

My PortaBars™ User Guide

by Ron Padilla, Creator, and Cecilia Cruse, MS, OTR/L

Introduction

Welcome to another great Abilitations Creation product! The My PortaBars idea came from a parent who wanted parallel bars in her home for her child. This lightweight — yet stable — set of parallel bars is perfect for gait training younger children. It is an itinerant therapist's dream, because it is perfect for use in the clinic, school, home or gym, and it sets up and packs away with ease. Parents and other caregivers find it extremely easy to use. My PortaBars comes complete with a sturdy foldable wooden base with a carrying handle, adjustable height PVC bars, and a totebag.



Product Use

- To make gait training fun for kids, use Beanbag Frogs (item #17173) or other beanbag animals (see the Abilitations catalog).
- Place frog(s) along the My PortaBars and have the child walk towards the frog, or pick up a frog along the walk and throw/drop it into the pond (a bucket or basket) at the end of the bars. This is a wonderful activity for balance, gait training and motor-planning skills, and a great motivator to encourage walking!
- Disassemble My PortaBars by reversing the assembly process, and store components in the portable mesh tote. The base folds and carries by its handle. Approximate total weight of the My PortaBars system is 18 lbs (8.2kg).
- My PortaBars measures 47" (119cm) long x 17" wide (44cm), and has a 13" wide (33cm) walking space. Height of the parallel bars adjusts from 16" (40.5cm) to 22" (60cm). Proper bar height for each child is hip height, to achieve a 30-degree elbow bend when ambulating.

Care & Safety

To clean the PVC components, wipe them with a cloth dampened with a bleach/water solution (1 part bleach to 10 parts water), or a germicidal wipe. Clean the base with a soft furniture cloth.

Assembly

Assembling My PortaBars is easy!

Platform/Cap Assembly

- Insert footers into pre-drilled platform holes, 6 total (fig. 1).
- Set cap onto footer stem (fig. 1).
- Fasten caps using large washer and wing nut (fig. 2).

Note: turn footer to help start wing nut.

Crossbar Assembly

- Attach 1 elbow to each long PVC tube, 4 total (fig. 3).
- Attach Tee, connecting both PVC Tube/elbow assemblies (fig. 5).
- Line up elbows and tees to platform cap receivers (fig. 5).

Note: Standing on end, tap or press into alignment.

Up-Right Assembly

- Insert the 6 up-rights into platform receiver caps (fig. 4).
- Position and press on cross bar assembly (fig. 5).

Note: It's very important that all connections are secure before each use.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

Recommended Products

Check out these other great Abilitations products:

- **Abilitations GaitSpots:** 031041
- **SquishyHandPrints:** 029779
- **SquishyFootPrints:** 1004717



©2013 School Specialty • PO Box 1579, Appleton, WI 54912-1579 • USA • All rights reserved.

Customer Service 1-888-388-3224 • www.schoolspecialty.com

Or reach us via e-mail at: orders@schoolspecialty.com

1-YEAR GUARANTEE OF SATISFACTION

See more fun activity guides for other great  products at www.abilitations.com.