



INSTRUCTION MANUAL

JT STRENGTH PRESS®

(S Press®)



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S-Press patents - GB2567512, EP3801784, US11,541,277 B2



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CONTENTS

Page 4	Introduction
Page 5-7	Suitable applications for use of S-Press
Page 8	Initial set up.
Page 9-10	Attaching the pressure relieving leg rest
Page 11-12	Attaching the flat footplate
Page 13-14	non-slip mat position and anchor straps
Page 15	Leg rest straps
Page 15	Suitable users
Page 16	Inappropriate use and restrictions of liability
Page 17	Therapy uses and training recommendations.
Page 18-22	Set up and safe use
Page 23	Transportation
Page 23	Accessories
Page 24	Settings – resistance levels
Page 25	Setting / resetting the repetition counter
Page 25	Dycem non-slip base
Page 26-28	Troubleshooting problems
Page 29	Safety precautions and warnings
Page 30-31	Cleaning down and Care of surfaces
Page 31	Care and maintenance
Page 32	Warranty
Page 32	Service intervals
Page 32	Customer Service
Page 32	Complaints
Page 33	Technical support
Page 33	Love it or return it policy
Page 33	Recycling

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The S-Press - Finest engineering for fastest recovery

Design of the S-Press has always had the user at the forefront.

The S-Press is a physiotherapy led intervention to help people at risk of de-conditioning and weakening due to inactivity recover their leg muscle strength in a safe, effective way.

The S-Press is a progressive resistance strengthening device for the muscles of the legs. It is a muscle strengthening, not a passive range of movement device.

Patented, innovative design

This instruction manual will inform you of how to use the S-Press safely. It will comprehensively go through set up, preparation of the patient for use, safe use, and the most effective training regimes.

If you have any queries at all regarding the S-Press, please do not hesitate to contact the JT Rehab customer services team and we will be pleased to assist you however we can.

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Suitable applications for use of the S Press

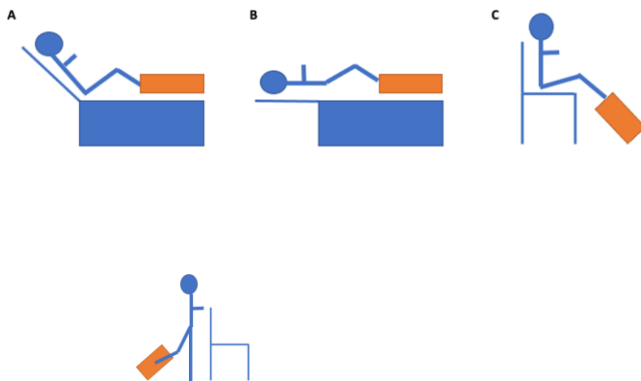
The JT Strength Press (S-Press) is suitable to be used by persons:

- lying flat on back on bed (supine) – with a bed end
- sitting propped up (long sitting) on a hospital bed - with a bed end
- Sitting in a chair or wheelchair (back of chair to the wall to avoid any chair movement)
- Standing - to engage hamstrings via hip extension movement

Suitable environment for use: Indoors.

ISO standard 20957-1 usage class SC.

The S-Press can be used in the following configurations.



D

A – long sitting on bed

B – Supine lying on bed

C – seated in a chair

D – Standing

(All positions require a minimum of 0.6m free space access for mounting / dismounting of S-Press)

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'In bed' - Quadriceps position – leg press action



'Seated' - Quadriceps position – leg press action

‘Seated’ – Hamstring curl position



‘Standing’ hamstring and gluteal action



Initial set up

WARNING:

The S-Press is a medical device (class 1) and requires safe, careful operation.

Please read these instructions fully before setting up and using the S-Press.

Maximum user weight limit: 150kg

S-Press is a free-standing piece of equipment and must be set up on a stable and level base.

Correct and comfortable positioning of the user is essential to avoid injuries to health.

Incorrect and excessive use of the S-Press may result in injuries to health.

There must be adequate free space around the S-Press when in use – there needs to be a minimum of **0.6m access** around the device. This will ensure that the device is easy and safe to mount / dismount and use safely.

