

Instructions for Use – Crutches

Catalogue Numbers	Catalogue Numbers	Catalogue Numbers	Catalogue Numbers
RM516000	RM518100	RM510700	RM541000/SH [#]
RM516100	RM518200	RM511200	RM541001/SH [#]
RM516200	RM518300	RM515000	RM541002/SH [#]
RM517000	RM518600	RM512200	RM541004/SH [#]
RM517100	RM518700	RM512500	RJ781802**
RM517200	RM518800	RM512700	RJ781803**
RM520300*	RM520201	RJ781800**	RJ781804**
	RM513100	RJ781801**	



Maximum user weight = 25st (160kgs) *Maximum user weight = 30st (190kgs)

#Maximum user weight = 19st (120kgs)

****Maximum user weight = 16st (100kgs)**

PLEASE READ THESE INSTRUCTIONS BEFORE USE AND ALWAYS USE AS ADVISED

Intended use

These devices are designed to provide support, stability and help with mobilisation of people with walking difficulties and disabilities. This is a personal device that can be used singular or as pairs.

Adjusting the device

The device must be adjusted by your medical professional prior to use.

To adjust your device the spring clip buttons are to be pressed in and the inner tube is either pulled out to make the device longer or pushed down to make the device shorter, when the device is at the correct height the buttons are then released and must fully protrude through the adjustment holes prior to use. This method should also be used where the crutch has cuff adjustment. When standing upright holding the handgrip the user's arm should be slightly bent, when standing beside the device the handgrip should reach just above the wrist joint.

Walking – Non-weight bearing

The affected leg should be kept off the ground by bending the knee slightly and the unaffected leg should take the weight of the user whilst the crutches are placed one step ahead and level with each other. Move forwards between the crutches swinging the unaffected leg through so that it lands just in front of the crutches and repeat.

Walking – Partial weight bearing

The affected leg should take some weight for stability and the crutches are placed one step ahead and level with each other. Place the affected leg on the ground just before the crutches and step through with the unaffected leg, repeat.

On stairs

Where possible the user should use a handrail, hold the crutch not in use in the other hand (or give the crutch to someone else) and use the single crutch for support with the handrail.

When ascending stairs, the user should lead with the unaffected leg first, then bring the affected leg onto the same step followed by the crutch and repeat. When descending stairs, the user should place the crutch on the step below followed by the moving the affected leg onto that step and lastly the unaffected leg should be brought onto the same step and repeat.

Sitting

The user should manoeuvre themselves to a position where they can feel the chair/bed behind their legs, the user should place the crutches into the 'H' position (see diagram) for stability, they should then reach behind and feel for the chair handle or mattress whilst maintaining balance with the crutches in the other hand, in a slow and controlled manner (you may need to lean forward slightly), the user should lower themselves into a seating position.



Standing

Place the crutches in the crutches into the 'H' position (see diagram) and place a hand over the handles of the crutches for stability, lean forward whilst pushing on the chair handle/mattress and crutches to move into a standing position. Once standing, place each hand through the cuffs of the crutches and hold the handles facing forwards.

Safety in use

- Always use crutches as advised by the issuer.
- Avoid wet and uneven floors.
- Remove loose rugs and obstacles before using the device.
- Use the device in good lighting conditions and wear supportive footwear.
- When using the device outdoors be cautious of loose surfaces and icy conditions.
- Always use chairs with arms, preferably high seat chairs.
- Do not use the device if you suspect that it is damaged or faulty.
- Do not store in sub-zero temperatures.
- Crutches are matching pairs, do not use a mismatched pair.

Regular checks

- Check the rubber feet have plenty of tread showing and are not unevenly worn.
- Check handgrips/cuffs are in good condition and secure with no signs of damage or cracks.
- Check the spring clips are fully protruding through the adjustment holes.
- Check the adjustment holes for distortion, these should be round, not oval.
- Check the tubing is not cracked or bent.
- Check handgrip angle adjustment and attachment bolts are tight. (Trough/Gutter crutches)

STOP USING THE DEVICE IF YOU DISCOVER ANY LOOSE/WORN/DAMAGED PARTS
ONLY USE TRULIFE APPROVED REPLACEMENTS
REPORT ALL DEFECTS TO THE MANUFACTURER

Maintenance

Ensure that the device is cleaned on a regular basis using a mild detergent and warm water.

- **DO NOT USE BLEACH OR SOLVENTS**

Disposal

Dispose of end of life products in accordance with local authority requirements.

AN ASSESSMENT TO BE CARRIED OUT ON THE USER TO ENSURE THE DEVICE IS SUITABLE PRIOR TO ISSUE