

Instructions for Use – Walking Sticks

Catalogue Numbers

RM490574#
RM492000#
RM492001#
RM494501*
RM494500*



#Maximum user weight = 20st (125kgs)

*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.

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. 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

The device should be held in the opposite hand to the affected leg e.g. if your left leg is the weak leg then the device should be placed into your right hand. The device should be placed on the floor at the same time as the affected leg which will create a triangular base between the users legs and the stick. The unaffected leg should be moved in front of the affected leg and the sequence begins again.

On stairs

Where possible the user should use a handrail and hold the stick in the hand that is not supported by 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 stick and repeat.

When descending stairs, the user should place the stick 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, they should reach behind and feel for the chair handle or mattress whilst maintaining balance with the device in your other hand, the second hand should be placed on the chair handle or mattress (you may need to lean forward slightly) and in a slow and controlled manner, the user should lower themselves into a seating position.



Standing

Place the device in near the chair/bed so that it can be used once you are on your feet, place both hands on the arms of the chair/mattress and lean forward whilst pushing on the chair handles/mattress to move into a standing position, once standing the device can be used to provide stability before walking.

Safety in use

- 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.

Regular checks

- Check the rubber feet have plenty of tread showing and are not unevenly worn.
- Check the handgrips are in good condition and secure with no signs of damage.
- 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.

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

