



# Leg & Shoulder Therapy (LAST) Table User Manual

Applies to the following Models:

**MD**

PT9060

**REF**

PT9069

US Patent 10,857,052



**Important!** This User Manual contains important information for the user of the product. All who use this product should review and completely understand its contents. Remember to keep this manual in a place where it is always available to those using the product.

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## Introduction

Ergonomically designed, the LAST Leg & Shoulder Therapy Table with Hi-Lo Elevating Base is the first treatment/exercise table that supports bilateral training and specific anatomical positioning to achieve the desired results for both professional athletes and weekend warriors. The elevating base ensures that even athletes with limited mobility have easy access in any setting.

This table was co-designed by an athletic trainer who, through years of experience working with professional athletes, realized that athletes were being treated and trained in a less-than-optimal anatomical position. Where standard treatment tables tend to limit range of motion, the unique design of the LAST table allows for patient positioning and range of motion to perform a wide range of activities using one stable platform.

To maximize your efforts as physical therapists, athletic trainers and clinicians, the LAST table is a must for your rehabilitation practice or training rooms.

**Intended Use:** The Leg & Shoulder Therapy table is intended to support patients during treatment.

## Safety Precautions & Definitions

**Warning and Precautions** through this manual are indicated by specific symbols. Applicable symbols are shown below along with a description of the symbol. Review these symbols and all safety precautions before operating the table.

	<b>CAUTION:</b> Text with a “CAUTION” indicator will explain possible safety infractions that could have the potential to cause injury.
	<b>WARNING:</b> Text with “WARNING” indicator will explain possible safety infractions that will potentially cause serious injury and equipment damage.
	<b>Pinch Point:</b> Indicates space between manually adjustable moving and stationary parts where body parts may become caught, leading to minor injury.
	<b>Warning: High Voltage</b>
	<b>Crush Hazard:</b> Indicates space between powered moving and stationary parts that represent a potential crush hazard.
	<b>Instructions for Use:</b> Indicates the need for the user to consult the instructions for use.
	<b>EXPLOSION HAZARD</b> Text with “EXPLOSION HAZARD” indicator will explain possible safety infractions if this equipment is used in the presence of flammable anesthetics.
	Contains electronic materials. Recycle and dispose of device properly in accordance with local, state and federal laws.
	Indicates the device manufacturer.
	Indicates the product is a medical device.

**Before using this equipment follow the following safety precautions:**



**CRUSH HAZARD:** Powered components used to elevate and lower this table present a potential crush hazard. KEEP CHILDREN AWAY FROM TREATMENT AREA. Allow only the patient and authorized staff in treatment area.

If you need assistance, contact  
Pivotal Health Solutions service  
at 1-800-743-7738



**WARNING:** Never leave patient on table unattended.



**WARNING:** Under no circumstances should the table be modified from its original design. Contact Pivotal Health Solutions if you need help with service.



**ELECTRICAL CONNECTION:** For your personal safety, this table must be grounded. This table is equipped with a power supply cord having a three (3) prong grounding plug. To minimize possible shock hazard, it must be plugged into a mating three (3) prong grounding type wall receptacles, grounded in accordance with the National Electrical Code and local coded and ordinances. If a mating wall receptacle is not available, it is the responsibility and obligation of the customer to have a properly grounded three (3) prong wall receptacle installed by a qualified electrician. Power requirements of the table are found in the Technical Data Section.



