

**ROM<sup>3</sup>**®

REHAB SYSTEM



**OWNER'S  
MANUAL**

## Assembly steps and instructions

### NEED HELP?

Contact Customer  
Tech Support  
to report any  
missing items.  
866-754-7089

### BEFORE YOU BEGIN

Prior to assembling the unit, unpack all of the contents of the box and make sure that all necessary components are present. Review the contents of the hardware package for completeness.

To ensure correct assembly of the unit, carefully read and follow all assembly steps.

### TOOLS REQUIRED

8 mm Allen Wrench

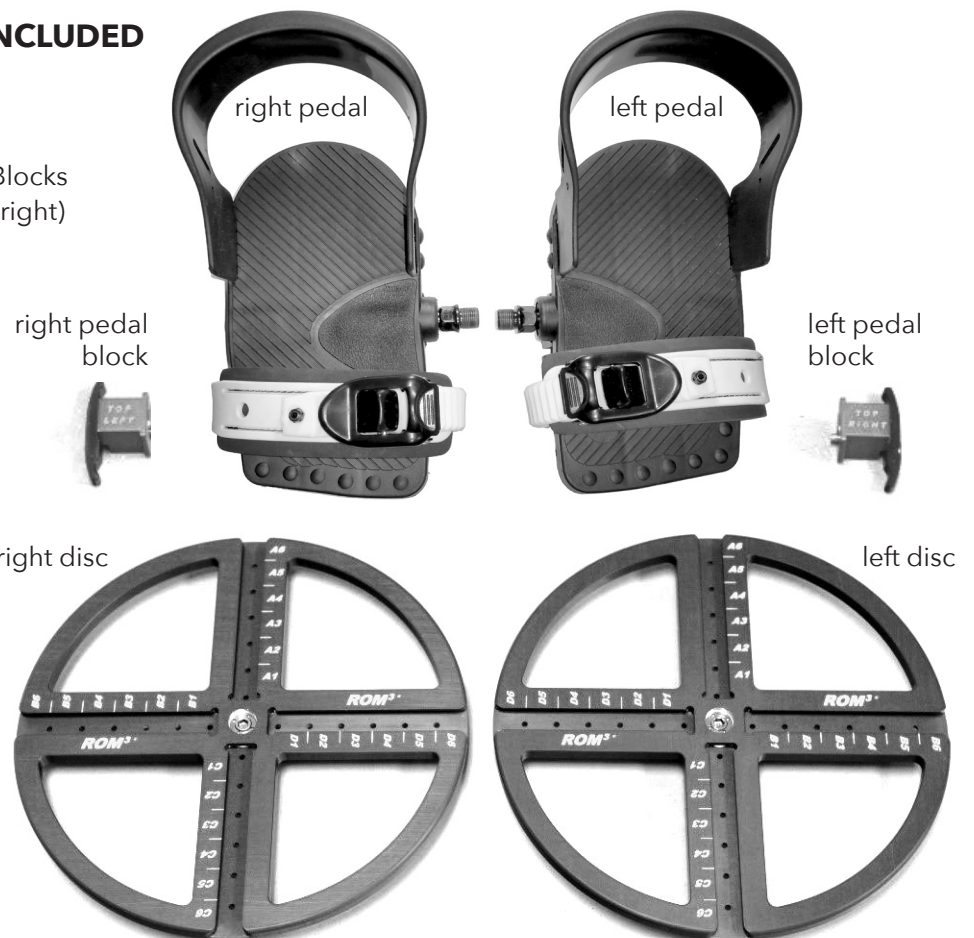


Adjustable Wrench



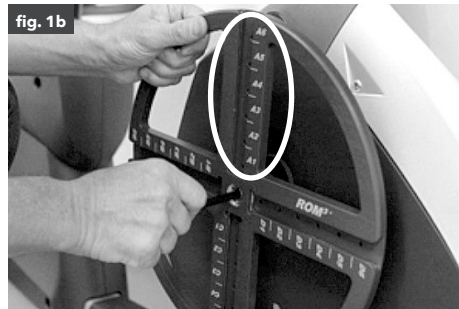
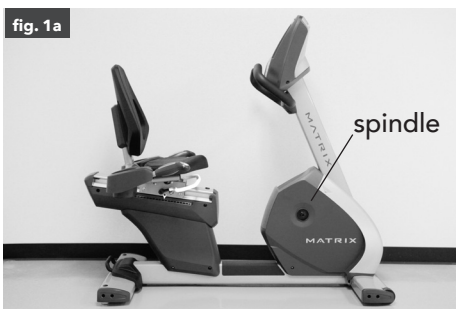
### PARTS INCLUDED

- 2 Pedals
- 2 Discs
- 2 Pedal Blocks  
(left and right)

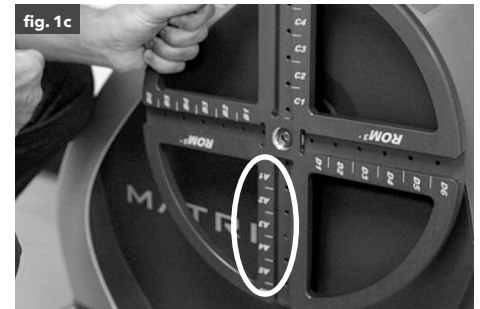


## STEP 1 - Attaching the discs to the bike

- Place one disc onto the spindle with the "A" channel up (Fig.1b).
- Securely tighten it with the 8 mm Allen wrench. (Clockwise)
- Place the other disc onto the other spindle with the "A" channel pointing downward (Fig. 1c).
- Securely tighten it with the 8 mm Allen wrench. (Clockwise)



Right Side: "A" Channel up



Left Side: "A" Channel down

## STEP 2 - Attaching the pedals to the pedal blocks

- Start with the LEFT pedal block.
  - Fit it onto the "A" Channel of the disc with the words "TOP LEFT" up (see Fig. 2a)
  - Pull the pin release and let the pedal block be secured into the hole in the channel.
  - Take the LEFT pedal and screw it into the pedal block COUNTERCLOCKWISE (see Fig. 2b)
  - Take the RIGHT pedal block.
  - Fit it onto the "A" Channel of the disc with the words "TOP RIGHT" up (see Fig. 2c)
  - Pull the pin release and let the pedal block be secured into the hole in the channel.
  - Take the RIGHT pedal and screw it into the pedal block CLOCKWISE (see Fig. 2c).
- Assembly is now complete. The bike is now ready for operation.**



Fit pedal block into the "A" Channel and pull the pin release to secure.



Screw left pedal into the "TOP LEFT" pedal block COUNTERCLOCKWISE.



Screw right pedal into the "TOP RIGHT" pedal block CLOCKWISE.

## Basic operation and usage

### Basic usage

Please refer to the cycle Owner's Manual and the ROM<sup>3</sup> Protocol regarding use of the bike.

### Technical Service Contact Information

For questions on patient protocol and medical matters.

Phone:  
**866-754-7089**

Email:  
**info@rom3rehab.com**

### Technical Information

Table showing the length of the radius in each pedal position.

Pedal Position	Radius in Inches	Radius in CM
1	1.7	4.3
2	2.7	6.8
3	3.7	9.4
4	4.7	12.0
5	5.7	14.5
6	6.7	17.0

Table showing the rotational distance (circumference) in each pedal position.

Pedal Position	Rotational Circumference in Inches	Rotational Circumference in Centimeters
1	10.6	27.0
2	16.9	42.7
3	23.2	59.0
4	29.4	75.3
5	35.7	91.0
6	41.9	106.7