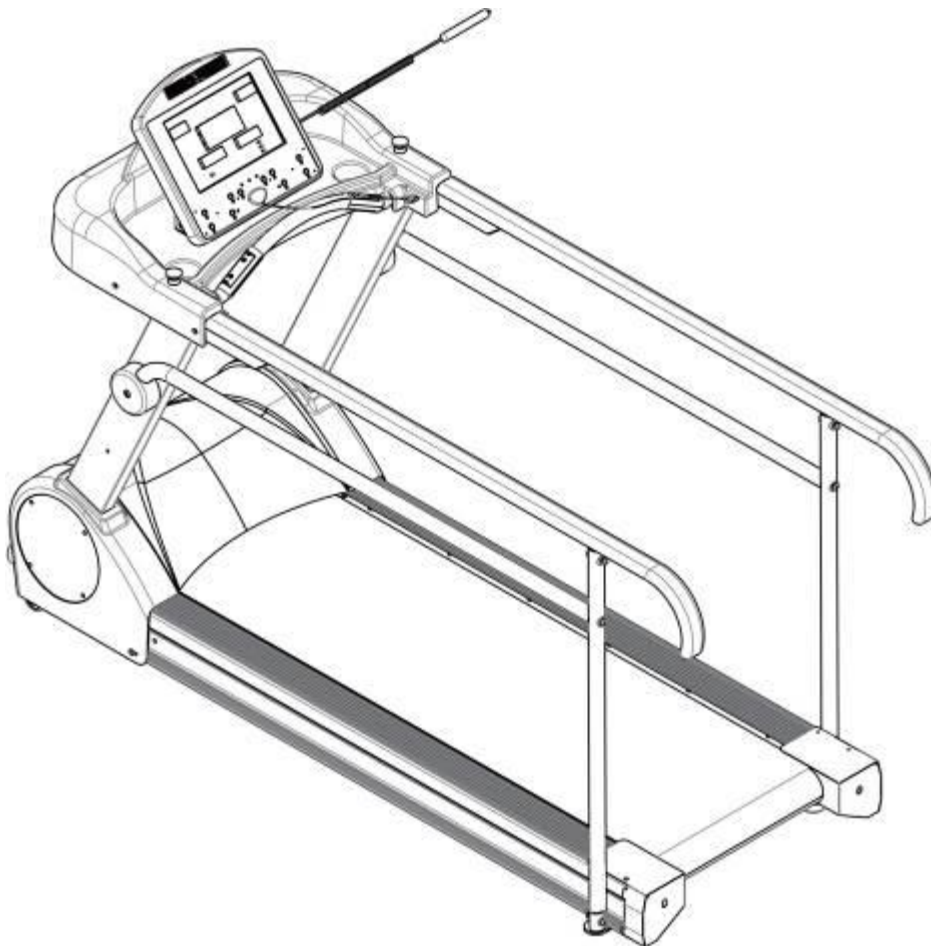




*Owners Manual V.2*

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## **Safety Precautions**

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.



### **NOTE:**

**MAXIMUM WEIGHT CAPACITY FOR THE PHYSIOMILL IS 500 LBS. (227 KGS)**

### **WARNING:**

**BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioMill** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable rehabilitation treadmills on the market today. Prior to using your new **PhysioMill** please review the owner's manual and product tips to maximize your experience.

Wishing you the best of luck in reaching your health and fitness goals!

*HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – [www.HCIFitness.com](http://www.HCIFitness.com) for information on all of our products.*

