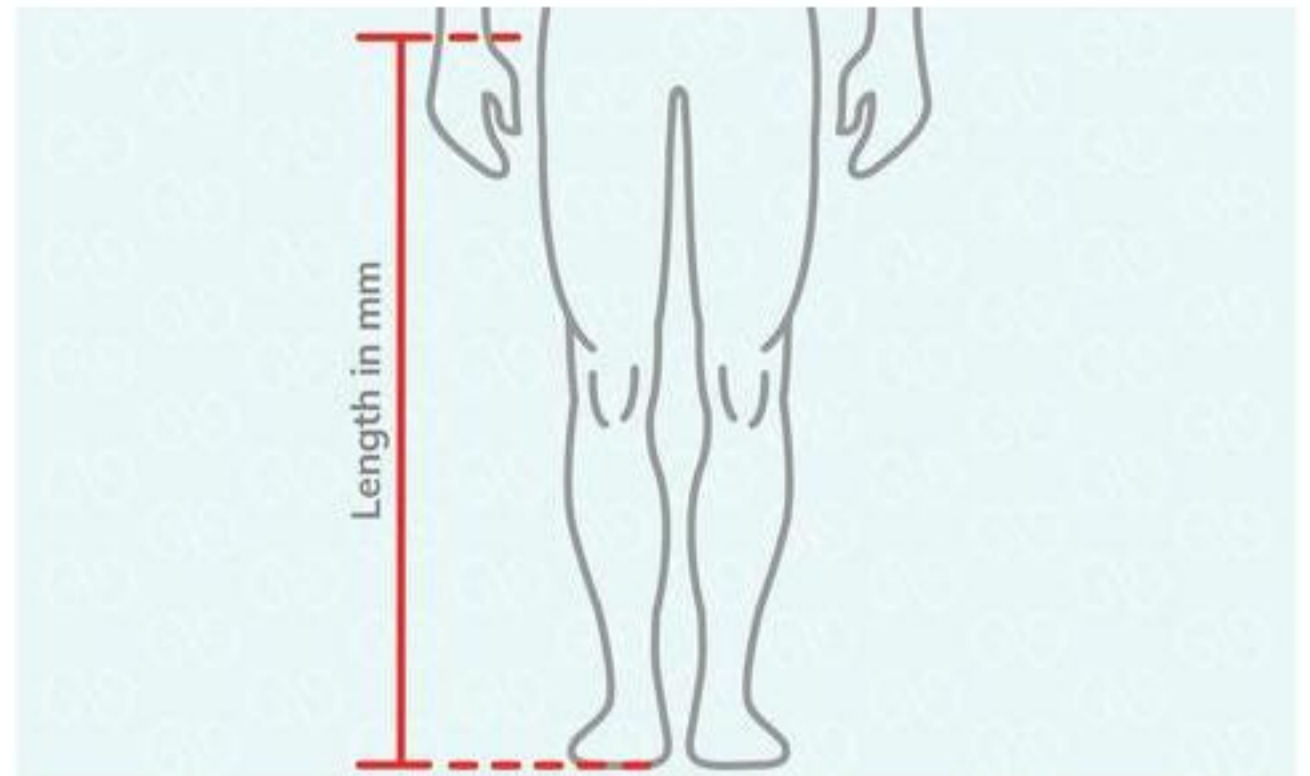


QUICK START GUIDE

HOW TO ADJUST HEIGHT

- First identify the height you would want to adjust it to
 - Stand straight and let your arms hang by your side comfortably
 - Measure the distance from the ground to your inner wrist
 - This is your ideal walking stick height
 - You can always visit your Physician or Therapist to get a more ideal measure and recommendation in case of advanced health issues especially back pain or abnormal posture
- To choose right vs. left handed use, always opt for the **side opposite** to the affected limb. If you have pain in your left leg, use the walking cane on your right side
- Holding the stick in your lap or on a table, loosen the metal tension screw at the bottom
- Press the small metal spring-loaded pin on the side of the stick and press it inwards
- Push or pull the base to adjust the height of the stick as necessary



- Once adjusted, simply align the pin with the groove you want it fitted at
- Tighten the tension screw at the bottom again
- The ferrule can be changed or pulled out for cleaning easily. Please ensure it is well settled on the base before using the stick daily



HOW TO ADJUST FOREARM-HOLD LENGTH

- First measure the distance between your elbow and your wrist
- Now press the pin on the side of the forearm hold and adjust the length so that the distance from the base of the handle joint to the outer point of the forearm cup matches that
- Slide your arm through and hold the handle
- Now check the forearm cup for comfort
- If necessary, press the pin and move it a point lower for comfort
- Put the strap on again and test for comfort by moving around
- Readjust as necessary



REMEMBER

- Please do not use the stick to lift, hold or bar weights such as luggage or as tool for defence
- The coating is prone to scratches. Please do not throw it around or misuse it for any other purpose

- If you notice damage to the body of the stick, please replace it
- Avoid using walking aids to get up from a seated position or while sitting down. They are not meant to take weight on a slanted angle and might slip