Keep the S-Press away from unsupervised children.



The S-Press will arrive with base unit separated from leg rest.

To attach the pressure relieving leg rest

Align the hole on the base of the leg rest with the metal pin. **Depress the black tab**, slide the leg rest onto the pin fully and hear the black tab click to hold the leg rest in place.

It is a tight fit, for a firm action once sited. The bracket needs to be aligned well with the hole for smoothest application.



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Unfold the leg rest, until fully extended.

Give the leg rest a wiggle on the bracket to ensure in place securely before use.

TAKE CARE TO KEEP FINGERS OUT OF THE PATH OF THE BRACKET ONTO THE PIN.

To remove the pressure relieving leg rest attachment and exchange for the 'seated' foot plate:

Depress the black tab and slide 'leg rest' off pin **CAREFULLY TO AVOID FINGERS.**

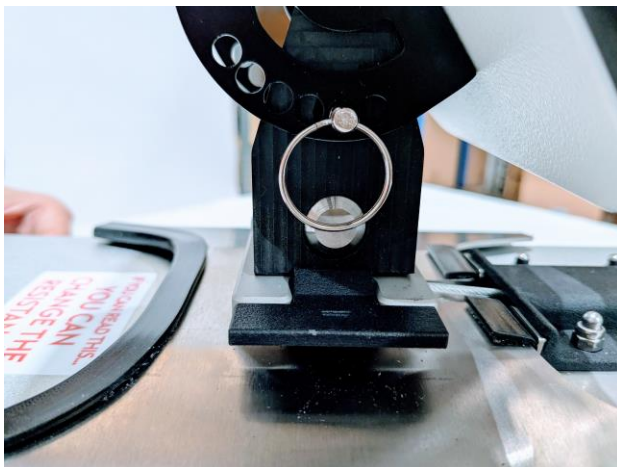
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To attach the adjustable flat foot plate

Have the padding on the foot plate facing the repetition counter.

The adjusting pin should be on the side nearest the black tab (otherwise it can get trapped between the plastic block and the bracket).



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Attaching the flat footplate block onto the bracket pin

Use the edge of the block to depress the black lever when putting the block onto the pin. Press the black lever and gently push the block onto the pin, minding your fingers don't get in the way of the block moving.



GIVE THE BLOCK A WIGGLE TO MAKE SURE IS FULLY ENGAGED IN THE BRACKET BEFORE USE

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Important: Ensure that all straps are secured and not left projecting out, to ensure safe use and no interference with the user's movement.

Before use, zero the repetition counter, to ensure accurate session recording (see page 24)

If being used on the floor, the supplied non-slip mat should be placed under the front end of the S-Press for maximum adherence to the floor, as well as the anchor straps onto the D-rings and attaching to the chair legs.



Non-slip under front end of S-Press



**Anchor straps low around chair legs or through front wheels on a wheelchair
– low down and buckles half way between chair leg and device**

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The S-Press leg rest comes with 3 adjustable straps, one to gently hold the upper shin and the others to go across the ankle joint and forefoot. These are not needed for firm leg stabilisation; they are a gentle position strap for the leg in the leg rest.

Suitable Users

The S-Press is a progressive resistance strength training device. Users must have had a Physiotherapy assessment for their suitability to use this device prior to use and for the physiotherapist to assess their current strength capabilities, knee and hip range of movement and devise a suitable training plan.

Users should be medically stable, alert and orientated, compliant and able to follow instructions before using the S-Press.

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Inappropriate use and restrictions of liability

Correct and comfortable positioning of the user is essential to avoid injuries to health.

Incorrect and excessive use of the S-Press may result in injuries to health.

The manufacturer does not assume liability for consequences of

- Abuse and misuse
- Persons neglecting to read this instruction manual carefully
- Reckless usage
- Wanton damage
- Over intense training
- Use whilst sitting in an inappropriate chair, wheelchair, or bed without a bed end.
- Use without prior assessment or consultation with an appropriate medical professional, physiotherapist, or doctor.
- Attachment of unapproved accessories
- Repair or interference by any persons non-approved by the manufacturer



Therapy uses and Training applications

Before using the S-Press please consult your doctor or physiotherapist in order to adjust your training sessions to your individual state of health.