### **Warranty Information**

*(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)*

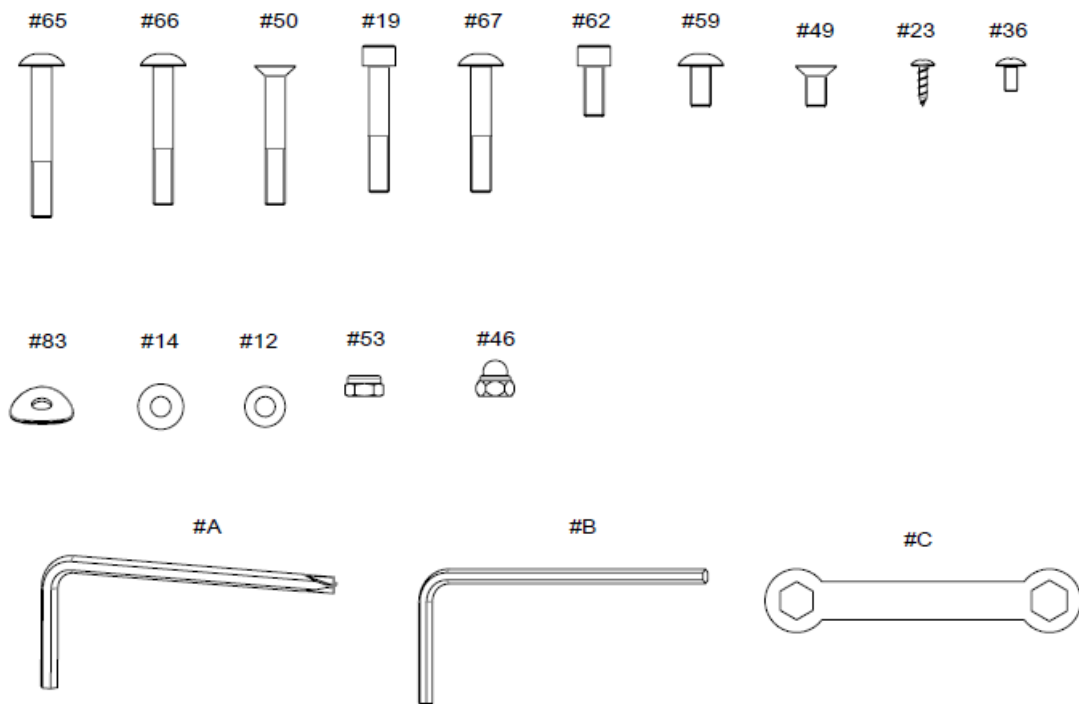
**Serial #:** \_\_\_\_\_ **Purchase Date:** \_\_\_\_\_

