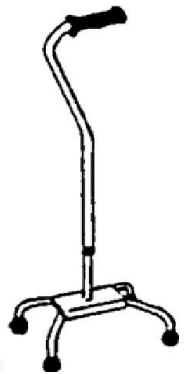


## Canes & Crutches

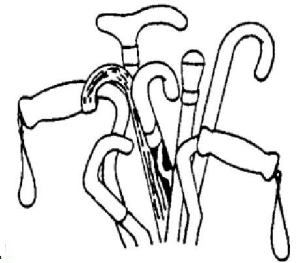
### Quad Cane

Quad canes and standard canes are fit in the same manner. Quad canes allow for more stability as there are 4 feet on the ground (tri-canes have 3 feet on the ground) instead of one tip. A quad or tri cane is also free standing. The drawback to the quad or tri cane is that they are heavier. Your doctor or therapist may order a specific cane for you. Quad canes come with either a narrow or wide base. The wide base provides for greater stability. Always turn any style quad cane to the side when negotiating stairs or steps. The correct height adjustment is one that provides a 20-30 degree bend in the elbow. Have the patient stand erect with his/her arms hanging loosely. Adjust the height of the cane so that the handgrip is just above the wrist. Make sure the pop-out button locking mechanism is locked securely. Make sure the locking collar, if present, is securely tightened. Always follow their directions if they differ from these written directions.



### Instructions

If your therapist or physician has given you instructions, follow them. All canes of any type should be used in the hand opposite from the affected or weaker leg, regardless of whether you are right or left handed. The cane and the affected leg should be moved forward simultaneously while bearing weight on the stronger leg. To reduce weight on the affected leg, the stronger leg should be brought forward. While this may seem awkward at first, it will provide much safer and more stable walking. Always take short steps. Long steps may cause a loss of balance. If using a quad cane always make sure the flat side of the base is toward the user. You may have to unlock the length adjustment and rotate the base 180 degrees to accomplish proper alignment.



### Maintenance

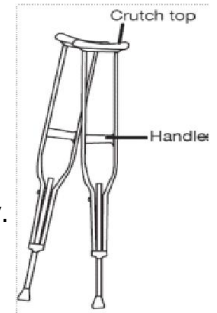
Inspect the rubber tips of your can frequently for wear or damage. Insure the handgrip is tightly affixed to the handle of the cane. Failure to do this maintenance may result in a fall with consequent severe injury.

### Warranty

If you purchased the cane the warranty is for 6 months. Canes are not usually rented.

# Crutches

*These instructions are guidelines only. Use only as instructed by your healthcare provider. Crutches are used for support while walking.*

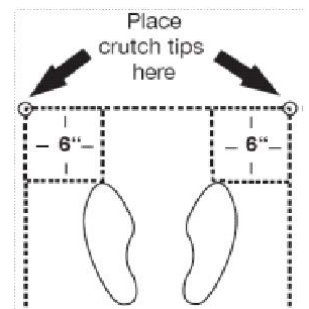


## Adjustments

1. While wearing shoes, stand straight with shoulders relaxed and arms hanging loosely.
2. Adjust the length of the crutches so that the crutch top is approximately 2" below the underarm.
3. Adjust the handles:
  - a. Stand with crutches placed 6" in front of and 6" to the side of your feet.
  - b. Adjust handle until your elbow is bent approximately 20° to 30°. After adjusting, ensure that the spring buttons are fully engaged and screws are tightened.
  - c. Adjust the other crutch length and handle, and ensure that spring buttons are fully engaged in the adjustment holes.

## Walking

- Carry your full weight on your hands, not your underarm keeping your wrists straight. Bring the crutches forward together, about 6 inches to 12 inches, keeping your injured leg off of the ground.
- Supporting your weight with your hands (not your armpits), carefully swing your good leg forward, placing this foot just in front of the crutches.
- Keep your head and posture upright to maintain balance.
- If you are walking up stairs, use a handrail if available. Carry the crutch closest to the handrail in the other hand. Hold the handrail with the free hand. Step up with the stronger leg first, followed by crutches and the injured leg.
- If you are walking down stairs, place crutches down on stair first, followed by injured leg, then the stronger leg.