**DANGER:** Possible explosion hazard if used in the presence of flammable anesthetics.

- Before using this equipment make sure you have read and understand this entire manual.
- Explain proper use to all employees. This table should be used only by qualified, trained personnel.
- Never exceed the table's maximum supported weight.
- Connect table only to an outlet that is grounded and connected to a circuit with a fused circuit breaker in accordance with the National Electrical Code and local codes and ordinances.
- Use only on dry surfaces. Ensure the tables feet do not slide.
- Make sure casters are locked.
- This table is NOT for patient transport.
- KEEP ALL CHILDREN AWAY FROM TREATMENT AREA.
- NOT intended for use with accessories other than those indicated in this manual.
- Do not operate the table in an environment where other devices that intentionally radiate electromagnetic energy in an unshielded manner are present.
- Always explain to the patient how to properly get on and off the table. Be sure to assist patient to prevent falls.
- Keep patient's hands positioned on the top side of cushions at all times.
- Keep hands and feet away from moving parts and pinch points.
- Ensure controls have locked properly prior to positioning or releasing patient.
- Never leave patient unattended on table.
- Follow preventative maintenance instructions provided in this manual.
- Ensure all components have been inspected for damage and are fully functional.
- Inspect cables and connectors before each use.
- If you need service assistance contact Pivotal Health Solutions at 1-800-743-7738.

## Installation & Unpacking

**A MINIMUM OF TWO PEOPLE ARE REQUIRED TO LIFT AND MOVE THE TABLE. LIFT THE TABLE BY THE BASE FRAME!**



**WARNING:** Do not install/use this equipment adjacent to, or stacked with, other equipment as it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify they are operating normally.

After removing the top and side panels of the shipping crate, you may notice metal bands and plastic cable ties. These are used to secure various sections of the table and must be removed. Once all bands and cable ties are removed, the table must be lifted directly upward in order to clear all shipping restraints.

Once the table is out of the shipping crate, place table in a level location and inspect the table cushions, frame, cables, etc. for damage. If no damage is noted, plug in the table and test the elevation, drops, and any other options that are on your table. Contact Pivotal Health Solutions or your dealer with any questions or concerns.

**Instructions for Damaged Merchandise:** The contents of this shipment have been checked and packed by experienced personnel. If your company arranged the shipping, damage should be noted on the Bill of Lading before signing to accept the shipment, then articles damaged in transit should be reported at once to delivering carrier and a claim must be filed by you. If freight was arranged by Pivotal Health Solutions, note any damage on the Bill of Lading before signing acceptance of product and notify Pivotal Health Solutions right away. Failure to inspect for shipping damage prior to signing for the product may affect your warranty. We can neither be responsible for, nor can we accept the return of merchandise damaged in transit during shipment arranged by outside parties.



**WARNING:** Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the LAST table including cables associated with the LAST Table. Otherwise, degradation of the performance of this equipment could result.

## Technical Specifications

Base Model Number	PT9060	PT9069
Rated Voltage	120V	240V
Rated Frequency	60Hz	50Hz
Rated Current	10A	
Fuse Type	No User Serviceable Fuse	
Safe Working Load	650 lbs. (294.8 kgs)	
Dimensions	84" L X 30" W X 19-37" H	
Table Weight	270 lbs.	
Elevating Back Range	0 to 70°	
Elevating Legs Range	0 to 90°	
Drop Legs Range	0 to 90°	
Leg Height	17"	
Duty Cycle	2 Minutes On, 18 Minutes Off	
Electrical Type	 Type B	
IP Rating	Foot pedal, IPX1; Other components, see component	
Power Cord (120V)	TI Motion Control Box & cable combination P/N TC1-5027-002	
Power Cord (240V)	International Configurations – varies by country – contact Pivotal	



**WARNING:** Keep table out of high moisture areas. For indoor use only.

**Operating Conditions:** This table should be operated, between 40° F (4.4° C) and 100° F (37.8° C), with relative humidity ranging from 30% - 80%.

**Transport & Storage Conditions:** This table should be transported and stored in temperatures between -40° C (-40° F) and 70 °C (158° F) with relative humidity 10%-100%.

**Expected Life:** This product has an approximate expected life time of 10 years when correctly handled, serviced, and inspected in accordance with these instructions.

**Design and Quality:** Pivotal Health Solutions is certified in accordance with ISO 13485, the standard for the medical device industry.