**5 Year Parts Warranty, 1 Year Labor, Lifetime Main Frame**

### **NOTE**

Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

# SCREW AND TOOL SET

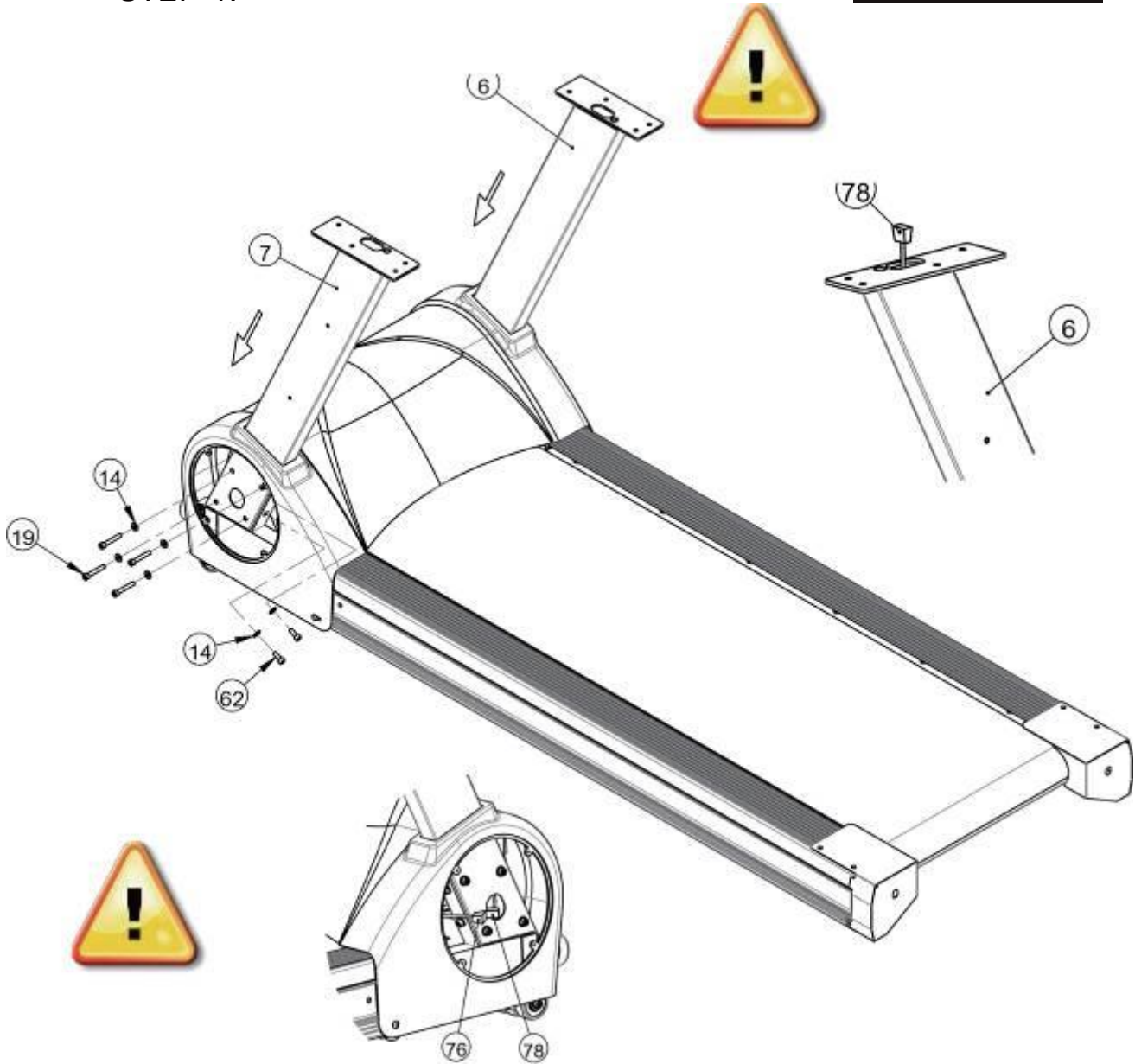


NO.	Description	Qty
065	Mushroom Head Hexagonal Bolt M8*60L	2
066	Mushroom Head Hexagonal Bolt M8*55L	2
050	Hexagonal Bolt M8*55L	4
019	Mushroom Hexagonal Bolt M8*50L	8
067	Mushroom Head Hexagonal Bolt M8*50L	4
062	Mushroom Head Hexagonal Bolt M8*20L	4
059	Mushroom Head Hexagonal Bolt M8*16L	4
049	Hexagonal Bolt M8*16L	4
023	Metal screws TP4*16L	8
036	Cross Screw M5*10L	4
083	Washer 8*25*1.5T	10
014	Washer 8*18*1.5T	20
012	Washer 8*16*1.2T	2
053	Nylon Nut M8	4
046	Nylon Nut M8	4
A	Allen Key 6 mm "+"	1
B	Allen Key 5 mm	1
C	Wrench 13*14mm	1

# **Assembly Instructions**

STEP 1:

Wire Pinch Point:



Insert the Upright Posts (6) (7) to the main base, then loosely tighten the Hexagon Head Bolts (19) (62) and Flat Washer (14) to temporarily secure.

***Do Not Tighten Bolts Completely Until Step 4***

Wire Pinch Point:



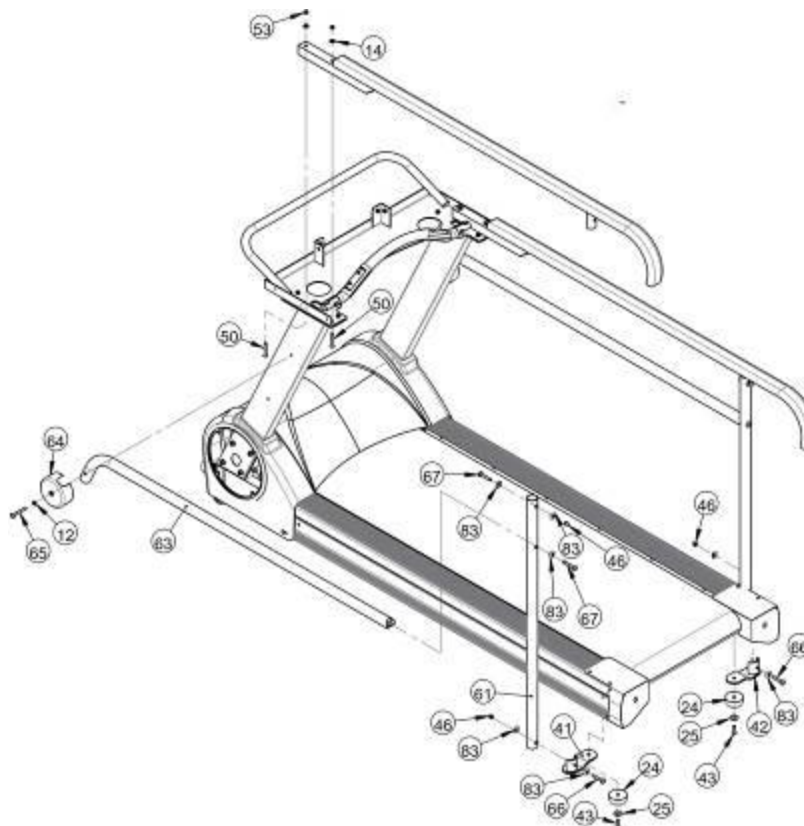
STEP 2:

