

Instructions for Replacing Tips & Grips

Grips

Brace the crutch in a 'padded' vise (use a towel or small blanket) so that you do not scratch up your crutch tubes. Undo the screw at the end of the grip using a large flat head screwdriver or a large coin. Once the screw is removed, spray some rubbing alcohol or water into the end of the grip – this will help to loosen the grip and lubricate the post so it will slide off better. Twist and pull the grip until it comes off.

Spray some more alcohol or water down the inside of the new grip and slide onto the crutch post. We also put a small amount of plumber's tape on the screw end of the post so that the plastic screw will grip better and make it less likely to unscrew itself. When replacing the screw at the end make sure you DO NOT OVER TIGHTEN! This screw should only be 'hand-tight' because otherwise the ends of the screw will splay open and poke your hand through the rubber grip.

Tips

Place the crutch standing up on a counter and lean it against your shoulder, while doing this use a large flat head screw driver or a butter knife and slide it in between the tube and the edge of the tip – pull the edge of the tip away from the tube using your butter knife and spray inside the tip edge either water or rubbing alcohol. Do this a few times at various points around the tube. Once the liquid has penetrated the tip; brace the crutch upside down in a 'padded' vise (use a towel or small blanket) so that you do not scratch up your crutch tubes. You may find it easier to have the crutch on a slight diagonal to reach the tip end. Grab the tip and twist it while pulling it off the tube. It may be necessary to repeat the process with the alcohol/water a couple times before you can get enough liquid inside to allow the tip to remove easily. Once the old tip (and inner sleeve, if applicable) has been removed, spray a liquid lubricant into the new tip. If your new tips came with a 'filler' sleeve be sure to put that into the tip before putting the tips onto the crutch tubes. Spraying the end of the tube helps to slide the tips on easier. For 10 minutes or more the liquid inside the tips may cause the tips to squeak and move. Rest assured that the liquid will dry up and if you use rubbing alcohol it will act as an adhesive and the tip will 'stick' to the tube and prevent it from falling off accidentally.

If you are still unsure of how to change over your grips and/or tips, please feel free to contact us. Easiest way to reach us is by email (info@orthodynamics.ca) or live chat through our website. You can also phone us @ 604-454-1177. Our hours of operation are Monday – Friday 8:30am – 4:30pm PST.

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