



What to expect from a ReWalk trial:

Before the trial:

First, you will be evaluated by a doctor and a physical therapist. During the in-person evaluation, a ReWalk certified therapist will check your posture, range of motion, strength, trunk control, transfers and other areas relevant for the trial. You may be prescribed a home exercise program customized for your needs. Keep in mind, that you need sufficient flexibility and balance for an optimal experience.

Many people address these areas for the best trial experience:

- Flexibility: hip flexors, hamstrings, gastroc/soleus, shoulders
 - Adequate flexibility = Better Experience
- Balance: trunk control, sitting balance
 - Good balance = Safety and Improved Performance
- Standing Program: If you have a standing frame or braces, spend as much time as possible in an upright position before the trial.

The day of the trial:

It is important to arrive early (15 – 30 minutes prior to your appointment time) This will give you plenty of time to register.

- Rest well and eat breakfast /lunch before arriving.
- Hydrate properly and, if you wish, bring a beverage for breaks.
- Wear clothing that is relatively form-fitting. Baggy pants or pants made of thick material (such as jeans) make it harder to put the ReWalk Personal Unit on and to properly assess the fit.
- Wear or bring athletic shoes (ideally 1.5 full size larger than you normally wear). Velcro straps are ideal for easy entry/exit of feet.
- Cycling gloves (optional) for increased comfort.

What to expect during the trial:

- The ReWalk unit will be customized to precisely fit you. You will then transfer into the device with some help from a therapist if needed. You will be instructed on how to stand up and perform balance exercises with use of crutches. And now you are ready to take your first steps with some help from the therapist.
- The length of time for your initial trial visit varies. Expect anywhere from 2-3 hours