**Product Changes:** Pivotal Health Solutions, Inc. reserves the right to make products changes without prior notice. Contact your Pivotal Health Solutions representative for advice and information about product upgrades.

## Operation



**WARNING:** Use of accessories and cables other than those specified or provided by Pivotal Health Solutions could result in increased electromagnetic emissions or decreased electromagnetic immunity and result in improper operation.



**WARNING:** The table is not designed for patient transport. Casters must be locked at all times a patient is on the table. If empty table is to be moved, lower table to lowest position then unlock casters and move table. Lock casters once table has reached desired location.

**Note to user:** If a serious incident occurs, report the incident to Pivotal Health solutions. (See section with Manufacturer Contact Information for contact details). If the incident occurs in the EU, also report any serious incident to the Competent Authority of the Member State in which the user and/or patient is established.



**CRUSH HAZARD:** Powered components used to elevate and lower this table present a potential crush hazard. KEEP CHILDREN AWAY FROM TREATMENT AREA. Allow only the patient and authorized staff in treatment area.



**PINCH POINT:** Always keep patient's hands positioned on top side of cushions when lowering, raising and tilting table to keep from potential pinch points.

### Assisting Patient onto Table:

- 1) Ensure the table is in lowest position and flat configuration prior to start.

- 2) The practitioner or trained staff should always assist the patient on the table. Do not allow the patient to get on the table by him/herself.
  - a. Patient should sit on the center cushion then swing feet up onto the table.
  - b. Patient should not sit on the corners of the table or the head or foot end.
  - c. Sitting on the head or foot section could damage the table.
- 3) The patient should check clothing for keys, wallet, belt, or any other items that may cause discomfort during treatment or damage upholstery.
- 4) Never leave patient unattended while on the table.

**DO NOT SIT, LEAN, OR OTHERWISE  
OVERWEIGHT TILTING HEADPIECE  
OR ARM SECTIONS.**

**Table Operation:**

- 1) To begin treatment, ensure the table is in lowest position and flat.
- 2) Position the patient on the table as above. A patient is typically in prone position.
- 3) Elevate to the desired height for treatment once the patient is in place.
  - a. Press elevate on the foot pedal to raise the table. Or, if table is equipped with a foot bar, press down on the foot bar to raise the table.
- 4) Perform the treatment desired. The leg and tail sections can be adjusted as described below.
- 5) After treatment, return the table to a level and straight configuration. Patient injury or table damage could result in the leg sections are in the down position while table is lowered.
- 6) Lower the table to the lowest position by pressing the foot pedal, or if the table is equipped with a foot bar, hold the foot bar up to lower the table.

**Assisting Patient off of Table:**

- 1) Caution the patient not to get up from the table alone so as to prevent any strain that could void the treatment, and to ensure the patient is not lightheaded from lying down which can cause imbalance.
- 2) Allow patient to get full balance before coming to a standing position. Best practice is to keep a hand on the patient at all times.

**Tail Section:**

- The tail section of the table is adjusted manually. To adjust the tail section to the desired position, pull up on the release lever with one hand while moving the tail section up or down to the desired position. The tail section will automatically lock into the desired position when you release the handle. Release levers are located on both sides of the table.

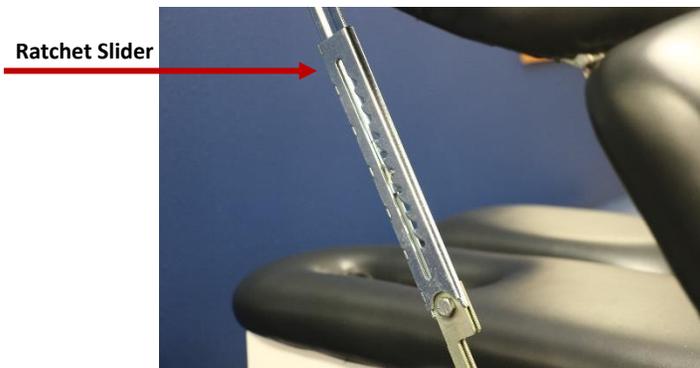
**Leg Section:**

- Leg section **MUST BE IN HORIZONTAL POSITION** before lowering the table or damage to table may occur.

