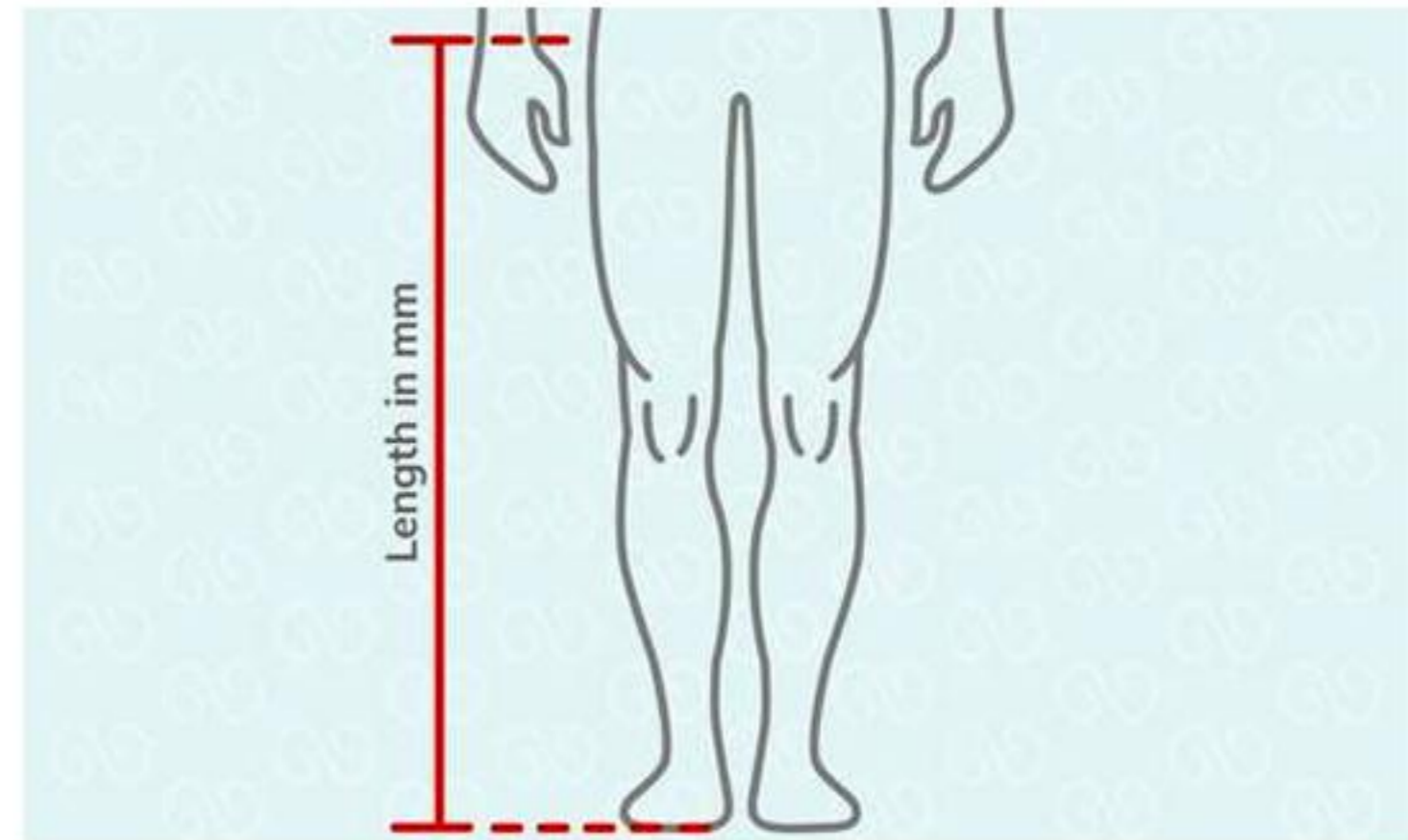


## How to Adjust Height?

- 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