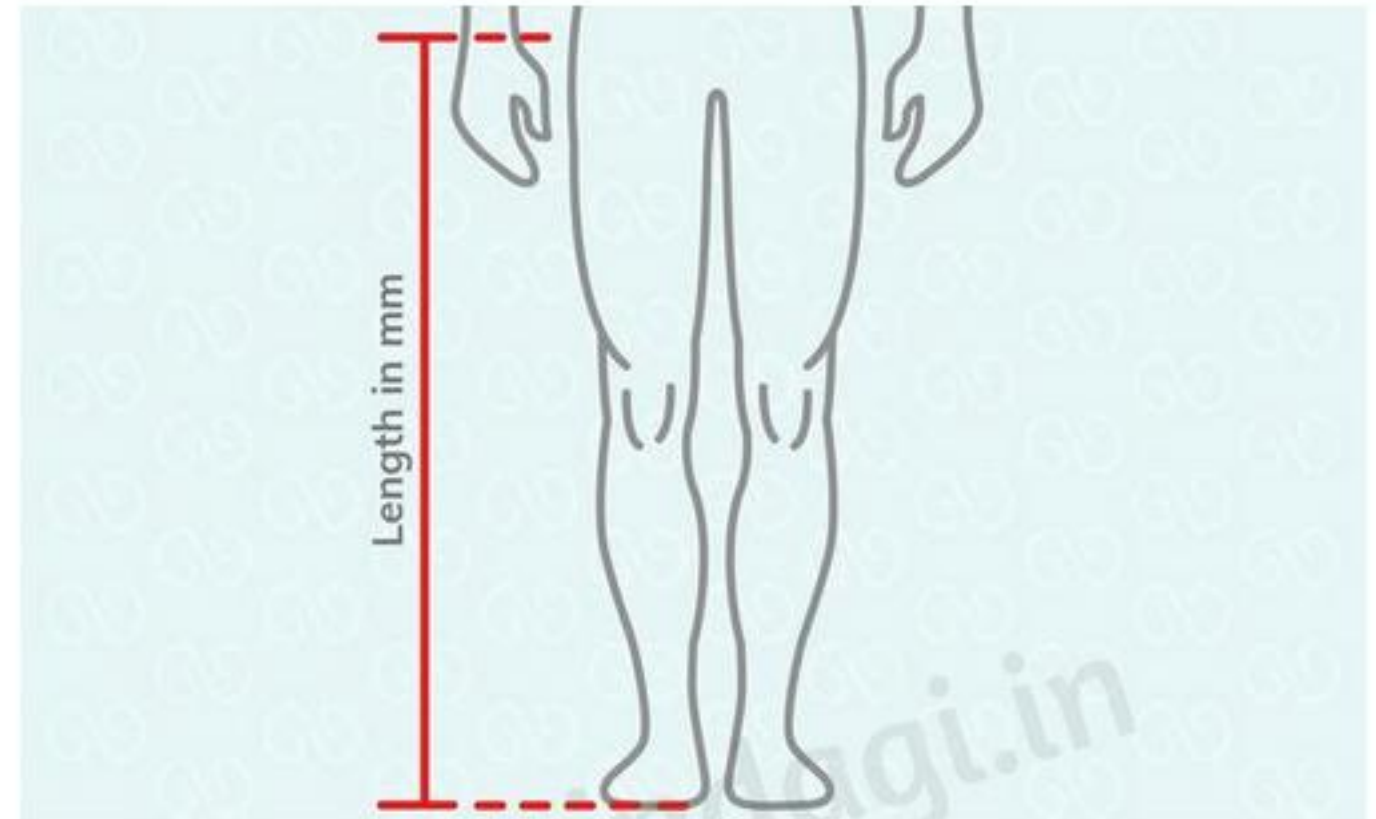


QUICK START GUIDE

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 quadripod 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, align the quadripod for using it with the right hand
- 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 at
- Tighten the tension screw at the bottom again
- The ferrules can be changed or pulled out for cleaning easily. Please ensure they are well settled on the base before using the quadripod daily



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 the quadripod around or misuse it for any other purpose

- If you notice damage to the body of the stick, please replace it