- To drop one of the drop-down legs, first ensure the table is in its highest position. Then lift the bottom board of the leg section slightly and push the support rails inward so they lay flat against table. The leg section can then be “dropped” out of the way. To return the leg section to flat, raise the section above the height of the support rails, pull the support rails all the way open and set the leg section down onto the support rails.



- The leg section of the table can also be manually adjusted upward. To raise the leg section, lift in the center of the leg cushion to the desired position. Legs will lock automatically. To lower, lift the ratcheting slider all the way up and it should then slide back down completely. To flatten simply hold on to the bottom of the leg cushion turn handle clockwise and lower flat.



Lift ratchet slider all the way and then mechanism can be lowered



With ratchet slider in down position, hold the board while turning handle counter-clockwise to flatten

**Elevation:**

- Use the Table Height Adjustment foot pedal to raise and lower the table height.

**Foot Bar: (Optional)**

- Step on foot bar to raise table. Release at desired position. Lift foot bar with toe of shoe to lower table.

## Preventative Maintenance



**WARNING:** Disconnect table from power source before wiping down mechanical parts to avoid personal injury.

### INSPECTION:

At least monthly the table should be thoroughly inspected for wear and tear, loose hardware and parts, and other damage.

- Inspect the table to make sure that there is no external damage or loose hardware. Tighten loose hardware. Hardware that does not tighten needs replacement.
- Inspect table for obvious signs of damage or wear such as cracked welds, loose bolts, frayed or damaged cords. Do not use a table with damaged parts.
- Check moveable components (electrical and non-electrical) to ensure functionality.
- Check components to ensure they lock and function properly.
- **Contact Pivotal Health Solutions with questions or concerns.**

### LUBRICATION:

It is recommended that every six (6) months the table drive bearings be lubricated using a light machine oil such as 3-in-1 oil. Do not over lubricate as it is of no value and will collect dust and dirt. Wipe down remaining table mechanism with a clean rag.

## Upholstery Cleaning & Care



**CAUTION:** Read carefully, improper cleaning will void the warranty. Never use alcohol-based cleaning agents.

**DISINFECTING:** There is a disinfecting wipe on the market called *Protex Ultra Disinfectant Wipes*. Many of our customers use these.

**FOR DAY TO DAY CLEANING:** A solution of 10% mild household liquid dish soap with warm water, applied with soft damp cloth. Rinse with clean water and dry.

**FOR STAINS:** Dampen a soft white cloth in a one to one (1:1) solution of Fantastik® and water OR Formula 409® and water. Rub gently and rinse with a water dampened cloth.

**FOR MORE DIFFICULT STAINS:** Dampen a soft white cloth with a solution of household bleach (10% bleach / 90% water). Rub gently and rinse with a water dampened cloth to remove bleach concentration.

**WHAT NOT TO USE:** Using the wrong cleaning agents you will VOID YOUR WARRANTY and crack, dry out and destroy your vinyl. Do not use any cleaning agents that contain alcohol, harsh chemicals or abrasives.

## Service & Replacement Parts

**Refer to Warranty section in this manual for specific warranty information.**

When replacing worn parts, use genuine Pivotal Health Solutions, Inc. parts by contacting our service department. When ordering replacement parts:

- Ask for the service department, 800-743-7738
- Have the model number and serial number available
- Specify parts by the numbers/description below

**Instructions for Damaged Merchandise:** The contents of this shipment have been checked and packed by experienced personnel. If your company arranged the shipping, damage should be noted on the Bill of Lading before signing to accept the shipment, then articles damaged in transit should be reported at once to delivering carrier and a claim must be filed by you. If freight was arranged by Pivotal Health Solutions, note any damage on the Bill of Lading before signing acceptance of product and notify Pivotal Health Solutions right away. Failure to inspect for shipping damage prior to signing for the product may affect your warranty. We can neither be responsible for, nor can we accept the return of merchandise damaged in transit during shipment arranged by outside parties.