1. Place Computer Rack (51) on top of Upright poles and loosely screw in the Hexagonal Bolts (49).
2. Take hold of Middle Sensor Cable Wire (78) connect with the Upper Sensor Cable Wire (77) firmly.



***Do Not Tighten Computer Rack Completely Until Step 4***

STEP 3:



Loosely connect the Hand Rails (52) to the computer rack with the nut on the top. Then secure the handrails to the upright posts with side caps (64), washers (12) and hex bolts (65).

#### STEP 4:

Completely tighten the nuts and bolts from Steps 1-3.

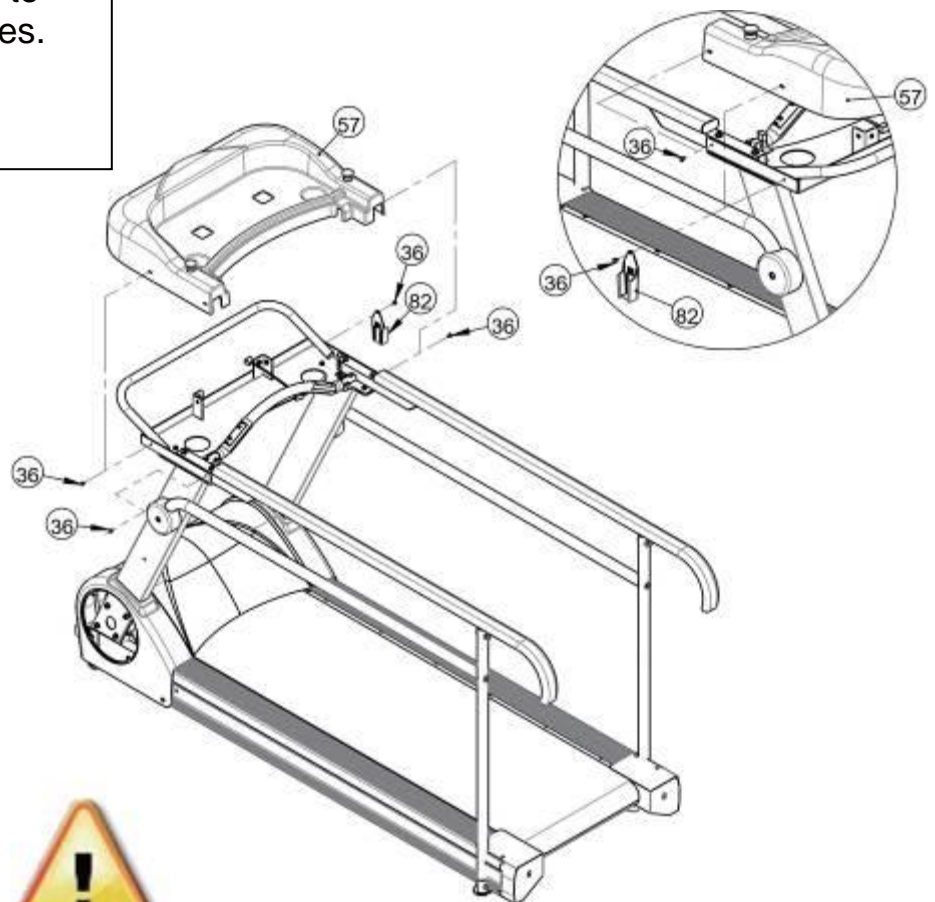
Start with Step 1 and tighten down the bolts that support the Upright Posts.

