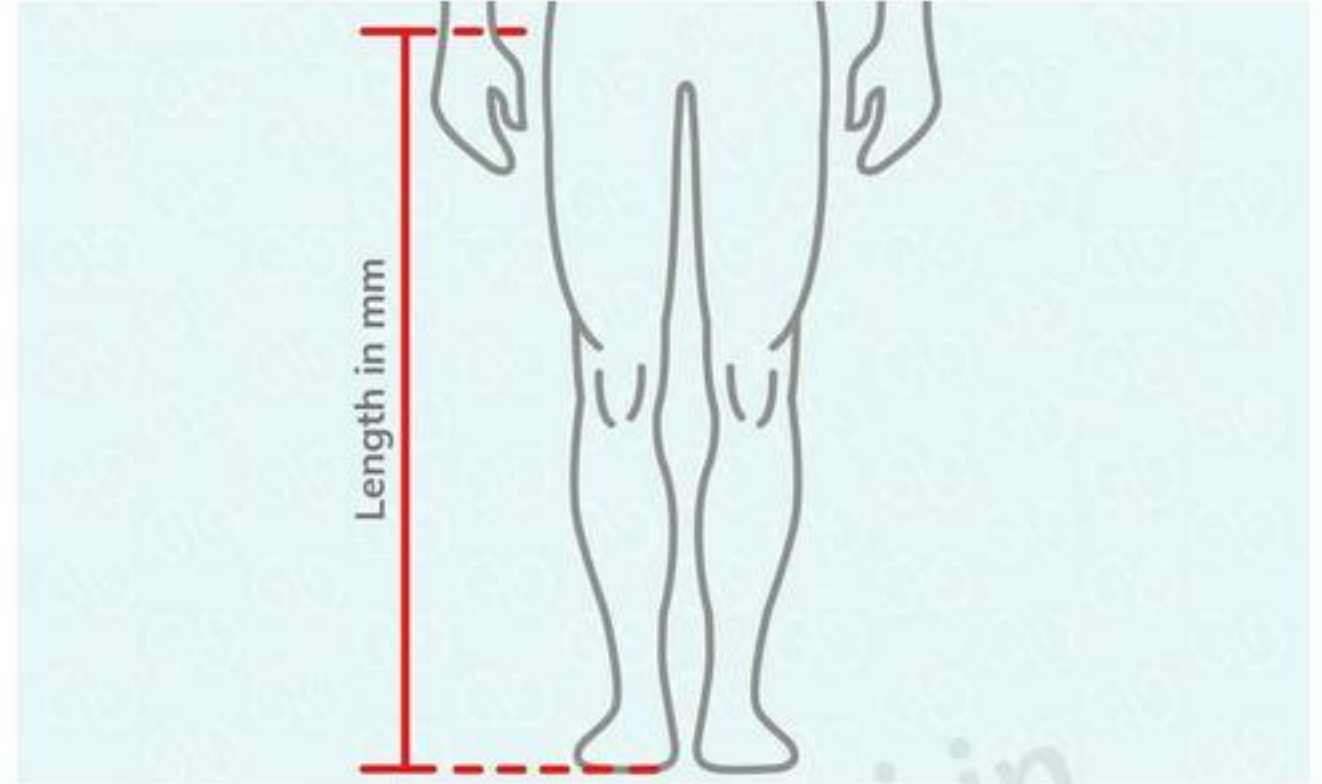


## How to Adjust Height?

- 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 postural deformity



- Holding the stick in your lap or on a table, loosen the black coloured tension screw at the bottom
- Press the small spring-loaded pin on the side of the stick
- Push or pull the base to adjust the height of the stick as necessary
- Tighten the tension screw at the bottom again
- The ferrules can be changed or pulled out for cleaning easily. Please ensure it is well settled on the base before using the stick daily
- For walking:
  - Ensure that the cane is at the proper height with your elbow at about an angle of 20 degrees while holding it
  - Hold the cane in the hand opposite to the weaker or injured leg
  - Lift the cane and put it at about an arm's length

- Step forward with your injured leg first
- Now put the other leg in front and continue walking
- Repeat the last four steps and walk steadily maintaining normal posture
- In order to adjust the quadripod for left and right handed use, kindly unscrew the nut at the bottom of the quadripod and rotate it in the necessary direction, with the shaft on the inner curve



### 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 stick around or misuse it for any other purpose

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