

UK CODE	ANZ CODE	US CODE	
09 156 5878	DAYS – 80534	08 159 1452	Tall Adult
09 156 5886	DAYS – 80535	08 159 1445	Adult
09 156 5894	DAYS – 80536	08 159 1437	Youth/Child
N/A	N/A	08 159 1460	Paediatric

Intended Uses

- Intended for use by individuals with disabilities and / or mobility issues
- Suitable for indoor or outdoor use
- Intended for single user use

Instructions for Use

Length Adjustment

- Crutch length should be adjusted so that the user is able to maintain an upright posture with the elbow slightly flexed and the hands relaxed level with the handgrips
- To adjust the crutch length:
 - Locate the spring pin on the leg
 - Press the two buttons in together
 - Push the leg in and turn slightly
 - Adjust the leg to the required position
 - Turn and relocate, ensuring both buttons are protruding through the holes
- The crutch handles should always face forwards
- The crutch pad should be approximately 5cm below the axilla - do not allow the top of the pad to make contact with the axilla fold as this could compress the nerves and cause nerve damage

Walking

- Non-weight bearing on the affected leg:
 - Moving both crutches at the same time, place them one pace forwards, slightly apart and level
 - Allow the crutches to take your body weight and then step to the level of the crutches with your unaffected leg
 - As confidence increases, allow the unaffected leg to swing through and place it down in front of the crutches
- Partial weight bearing on the affected leg
 - As above, but move the affected leg with both crutches and step up to the same level as the crutches. The unaffected leg can then swing through.

Getting up and sitting down chairs

- Sitting down:
 - Position yourself so that you can feel the front of the chair with the back of your knees
 - Remove both crutches from your arms

- Lean the crutches against the chair or nearby if possible, otherwise hold the handles in one hand
- Place one or both hands on the chair and gently lower yourself down
- If you are non weight bearing, hold your leg out in front of you whilst sitting down
- Never sit down with the crutch pad still in the axilla
- Standing up:
 - Lean forward, push up on one crutch and the opposite arm of the chair to assist with standing
 - Once standing, position the crutch ensuring it is securely under the arm, 5cm below the axilla and then position the other crutch

Walking up and down stairs

- If you have not been advised otherwise, only use the stairs when absolutely necessary
- Where possible, ask someone else to accompany you on the stairs. They should go up the stairs behind you and come down the stairs in front of you. They can also carry one or both crutches, depending on if there is one or two hand rails
- If you have one handrail, make sure you use it and position a crutch on the other arm. If you have to carry the second crutch in the same hand, hold it horizontally with the crutch pad forwards
- The crutch is always positioned on the same step as the affected leg

Going up stairs:

- Place as much weight as possible through the crutch and handrail and step up with the unaffected leg first. If you are non weight bearing on the affected leg then you are hopping up with the unaffected leg
- The crutches and unaffected leg then follow onto the same step

Going down stairs:

- The affected leg goes first accompanied by the crutch
- The unaffected leg then steps down onto the same step

Care and Cleaning

- It is recommended that these crutches are cleaned regularly with a mild disinfectant. DO NOT use any abrasive cleaners, solvents or bleach on this device.
- Daily inspection is necessary to ensure continued safe function and performance of the crutch is achieved:
 - Check that the height adjustment buttons are secure and both are visible
 - Check that the ferrules (rubber stoppers) are intact and not worn down or torn. Damaged ferrules should be replaced promptly to prevent the crutches from slipping
 - Check that the hand grips are securely located.
 - Check that padded hand grips are not torn or worn. Ensure damaged handgrips are replaced promptly to prevent blistering or slipping of the hands
 - Check that the crutch pad is not torn or worn. If damaged ensure prompt replacement to prevent pressure injuries

⚠ Cautions

For your safety and before each use, please ensure that the following checks are performed:

- Do not exceed the stated maximum user weight of 136kg / 300lbs (21¼st)
- Ensure the crutches are suitable for the user before use
- Ensure that there is no weight applied on the axillary pad of the crutch. Applying pressure may result in causing damage to the axillary, radial or ulnar nerve
- Use a chair with high seat or arms to help you sit and stand up with ease
- Remove obstacles such as loose rugs, draught excluders and worn floor coverings
- Ensure lighting in hallways and stairways is adequate
- Wear flat supportive shoes
- Avoid using on wet floors
- Beware of outdoor hazards including uneven surfaces, wet leaves and ice
- Do not store this product in temperatures below freezing
- Take extra care if carrying a bag or similar packages

These user instructions are available in large print, please contact Performance Health Customer Services for a copy. Please retain these instructions for future reference.

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