Regular training with the S-Press will help maintain and improve the condition of your leg muscles. It is important to begin your work out with the S Press at a low level and build up as you are able.

The S-Press can be helpful to the following users:

Any patient who has been assessed by a medical professional as medically stable and able to perform appropriate level resistance exercise, including:

- Older, frail, medically stable users
- Bed-bound people affected by orthopaedic trauma
- Those who are medically stable in critical care and high dependency units
- Post head injury users, who are cognitively aware and able to follow instructions
- Persons with partial spinal cord injury on bed rest with restricted ability to sit during early stages
- Medically stable following a stroke
- Users undergoing dialysis
- Residents in care homes, progressively de-conditioning, and suffering increased muscle weakening
- Intermediate care sites – people who are having continued treatment as not in a physical condition to return home
- Post-surgery – total knee replacement and total hip replacement – **only if the patient has enough knee flexion to manage safe use of the device. The patient needs to be able to flex their knee and hip to get the sliding gantry back to the start line. Over flexion can cause issues with the incision site and healing. Great care must be taken with those patients with early knee incisions – use in the chair is likely to be the most comfortable position for these patients.**

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FULL ASSESSMENT OF AVAILABLE KNEE AND HIP RANGE OF MOVEMENT PRIOR TO USE OF THE S-PRESS IS ESSENTIAL TO PREVENT INJURY

SET UP AND SAFE USE

To work the quadriceps muscles when in supine or long sitting on the bed:



- User is positioned lying in supported, comfortable position **TOWARDS TOP OF THE BED**.
- Pads of leg rest are facing the resistance stoppers
- Leg / footrest is secured in upright position, by separating the two leg rest parts until the top part is at a 90-degree angle
- All resistance adjustment stops are in 'lifted' position
- Before lifting the patients leg onto the leg rest, it is good for the therapist to push the leg rest gantry down the S-Press body as far as it will go to enable the therapist to position the S-Press in the correct position so that the user can easily lift their leg on in a straight position and the therapist can adjust the placement of the S-Press on the bed easily
- S-Press is positioned under patients' leg from the side

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- The straps are tightened. The straps do not need to be tightly attached. **ONLY COMFORTABLE TENSION OF STRAPS REQUIRED**
- Once user's leg is lifted it is positioned comfortably onto the leg rest. The therapist will then slowly assist with the flexion of the user's knee so that it can return to the start position at the back of the device – to assess position if comfortable/appropriate degree of flexion
- User is encouraged to bend knee as far as they are able with/without assistance. **The user needs to be able to flex their knee back to the start line. They may need to be more reclined to enable sufficient and comfortable knee and hip flexion**
- **IMPORTANT: The position of use may well differ between legs and re assessment of clearing position of lip of leg rest will be needed when changing to other leg**
- **IMPORTANT: The users leg rest must be behind the start line for adjustment of resistance**
- If the user has short legs and the S Press is positioned away from the end of the bed, then a block (possibly a rolled up towel or pillow etc) can be positioned between the bed end and the S-Press end and butted up against the end of the bed. This will stop movement of the device when in use
- Zero the counter to enable accurate counting of the repetitions achieved

Once the patient is set up comfortably:

- The therapist will then assess the maximum strength that the patient can achieve by increasing the resistance. Once this 1 repetition max is calculated then the therapist will reduce the resistance to approximately 80% of this value
- The user will then start a series of 10 repetitions of full extension of the leg. Encourage fast pushing away and slow controlled return back – the user may need assistance to bring the leg back up each time
- The user will then rest for 30 seconds - 1 minute as needed
- If no issues with the first set of repetitions are noted by user or therapist, then 2 more sets of 10 repetitions can be commenced with another 1-minute rest in-between sets
- **IMPORTANT: On completion of the 3 sets, the user should bring their leg back behind the start line to enable the resistance stops to be all lifted and disengaged. The leg rest can then be pushed down the device and the straps are released from the leg rest and the user can lift their leg or be helped to move their leg off the leg rest and back onto the bed**
- Switch to the other side of the bed for use with the other leg if appropriate

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NB: If the patient is too far down the bed, and unable to do the required level of hip/knee flexion comfortably, extend the bed end. If this is not possible you can place the non-slip mat over the end of the bed and prop the S-Press plunger end onto the top of the bed end. The patient will then have to push slightly up in angle, but this has shown to be very comfortable. (See picture below). The therapist should stand at the end of the bed and stabilise the S-Press if necessary.