## Sitting Down

- Back up to the chair (or whatever you are sitting on) until you feel the back of your legs touch the chair.
- Hold both crutches by the handgrips in the hand on the injured side.
- Hold onto the chair with the other hand and lower yourself slowly, bending at the hips.
- Unless authorized by your health professional, keep your injured leg off the ground, and your weight on the good leg.

## Standing Up

- Make sure that the chair is secure. If using a wheelchair, ensure that the brakes are on.
- Move forward until seated at the edge of the chair. Place the stronger foot on the floor.
- Hold the crutches by the handgrips in the hand on the injured side.
- Push up from the chair with the stronger leg, keeping the head well forward.
- When upright, place a crutch under each arm.

## Cleaning and maintenance

- Clean the hand grips with a mild soap, detergent or household cleaner. Do not use solvents such as acetone, lacquer thinner, or turpentine.
- Periodically check the rubber tips for rips, tears, cracks or worn tread. Replace as necessary.

## Warranty for Crutches

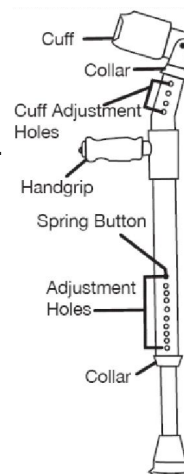
If you purchase crutches the warranty is that the product be free from defect in materials and workmanship during normal use by the original purchaser of the product. In the event of defect covered by this warranty, we will at our option repair or replace the product. The warranty does not cover problems arising from normal wear, product abuse, modifications, and failure to adhere to the accompanying instructions, improper operations, or misuse. Warranty does not include any labor or shipping charges incurred in replacement part installation or repair of any products.

## Forearm Crutches

*These instructions are guidelines only. Use only as instructed by your healthcare provider. Forearm crutches are used for support when walking.*

### Height Adjustments

- Stand upright, with your shoulders relaxed and your arms hanging loosely at your sides.
- The height of the handgrips should be at the crease of your wrist when your arm is extended.
- To adjust the height, depress the spring buttons on the leg extensions and lengthen or shorten the extension to achieve the proper height. Ensure the spring buttons are fully engaged in the adjustment holes.
- If the height is properly adjusted, your elbow should be bent approximately 30° when you hold the handgrips.
- Ensure that both crutches are adjusted to an equal height and that all spring buttons are fully engaged in the adjustment holes.
- Rotate all collars to secure leg extensions.



### Cuff Adjustment

- The cuff should be adjusted to 1-2 inches below the bend of the elbow.
- To adjust the cuff height, depress the spring buttons on each cuff, and lengthen or shorten the extension to achieve the proper sizing. Ensure the spring button is fully engaged in the adjustment hole.
- Rotate all collars to secure cuffs.
- Widen or narrow the crutch cuffs to help ensure a secure fit around the arms of the user.



### Instructions

A physician or therapist should instruct the user on the proper adjustment and use of the crutches.

### Cleaning and Maintenance

- Clean the hand grips with a mild soap, detergent or household cleaner.
- Periodically check the rubber tips for rips, tears, cracks or worn tread.

### Warnings

Do not subject forearm crutches to sudden impacts or jolts. Ensure that spring buttons are fully engaged and aligned in the proper adjustment hole of each crutch before use. Cuffs are designed to add stability to the forearm crutch. They are not intended to support the user's weight.

### Warranty

If you purchase crutches the warranty is that the product be free from defect in materials and workmanship during normal use by the original purchaser of the product. In the event of defect covered by this warranty, we will at our option repair or replace the product. The warranty does not cover problems arising from normal wear, product abuse, modifications, and failure to adhere to the accompanying instructions, improper operations, or misuse. Warranty does not include any labor or shipping charges incurred in replacement part installation or repair of any products.