

# FOREARM CRUTCH PADS

## QUICK START GUIDE

### OVERVIEW

The Vive Forearm Crutch Pads is an easy-to-install, slipcover style padding system that cradles the arms, making your crutches more comfortable to use. Also included are a pair of handgrip pads, each with a removable layer of padding so that the user can customize their desired level of grip bar padding.

We are constantly answering questions and recording helpful videos to make using your Vive Forearm Crutch Pads as easy as possible. Check out the included link and QR code to help you through the process.



To see all FAQs in one place, visit [vhealth.link/ziq](https://vhealth.link/ziq)

### FOREARM PAD INSTALLATION

1. Open the fastening strap on the crutch pad slipcover.
2. Pull the crutch pad slipcover over the crutch forearm cradle.



3. Adjust the cover so that the padding is to the forearm side of the crutch cradle.



4. Check the edges of the cover opening to ensure there are no folds and that the plastic cradle of the crutch is fully covered.



5. When in use, wrap the arm strap around the forearm and secure the strap.



## HANDGRIP PAD INSTALLATION (OPTIONAL)

The handgrip pads come with a removable layer of padding. Simply remove the padding from the inner sleeve to suit your grip preference.

1. Open the fastening closure.
2. Wrap the pad around the handgrip bar of the crutch.



3. Fasten the handgrip pad securely around the handgrip bar.



## CARE INSTRUCTIONS

Remove the padding from the cover. Machine or hand wash the cover in cold water with like colors. Do NOT bleach. Hang dry.

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