

How to use your smartCRUTCH

1. Remove smartCRUTCH™ from packaging.
2. Loosen the Wing Nut, (A), sufficiently so that the Elbow Rest Support can rotate freely around the Elbow Rest Pivot. (Fig 1)
3. Set the Elbow Rest Support, (B), to approximately 30° as illustrated. Tighten the Wing Nut adequately. Ensure that the interlocking teeth are properly engaged. This will provide an adequate starting position to use with the smartCRUTCH™. Adjustment of this angle can be made regularly to relieve pressure to the arms and hands associated with crutch use. (Please note: The crutch is more stable in certain positions.)
4. Place your elbow in the Elbow Cut-out as shown in Fig. 3.
5. Check that the handle position is correct. If not, adjust the Arm Length Adjuster so that when your elbow is resting in the Elbow Cut-out, your hand fits comfortably in the Hand Grip. Re-insert the bolt and tighten the Wing Nut securely. (Fig. 4.)
6. Stand up straight, holding the crutches as if you are using them.
7. The foot of the crutch should be on the ground and your elbow should be gently resting in the Elbow Rest Support.
8. Adjust the Height Adjustment accordingly as shown in Fig. 5.
9. Repeat the same procedure with the other crutch.
10. Should the smartCRUTCH™ cause pain to the hands or forearms as a result of pressure, simply alter the angle to a position which is more comfortable for you as shown in Fig. 2.