To work the quadriceps in sitting – with pressure relieving leg rest or flat footplate:



- User is seated on a chair or wheelchair, that has its back against a wall, to prevent a backwards tipping / movement
- Therapist will attach the padded full leg rest or flat footplate to the S-Press

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- Therapist will place S-Press on the floor in front of the user, to the side that is to be trained.
- The non-slip mat provided will go under the front end of the S-Press and the anchor straps attached to the D-Rings at the back of the S-Press and to the chair legs. **The buckles of the straps need to be mid-way between the chair leg and the S-Press**
- **With the straps in place, the S-Press will adjust its position to the direction of force after the first couple of strokes and settle at that position**
- The user will need to lift actively or have assistance to lift their foot to place it comfortably on the footplate, straps will need to be fastened by the therapist.
- The therapist will ask the user to push the footplate to assess if the S-Press is in the correct / optimum position for effective use and comfort
- **IMPORTANT: The user needs to push with their HEEL to get a smooth movement down the device. If the footplate is pushed from the top with toes, then it may dig down and not move well**
- The therapist will adjust the resistance as is appropriate for the user following 1 repetition max assessment
- Complete 3 sets of 10 repetitions per side

To work the hamstrings in sitting – with padded full leg rest



- With the patient seated in a high chair or on a plinth
- Place the non-slip mat just in front of the patient

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- The full leg rest will be slid onto the attachment pin so that it is facing away from the plungers
- The S-Press is positioned with the plungers nearest to the patient, with the back half of the device on the non-slip mat
- The plungers are all lifted up
- The patient lifts their leg as able onto the leg rest
- The straps are secured well, especially the ankle strap
- The patient is now able to slide their heel back to work their hamstring muscles
- The therapist may need to sit in a chair in front of the patient and attach the anchor straps to the D-Rings at the counter end of the S-Press and to their chair legs to prevent any movement towards the patient.

To work the hamstrings and glutes in standing – with flat footplate



- Position the S-Press with the plunger end against the wall, with the non-slip mat at the plunger end of the device (to prevent movement)
- Set the appropriate resistance level
- Stand in front of the S-Press, with your back to the wall and hold onto a chair in front of you – needed for stability while performing exercise on one leg
- Place one foot onto the flat footplate – make sure well balanced

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- Push back with foot to slide footplate along device and engage the hamstrings and gluteal muscles in the bottom
- Complete 3 sets of 10 repetitions

TRANSPORTATION

The S-Press weighs 6.6 kg.

The S-Press can be carried by use of the carry handle on the side of the device, or the hand holds in the end plates.

If there is a trolley available for longer distances between wards, then this is advisable to use.

ACCESSORIES

- Full padded leg rest
- 2 x pressure relieving pads
- Adjustable flat footrest
- 2 x chair anchor straps
- Anti hip rotation strap – for use in bed
- 25cm by 18 cm Dycem non-slip mat

Important: Ensure that all straps are secured and not left projecting, to ensure safe use and no interference with the user's movement.

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TO CHANGE THE RESISTANCE THE LEG REST AND TROLLEY MUST BE BEHIND THE RED START LINE.

Depression of specific plunger will engage different strength springs.

Level 1 (3 kg) – all plungers up

Level 2 (6kg) – depress **only the green** plunger

Level 3 (9Kg) – lift green plunger - and depress **only the blue** plunger

Level 4 (12kg) – lift blue plunger - and depress **only the yellow** plunger

Level 5 (15kg) – depress the **green and yellow** plungers

Level 6 (18kg) – depress the **blue and yellow** plungers

Level 7 (21kg) – depress **ALL** of the plungers



To engage appropriate resistance, hold around the button and press red button on desired plunger, lower the plunger and this will engage the internal spring. To disengage resistance, lift black plastic plunger and hear click as lifted fully.



