



Ekso Rounds



Donning Ekso GT™ :

An essential step to obtaining a proper fit within Ekso, is a good set up during the donning process (page 24 of your Training Guide). This month we review some things to keep in mind to optimize this process.

Keep Ekso upright- Many chairs have an open seat to back angle, or a curved back for comfort. This can cause Ekso and the patient to recline into a posterior pelvic tilt. By filling this space with foam or towels, you can maintain the pelvis in a more neutral alignment, and improve the donning process.

Chair heights- Consider the height of the surface for your sit to stand transfers. Like normal sit to stand transfers, the height of the surface makes a large impact. When a tall person stands from a low chair, it will increase the demand on them and the therapist, as well as the degree of stretch on their shoulder if using crutches. It is ideal to use a height adjustable chair. Many clinics have found success using a height adjustable tub transfer bench.

If the chair is too high for the patient, you can use a step stool under their feet to keep their knees even with their feet. If the chair is too low, then you can use a piece of foam on the chair to make it taller.

A chair without modifications: The large seat depth and open seat to back angle combined with her knees being lower than her hips, is pulling her into a posterior pelvic tilt. This may skew the accuracy of your joint alignment check. It may also be uncomfortable for the patient.



Modifications to improve upright alignment:

Some simple modifications to the chair can yield more optimal alignment for donning the device and a much more comfortable set up for the patient. By adding pillows and or towels to close the seat to back angle of the chair, and a stool to raise her knees to be the same level as her hips, we have improved the set up for the patient. When she is ready to stand, we will remove the stool before the sit to stand.



Have clinical questions? Please reply to EksoRounds@eksobionics.com to communicate with an Ekso Bionics clinical team member.