### Troubleshooting:

No Power	<ol style="list-style-type: none"> <li>1. Verify power supply connections.</li> <li>2. Check that outlet is working and breaker is not tripped.</li> <li>3. <i>If the problem persists, contact Pivotal Health Solutions.</i></li> </ol>
Elevation: Table will not raise or lower.	<ol style="list-style-type: none"> <li>1. Check to verify table is home by lowering all table sections flat in the horizontal direction.</li> <li>2. Check to see if cord running from foot control to control box is connected properly.</li> <li>3. Look for damage to controls.</li> <li>4. Make sure outlet is working properly.</li> <li>5. <i>If the problem persists, contact Pivotal Health Solutions.</i></li> </ol>
If you hear an unusual noise.	<i>Contact Pivotal Health Solutions</i>

**Resale or Disposal:**

A chiropractic table is considered a medical device by the Food and Drug Administration. Therefore, it is necessary that Pivotal Health Solutions, Inc. be notified if the table is sold, destroyed, or otherwise disposed of. Please notify in writing providing your name and the serial number of your table to:

**Pivotal Health Solutions**

**Attn: Quality**

**3003 9<sup>th</sup> Ave. SW**

**Watertown, SD 57201**



Recycle and dispose of device properly in accordance with local, state and federal laws. Over the years, tons of electronics equipment with hazardous materials have been thrown away with standard garbage. Over time, these materials leech out of the electronic causing damage to the environment. It is important to try and properly dispose of retired devices in order to prevent damage to our environment.

## Replacement Part Information



NOTE: These tables may have various cushion configurations. Please contact Pivotal Health Solutions for replacement cushion details.

<u>Part Name</u>	<u>Part Number</u>
Nose Cushion w/ Nose Hole	S2061-xxx
Nose Cushion w/o Nose Hole	S2053-xxx
Single Foot Control Pedal	S1075
Dual Foot Control Pedal	S1077
Dual Foot Bar Control	S1158
External Limit Switch	S1187
Caster Wheel	LDS1009
Fixed Lever Black Handle	S1123

\*xxx is a place holder for the color code. Contact Pivotal Health for the appropriate color code for your table.

# Warranty

<https://www.phsmedicalsolutions.com/customer-service/service-and-warranty>

**Note to user: If a serious incident occurs, report the incident to Pivotal Health solutions. (See section with Manufacturer Contact Information for contact details). If the incident occurs in the EU, also report any serious incident to the Competent Authority of the Member State in which the user and/or patient is established.**

## Manufacturer Information

Rev N 10-18-2024



**Pivotal Health Solutions, Inc.**  
3003 9<sup>th</sup> Ave. SW  
Watertown, SD 57201  
USA



800-743-7738



011-1-605-753-0110



Fax: 605-882-8398



[service@pivotalhealthsolutions.com](mailto:service@pivotalhealthsolutions.com)



[www.pivotalhealthsolutions.com](http://www.pivotalhealthsolutions.com)



Emergo Europe  
Westervoortsedijk 60  
6827 AT Arnhem  
The Netherlands



Sissel France SAS  
14 rue des Grandes Bosses  
44220 Couron  
France



UK Responsible Person  
Emergo Consulting (UK) Limited  
Compass House, Vision Park Histon  
Cambridge CB24 9BZ  
United Kingdom



Performance Health International Ltd.  
Nunn Brook Rd, Huthwaite Sutton-Ashfield,  
Nottinghamshire NG17 2HU  
United Kingdom



MedEnvoy  
Gotthardstrasse 28  
6302 Zug  
Switzerland



Medidor AG  
Lenzburgerstrasse 2  
CH-5702 Niederlenz  
Switzerland