

HEIGHT ADJUSTMENT

When the correct height is set, the user should be in a completely upright position with elbows slightly bent. In this way, the weight of the body will be transferred to the crutches. To adjust the height, press lock on the base of the crutch and pull out the leg of the crutch to the desired height.

When you reach the height, turn it slightly, so that the fuse falls into the socket.

WALK

Since the injured leg is not bearing any weight, hold it in the air slightly in front with the knee slightly bent.

Move the crutches a step length apart, shoulder-width apart and equally aligned, then move your body between the crutches and allow the injured leg to pass between them.

If the injured leg is allowed to bear part of the body's weight, then the same do that but lower the injured leg to the ground and allow it to bear part of the body's weight. Always take the first step with a healthy foot.

GETTING UP AND SITTING

The crutches should be close to the chair. From a sitting position, bend forward and lean on the crutch with one hand and resist the chair with the other. When you stand up, make sure that the hands on the crutches are in the place intended for them. When sitting, move closer to the chair so that you feel it behind your legs, then transfer the crutches to one hand and place them next to the chair. Rest your hands on the handles of the stoica, bend forward and sit lightly. It also can be folded up when you are not using it.

CLIMBING AND DESCENDING THE STAIRS

When you climb stairs, the crutches go to the step where the injured leg is. The uninjured leg goes first when going up the stairs, and the injured leg goes first when going down the stairs.

MAINTENANCE:

- Crutches are designed to perform their function with minimum maintenance and with the possibility of easy replacement of parts. They are made of aluminum.
- For cleaning, use a soft cloth, neutral - mild detergent and hot water.
- Must dry.
- From time to time (once a week) check that all connections are secure.
- Do not keep at temperatures below 0 degrees.

FOREARM FOLDING CRUTCHES

