

Staebel Crutches with Anatomic Grip User Manual

Product Code: 615AC



Thank you for choosing the Staebel Crutches with Anatomic Grip

Before using your product, please read all instructions carefully. The warranty will not apply if the product has been used incorrectly. Failure to follow these instructions may result in injury. It is essential to check that the SWL on your product is applicable to your personal requirements.

WARRANTY

Product Warranty - This covers faulty workmanship or defective material for the original consumer purchase for **12 months** from the purchase date. In the event of a defect covered by this warranty.

1. We will at our discretion repair or replace the product.
2. The item must be returned to Staebel an authorised Staebel distributor with proof of purchase.
3. Cost of freight is your responsibility.
4. Use and care instructions have been compiled with.
5. No unauthorised repairs or alterations have been made.

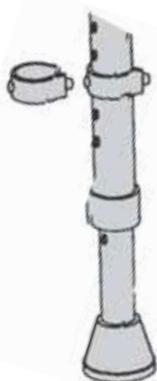
INSTRUCTIONS

Using Crutches

- A full assessment of the user's specific requirements is needed before selecting crutches. A number of different gaits or walking patterns can be used depending on the individual, and it is therefore important that adequate support and consequently, safety, is achieved.
- A physiotherapist should advise on the most appropriate walking pattern when using crutches.
- Double adjustable crutches; adjust both the cuff to handgrip and the handgrip to floor distances.
- Single adjustable crutches; only adjust the handgrip to floor distance.

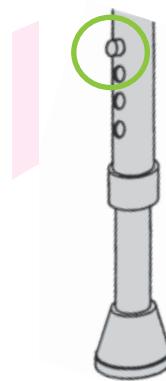
Adjustment

- General guidance unless instructed by a physiotherapist.
- Cuff to handgrip - Position cuff just below elbow.
- Floor to handgrip - Position handgrip to wrist height.



Horseshoe Clip Adjustment

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.



Spring Pin Adjustment

1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located before use.

How to use crutches

These are recommendations only and should be checked with your physiotherapist.

Non Weight Bearing

1. Keep the affected leg off the ground by holding it slightly in front with the knee slightly bent.
2. Move the crutches one pace forward, slightly apart and level.
3. Put your weight on your hands and hop to the crutches keeping your weight forward.

Partial Weight Bearing

Where the injured leg can take some weight.

1. Stand on both legs and move the crutches one pace forward.
2. Move the affected leg to just behind the crutches and step the good leg forward to just beyond the crutches.
3. Try to take some weight through the arms while the good leg is off the ground.

Sitting Down

Position yourself in front of the chair ready to sit down. Remove both arms from the crutches, stand on the good leg with the affected leg in front of you. Hold your crutches on your good side. Put the other hand on the chair arm, and using the chair and crutches for support, sit down.

Getting Up

Crutches should be held on your good side. Sit on the edge of the chair. Push up with one crutch and the opposite arm of the chair to assist in standing. Once standing up, ensure the arm is secured inside the cuff.



Getting Up



Sitting Down

STAIRS

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe. Hold onto at least one handrail if possible. Hold the spare crutch together with the handle of the remaining crutch.

Going Up

Keeping the crutches on the same level as you, step up with your good leg. Push on your crutches and bring your injured leg up, finally moving your crutches to the same level. Repeat.

Going Down

Put your crutches onto the step below you and lower your injured leg. Taking some weight through your arms, step down with your good leg.

GENERAL SAFETY

- Use a chair with high seat and 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 wet floors.
- Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- Do not store this product in temperatures below freezing.
- Take special care if carrying a bag or similar package.
- All equipment should be regularly inspected for any damage or significant signs of wear. Ensure you check for:
 1. Bent or damaged tubes or cracks at the tube joints.
 2. Both buttons of the spring clips are present or horseshoe clips are not loose or worn.
 3. Elongated adjustment holes.
 4. Loose handles.
 5. Smooth, worn or split ferrules (rubber tips).
 6. Replace where necessary.
- Regular cleaning with a mild detergent or disinfectant is recommended. DO NOT use bleach or any solvents (such as lighter fluid).