Then tighten the bolts in Step 2 that hold the computer rack in place.

Finally, tighten the nuts and bolts that secure the handrails in Step 3.

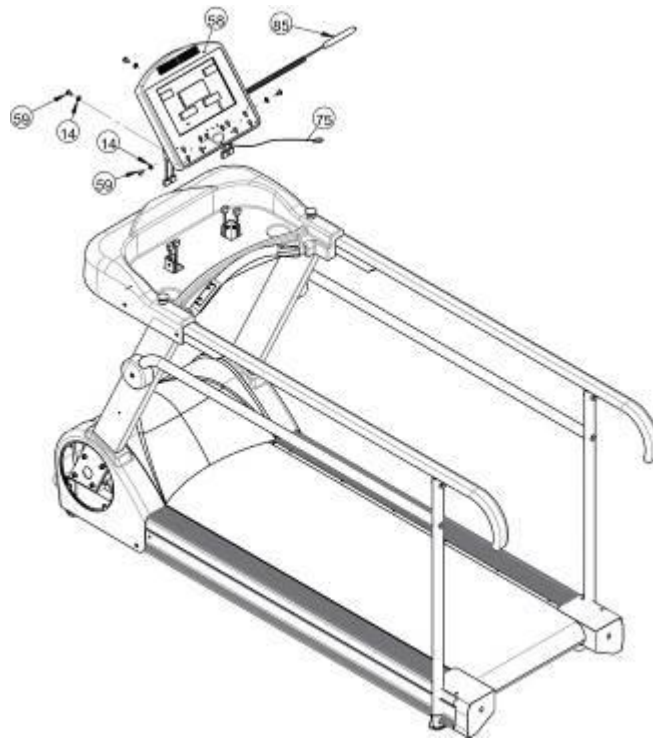
#### STEP 5:

Place the display rack cover (57) as per drawing. Use screws (36) to secure the shroud. Make sure not to pinch any electrical wires.





STEP 6:

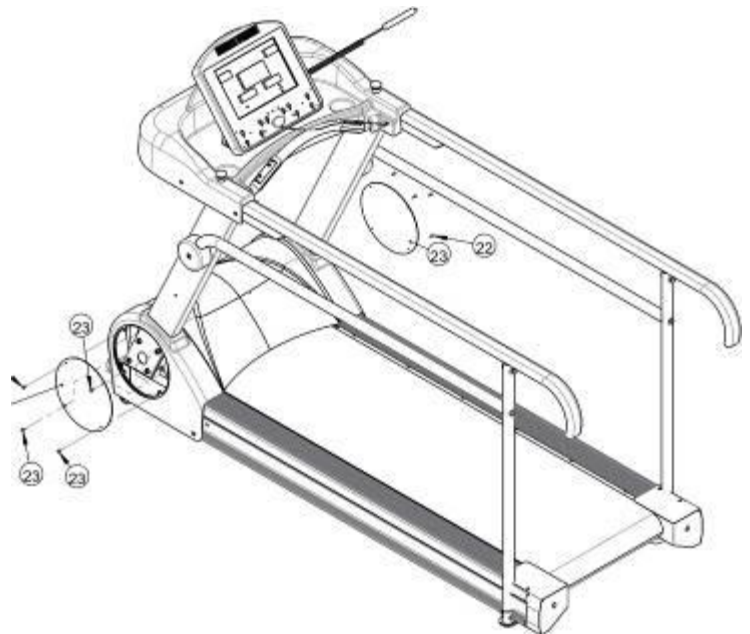


Hold the display (58) and connect the computer sensor wire with the upper pulse sensor wire in advance. Install the display on to the display brackets using the Mushroom Head Hexagonal Bolt (59) and Washer (14) screw tightly.

STEP 7:

After the treadmill is assembled, reattach the Motor Side Covers (22) with screws (23).

Your PhysioMill is now completed.