Setting / resetting the repetition counter

To turn repetition counter on/if screen blank:

Press and hold the on/off button – LEFT SIDE BUTTON

To reset the counter:

Press and hold the reset button on the counter – RIGHT SIDE BUTTON

If the patient only does a half stroke movement, the counter will do 1 count, if the counter does 2 counts per stroke – one forwards and one backwards – the patient is achieving a full stroke.

Dycem non-slip base – for chair use

The S-Press needs to be placed on top of the non-slip mat for maximum non-slip adherence. Depending on the flooring material and if the floor and device base are clean, then the integrated S-Press non-slip base should ensure no forward movement in use up to level 3. Above this level or if there is movement then the anchor straps will be required.

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TROUBLE SHOOTING PROBLEMS

If the resistance level does not seem appropriate or correct:

Make sure that the leg rest is completely pushed back to the housing at the back. Lift all the plungers up to disengage any resistance. Push leg rest along the device to check no resistance. Return leg rest to start position and add required resistance level.

If this does not fix the problem, then please phone the JT Rehab service department for advice.

It may be that the plunger is not engaging with the spring loop internally, so please contact the JT Rehab service department for return and servicing of the device.

If the footplate is not moving smoothly down the device in sitting position:

The user needs to push with **their heel** to get a smooth movement down the device. If the footplate is pushed from the top more with the toes, then it may dig down and not move well.

If the chair anchor straps are slipping and not holding securely:

The buckles of the straps need to be mid-way between the chair leg and the S-Press, this will ensure not slipping of the webbing.

With the straps in place, the S-Press will also adjust its position to the direction of force after the first couple of strokes and settle at that position.



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If the footrest is not maintaining secured position with the leg rest:

Check that the bracket of the footrest is being held in position by the black tab.

If there is a problem with the bracket or the tab, then please phone the JT Rehab service department for advice.

If the resistance adjusting plunger is not dropping down or lifting up:

Take the leg rest all the way back to the start line and lift all the plungers up. There may be a loud 'clunk' if one of the springs had got caught on the plunger in the wrong position and it resets. It may be that the plunger bolt has come loose and needs tightening, the clinical engineering team should be able to tighten these.

If this does not fix the problem, then one of the springs internally may have become disconnected.

Please phone the JT Rehab service department for advice.

If the steel wire becomes unattached or frayed:

Please call the JT Rehab help department for advice. There is a video for servicing and changing the steel wire if necessary accessed via the servicing QR code on the device.

If the repetition counter does not increase with use:

Press the re-set button on top of repetition counter to zero it. Take leg rest back to start position and then push it down full length of stroke to very end along device to see if the counter is being triggered. If it is not changing, then the battery may need replacing. Contact Trust clinical engineering or follow the instructions on the servicing video via the QR code on the device.

If the counter screen is not lit up. Press the re-set button on top of the repetition counter. If the screen remains blank, then the battery will require changing

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***Replacement stickers required***

Please phone the JT Rehab service department to order replacement stickers.

Replacements pressure pads

Contact JT Rehab customer service for replacements.

Replacing non-slip base

Contact JT Rehab customer service for replacement and instructions.



SAFETY PRECAUTIONS AND WARNINGS

- Ensure that the user has adequate knee and hip range of movement to use
- Ensure that the user is medically stable and fit to use the S-Press
- Ensure that the user has had a therapist assessment before use of the S-Press
- Ensure that the device is working well before use with a patient
- Ensure that the S-Press has been cleaned down thoroughly before use by each user
- Ensure that the user can understand instructions and has consented to use the device
- Ensure that the pressure relieving padding is secured in place before putting user's leg onto the leg rest
- Ensure that the user is positioned up the bed and comfortable before setting up on device
- Ensure that the leg rest is back **behind** the **start line** before the resistance plungers are engaged or disengaged
- Ensure that the repetition counter is zeroed before each new user begins their session
- Safety testing has shown no significant raise in heart rate and blood pressure of the user when the S-Press is used correctly. If you feel faint stop exercising immediately
- Carefully attach and detach the leg rests to avoid finger traps, firm movement needed with good alignment of the brackets onto the pin.
- When removing the pressure relieving pads, push the button from the back and gently prise the sucker button out of the hole in the leg rest. The holes are tight to ensure the pads stay in place, but if you pull too hard you will rip the material and need to re-order.

