

Length Adjustment

When the crutch length is correct the user should be able to maintain an upright posture with the elbow slightly flexed. In this way body weight is taken through the crutch by pushing down on the crutch when walking.

To adjust a crutch fitted with a spring pin press the two buttons in. Push the leg in and turn slightly. Adjust the leg to the required position, then turn and relocate, ensuring buttons are protruding through the holes.

Usage

Walking

Where the affected leg cannot take any weight keep it off the ground by holding it somewhat in front with the knee slightly bent. Move the crutches one pace forward, slightly apart and level then move the body forwards between the crutches allowing the unaffected leg to swing through.

Where the affected leg can take some weight move the crutches one pace forward then place the affected leg on the ground with the crutches, which will support some of the body weight. Step through with the unaffected leg.

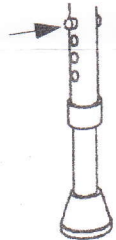
Getting up and sitting down chairs

The crutch should be near the chair or held in one arm. Lean forward, push up on one crutch and the opposite arm of the chair to assist in standing. Once standing up ensure the arm is secure inside the cuff.

When returning to the chair, turn round, feel the chair behind the legs. Remove both arms from the crutches, hold them in one hand or place them near the chair. Place hand(s) gently on the chair arms, bend forward and lower gently into the chair.

Walking up and down stairs

Hold onto a handrail if at all possible. Hold the spare crutch together with the handle of the remaining crutch. The crutch goes on the same step as the affected leg. The unaffected leg should lead when going upstairs, and the affected leg leads when coming down.



Safety and Maintenance Information

All crutches are designed for minimum maintenance. Manufactured from anodised aluminium tubing they require the occasional wipe-over with a soft cloth. Do not use harsh abrasive materials!

If disinfection is required, clean as above and wipe over with a solution of 1,000 parts per million available chlorine disinfectant (haz tabs/precept), rinse and dry. Decontamination process that involves immersion is not recommended.

Do not store in sub-zero temperatures.

Weekly check for elongated or stressed adjustment holes, bent sections or split handles. Discard the product if any of these faults are found. Split, worn or loose ferrules must be replaced. Check for rust on the adjustment spring buttons. Replace any with rust.

Avoid wet floors, outdoor hazards such as wet leaves and ice. Wear flat supportive shoes. Do not exceed the maximum user weight stated on the product label.

Warranty Information

The Days Healthcare range of elbow crutches are warranted for one year from the date of purchase against faulty workmanship or materials. Please contact your supplier/dealer should a fault occur.

The warranty does not extend to the consequential costs resulting from fault clearance, in particular freight and travel costs, loss of earnings, expenses, etc.

The manufacturer will not accept responsibility for any damage or injury caused by misuse or non-observance of the instructions set out above.