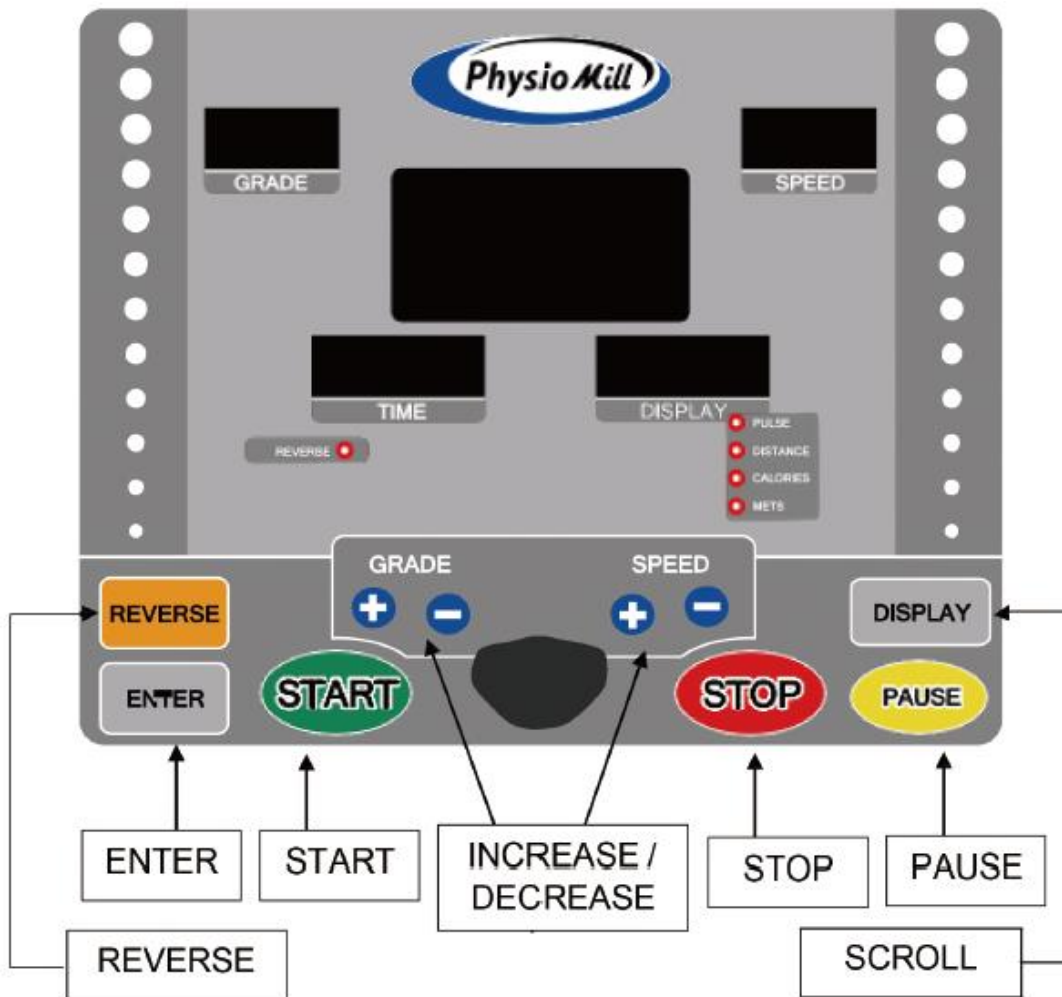


***Before use please read the safety precautions carefully. Periodically retighten screws and bolts as needed.***

Electrical Connection

The **PhysioMill** needs to be plugged into a standard electrical outlet. The AC adaptor is connected at the front of the unit. The power switch must be on for operation.

## PhysioMill Display Console



## Hand-Held Therapy Start / Stop Remote



Allows for therapists to start and stop the treadmill while performing hands on rehabilitation.

Simply press the button once to pause the session.

Then press the button again to resume the treadmill belt.

*In case of an Emergency, use the Emergency Stop Button located on either side of the console to quickly stop the treadmill belt.*

## **Button Functions**

### **1. START BUTTON**

1.1. Pressing the START button starts the treadmill.

### **2. STOP BUTTON**

2.1. Pressing the STOP button stops the treadmill.

### **3. PAUSE BUTTON**

3.1. Pressing the PAUSE button pauses your session.

### **4. [+] BUTTON**

4.1. . Press the **[+]** button to increase values.

4.2. . Holding the **[+]** button will rapidly increase values.

