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General Safety Warning

Please ensure these instructions are fully read and implemented. Failure to do so may result in injury. Retain these instructions in a safe place for future reference.

Intended Use

These crutches are designed to provide additional support to people who have difficulty walking but can partially weight bear.

Adjustments Before Use

To adjust the height of the crutch (Figure 1):

1. Remove the 'e-clip' and slide the inner tube to the desired position.
2. Align the holes and re-insert the 'e-clip'.

Adjust the crutch height such that the handle is in line with the users' wrist when they are standing upright with their arms relaxed by their sides.

To adjust the height of the arm cuff (Figure 2):

1. Remove the 'e-clip' and slide the inner tube to the desired height.
2. Align the holes and re-insert the 'e-clip'.

Adjust the height of the cuff such that it cradles the forearm of the user below the elbow and does not restrict arm movement.



Using your crutches

Use of the crutches should be subject to clinical assessment and advice from a healthcare professional.

Partial Weight Bearing of Injured Leg

If the injured leg is able to support minimum weight.

1. Place the crutches ahead of you, approximately one step length, shoulder width apart and level.
2. Move the injured leg to be level with the crutches.
3. Bear as much weight as advised through your injured leg but the remainder through the crutches as you step through with the uninjured leg.

4. Repeat until you reach your destination. Do not rush, make careful, steady movements.

Non Weight Bearing of Injured Leg

If the injured leg is unable to support weight.

1. Ensure the injured leg is held in a raised position off the ground at all times, in a relaxed position.
2. Place the crutches ahead of you, approximately one step length, shoulder width apart and level.
3. Lean forwards on the crutches to move the body to be between the crutches, allowing the injured leg to swing through freely.

Using with Stairs

Only attempt to use the stairs if absolutely necessary. Always use the handrail when possible.

Up-Stairs

1. Push weight down through the crutch as you step up with the uninjured leg.
2. Move the injured leg and crutch to beside the uninjured leg.

Down Stairs

1. Place the injured leg and crutch on the lower step, use the handrail and crutch for support.
2. Move the uninjured leg down to beside the injured.

Cleaning

Keep the crutches clean using a general purpose, neutral detergent and warm water. Do not use bleach. Do not use abrasive cleaners that could permanently damage the surface and invalidate any warranty. Allow product to dry thoroughly prior to use/storage.

Maintenance

Check that all fixing clips are inserted correctly and there is no excessive movement. Inspect the product regularly for signs of wear or damage, pay particular attention to the condition of the tubes, adjustment holes and ferrules. Any suspected faults or damage should immediately be reported to the supplier and the product taken out of use.

Accessories & Spare Parts

Flexyfoot Shock Absorbing Ferrule

Flexyfoot Shock Absorbing Replacement Foot

Flexyfoot Ice Boot

For more details, visit www.flexyfoot.com or email sales@flexyfoot.com.

Product Guarantee

Flexyfoot guarantee this product for a period of 12 months from the date of purchase against faulty materials and workmanship. This guarantee does not cover; abuse, misuse, interference or tampering with any part of the product. Any guarantee issued by Flexyfoot does not affect your statutory rights.

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