

Cleaning advice sheet for the AerobiKA

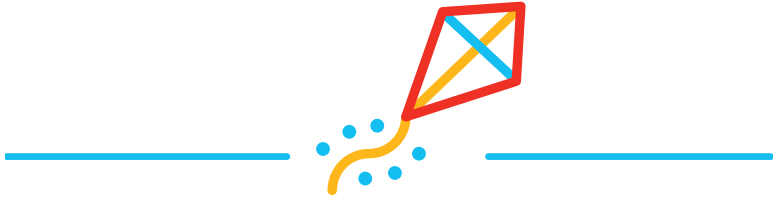
Information for patients

Cleaning your Aerobika effectively is an important part of your treatment regime, and should be carried out after each use.

Take your Aerobika apart into four pieces for cleaning (as shown here).

- Wash the four parts of the Aerobika in warm soapy water. Rinse in clean, warm water to remove soap and bubbles. Shake out any excess water then pat dry with kitchen roll.





- Leave the Aerobika in the four separate parts somewhere clean to dry until you next use it. The central part can be hard to dry so with the green end up, tap it on a piece of kitchen roll, then leave it stood up with the green end at the top to air dry.
- Once a week you need to deep clean the Aerobika. To do this, place all four parts of the Aerobika in boiling water for five minutes, remove carefully, pat dry with kitchen roll and allow to air dry. The Aerobika can also be cleaned on the top rack of the dishwasher (again leaving it in the four parts).
- Remember to put your Aerobika back together and check the setting is right each time you use it.

If you have any concerns/questions about cleaning your equipment then please contact your physiotherapist on 0113 392 6361.