### **5. [-] DOWN BUTTON**

5.1. Press the **[-]** button to decrease values.

5.2. Holding the **[-]** button will rapidly decrease values.

### **6. DISPLAY BUTTON**

6.1. Scrolls through Pulse, Distance, Calories, & METs.

### **7. ENTER BUTTON**

7.1. The ENTER button allows for data entry.

### **8. REVERSE BUTTON**

8.1. To switch the belt direction to reverse follow this sequence.

8.1.1. Press the **PAUSE** button.

8.1.2. Press the **REVERSE** button.

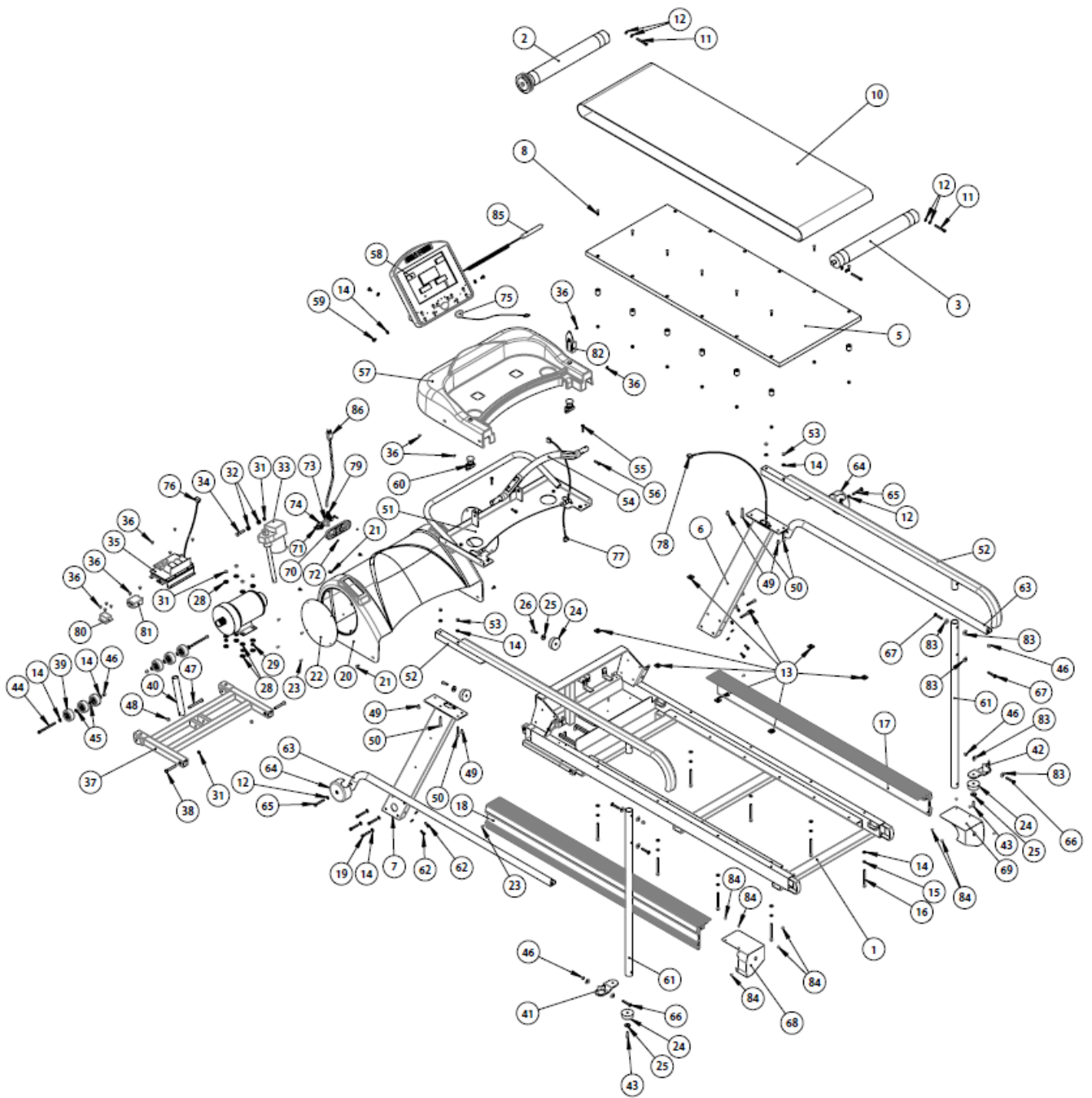
8.1.3. Press the **START** button.

