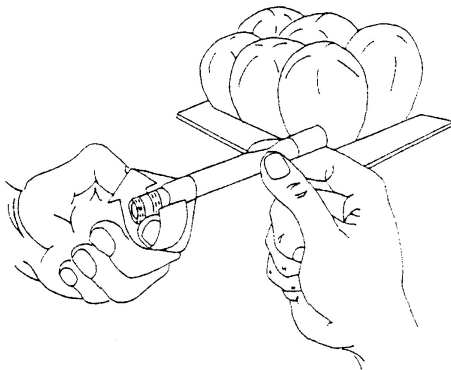
To get the maximum therapeutic benefit and comfort from your new ROHO DRY FLOATATION cushioning product, follow these easy steps.



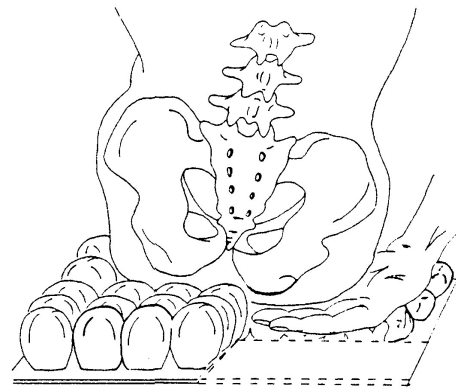
STEP 1 Turn cushion valve counter-clockwise to open.



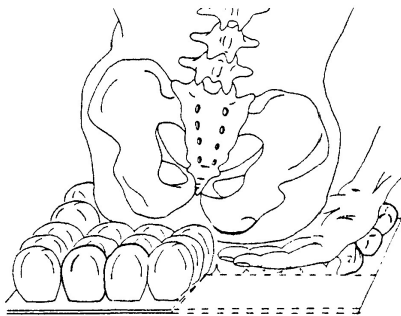
STEP 2 Place hand pump hose over valve and inflate until cushion arches slightly.



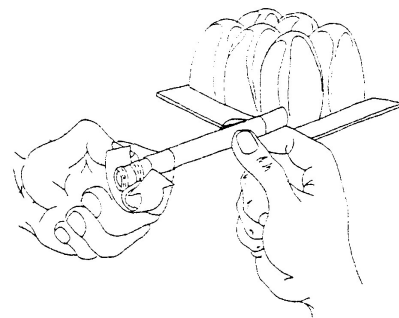
STEP 3 Remove pump hose from valve and turn valve clockwise to close.



STEP 4 With cushion in this over-inflated condition, place the individual on the cushion in his/her normal sitting position with arm and foot rests properly placed.



STEP 5 Place your hand between cushion and the individual's deepest penetrating bony prominence.



STEP 6 With your hand in place, slowly turn valve counter-clockwise to release some air to immerse the individual in the cushion. When you can barely move your finger tips (approximately $\frac{1}{2}$ " or 1.25 cm) between the individual's deepest prominence and the cushion base, pinch valve stem and turn valve clockwise to close.

Call SelfCare Home Health Products Ltd. for assistance

SelfCare

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ROHO DRY FLOATATION MATTRESS SYSTEM

Steps to Proper Adjustment

Your ROHO DRY FLOATATION Mattress System may consist of any combination of 1 to 4 lightweight mattress sections, foam inserts and/or leveling pads. The mattress system may be used on any standard mattress. Mattress sections must be placed under the parts of the individual that requires the most pressure care, support, and protection. Attach sections to one another with snaps along the length of each section.

Each mattress section is adjusted separately. Using the mattress section under the individual's hip, close 1 of the 2 section valves by turning valve clockwise. Make sure the other valve is open by turning counter-clockwise. Then follow these 6 easy steps:

Step 1: Use the hand pump to over-inflate the mattress section until the cushion arches slightly. Squeeze valve near base of mattress section, remove pump, and turn valve clockwise to close.

Step 2: Position the individual on his/her side for the initial immersion adjustment.

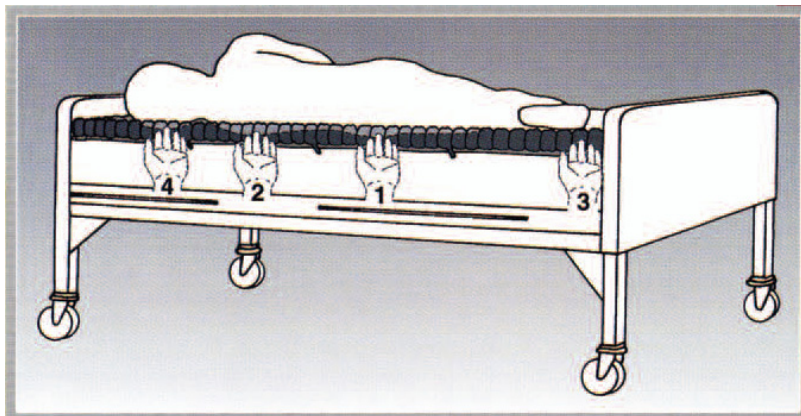
Step 3: Insert hand with palm facing upwards between mattress section and the individual's deepest penetrating bony prominence.

Step 4: With other hand, turn valve counter-clockwise and slowly bleed off air until there is a finger's thickness (approximately $\frac{1}{2}$ " or 1 cm between the individual and the base of the mattress section). Turn valve clockwise to close.

Step 5: If the individual is laying on his/her side, have him/her lie on back and adjust under sacrum for 2 fingers thickness. If the individual cannot be turned on his/her side, have him/her lie on back and adjust under sacrum for 2 fingers thickness.

Step 6: Position the individual on back and repeat the adjustment procedure for the mattress sections under the shoulder, heel, and head.

Do not re-adjust a section if the section has already been adjusted for the hip or sacrum.



Important Notes

- 1) Inflation of each mattress section should be checked daily to ensure it is properly adjusted.
- 2) Too much linen between the ROHO Mattress System and the patient can compromise therapeutic performance. It is recommended that a maximum of 1 sheet be arranged loosely over the ROHO; 1 draw sheet for patient moving and transferring; or 1 incontinence pad.

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