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CLEANING DOWN OF DEVICE AND SURFACES

REMOVING OF THE PRESSURE CUSHIONS ON THE LEG REST MUST BE DONE CAREFULLY.

You must **PUSH** the button from behind, to pop it out of the hole, as you carefully ease the cushion from the back rest. The suckers are welded onto the PVC padding material, so if not removed carefully the material will rip.

Replacement cushions will need to be purchased.



The cushions can be wiped down in situ on the leg rest, or for maximum cleaning can be carefully removed and the entire leg rest can be wiped down.

- The S Press must be cleaned down with cleaning solution or disinfectant cleaning wipes before and after each user
- Use the cleaning solution that is recommended by the hosting site

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Spray disinfectant method:

- Wear disposable gloves when using cleaning products
- Use a soft cloth to clean down the S-Press
- Spray cleaning product onto S-Press surfaces. Wait for the appropriate manufacturer stated length of time that is desired by the cleaning product for effectiveness. Wipe S-Press thoroughly with a damp cloth after using cleaning product to clear residue
- Ensure that the padding of the leg rest, the body of the device, the steel cable, plungers, and trolley are all wiped over thoroughly during the cleaning process

If using disinfectant cleaning wipes:

- Wear gloves when using wipes to clean down the S-Press
- Use separate wipes for the leg rests and straps and for the body of the device
- Ensure that all surface areas are wiped clean, even the base of the device
- Dispose of wipes appropriately

CARE AND MAINTENANCE

WARNING:

THE SAFETY LEVEL OF THE S-PRESS CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR.

Special attention to be paid to the parts that could be susceptible to wear – steel cable, attachment bar / lever, and leg rest components including surface padding.

If any damage is noted and repair is required – keep equipment out of use until repair and report immediately to Customer Services.

10 EVERARD AVENUE

SHEFFIELD

S17 4LZ

TELEPHONE: (+44) 07854-358266 or EMAIL: info@jtrehab.com

MANUFACTURER – JT REHAB LTD
10 EVERARD AVENUE
SHEFFIELD
S17 4LZ
UK

JT REHAB LTD – Valid for Version 15 2025 S Press
S-Press patents - GB2567512, EP3801784, US11,541,277 B2



WARRANTY

The S-Press uses industrial strength springs internally in the device. These springs have a lifespan of over 10 years.

The warranty for components and mechanical issues with the S-Press is 6 months for a full device replacement if problems with manufacture, and a further 12 months for component replacement if faulty manufacture.

SERVICE INTERVALS

It is recommended that the S-Press have annual service intervals. There are two service options:

The Trust clinical engineering department can do annual and day to day maintenance. We have provided a QR code on a sticker on the device that will take you to the annual servicing video and the print out servicing check sheet for internal and external maintenance.

If there are any mechanical issues with the S-Press that cannot be fixed, please contact JT Rehab customer services department for advice immediately and remove device from use.

CUSTOMER SERVICE

10 EVERARD AVENUE, SHEFFIELD, S17 4LZ, UK

TELEPHONE: (+44) 07854-358266 or EMAIL: info@jtrehab.com

COMPLAINTS

If there are any problems with the S-Press supplied or you have any complaints about customer service or delivery, please contact JT Rehab head office on (+44) 07854-358266 or EMAIL: info@jtrehab.com.



TECHNICAL SUPPORT

Please contact technical support team at info@jtrehab.com or call (+44) 07854-358266.

LOVE IT OR RETURN IT

If you are unsatisfied with the product supplied, or you feel it doesn't suit your clinical area, you are able to contact JT Rehab and return the device as supplied within 30 days to JT Rehab Ltd returns address:

JT Rehab Returns
10 Everard Avenue
Sheffield
S17 4LZ

RECYCLING

The S-Press should be returned to JT Rehab at the end of its life for recycling of the core materials. Please contact info@jtrehab.com for instructions.

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