To Return to Forward Repeat 8.1.1 - 8.1.3

## **General Maintenance**

1. **Cleaning** - Use soap and warm water or antibacterial wipes to clean the outside of the unit.
2. **Tightenng** - Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

# Exploded Diagram



## Parts List

<b>NO.</b>	<b>Description</b>	<b>Qty</b>
001	Main Frame	1
002	Front Roller	1
003	Rear Roller	1
004	Suspension	12
005	Running Deck	1
006	Upright Pole(R)	1
007	Upright Pole(L)	1
008	Cross Screw M8*30L	12
009	Nut M8	12
010	Running Belt with logo	1
011	Mushroom Head Hexagonal Bolt M8*65L	3
012	Washer 8*16*1.2T	8
013	25 tapping Iron plates	8
014	Washer 8*18*1.5T	32
015	Spring Washer M8	8
016	Mushroom Head Hexagonal Bolt M8*100L	8
017	Side Rail(R)	1
018	Side Rail(L)	1
019	Mushroom Hexagonal Bolt M8*50L	8
020	Motor Cover	1
021	Cross Screw M6*15L	5
022	Acrylic adjust	2
023	Metal screws TP4*16L	10
024	Concave Buffer	4
025	Washer 8*28*2T	4
026	Mushroom Head Hexagonal Bolt M8*30L	2
027	Clips	5
028	Washer 10*25*2T	12
029	Washer 10*18*2.5T	4
030	AC Servo Motor	1
031	Nylon Nut M10*7L	7
032	Motor cushion plug	2
033	Incline Motor	1
034	Hexagonal Bolt M10*50L	1
035	Lower control board	1
036	Cross Screw M5*10L	14
037	Frame Tubing Set	1
038	Hexagonal Bolt M10*67L	2
039	PVC Roller	6
040	Incline Motor Tube	1
041	Handle Support Base(L)	1
042	Handle Support Base(R)	1
043	Mushroom Head Hexagonal Bolt M8*25L	2

## Parts List

<b>NO.</b>	<b>Description</b>	<b>Qty</b>
044	Mushroom Head Hexagonal Bolt M8*115L	2
045	Washer 8*18*2T	4
046	Nylon Nut M8	6
047	Mushroom Head Hexagonal Bolt M8*115L	1
048	Nylon Nut M10*7L	1
049	Hexagonal Bolt M8*16L	4
050	Hexagonal Bolt M8*55L	4
051	Computer Rack	1
052	Hand Pole - Long type	2
053	Nylon Nut M8	4
054	Heart Rate Handle Bar	1
055	Hexagonal Bolt M8*35L	2
056	Hexagonal Bolt M8*25L	2
057	Computer Rack Cover	1
058	Console	1
059	Mushroom Head Hexagonal Bolt M8*16L	4
060	Emergency Stop Button	2
061	Handle Support Tube - Long type	2
062	Mushroom Head Hexagonal Bolt M8*20L	4
063	Lower Hand Pole	2
064	Side handle Bar Cover	2
065	Mushroom Head Hexagonal Bolt M8*60L	2
066	Mushroom Head Hexagonal Bolt M8*55L	2
067	Mushroom Head Hexagonal Bolt M8*50L	4
068	Dipping Iron Cover(L)	2
069	Dipping Iron Cover(R)	2
070	Power Set	1
071	Cross Screw M5*25L	2
072	Nylon Nut M5	2
073	15A Circuit Breaker	1
074	ON/OFF Light Switch - large	1
075	Safety Key	1
076	Lower Control Wire	1
077	Upper Control Wire	1
078	Middle Control Wire	1
079	Wire Holder	1
080	Inductor	1
081	Filter	1
082	Fixed Holder	1
083	Washer 8*25*1.5T	10
084	Metal screws TP4*12L	12
085	Control Wire	1
086	Plug	1





# PhysioGait

Dynamic Unweighting Systems

Pair your PhysioMill with the PhysioGait  
Dynamic Unweighting System!



*Over Ground or with a Treadmill!*

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