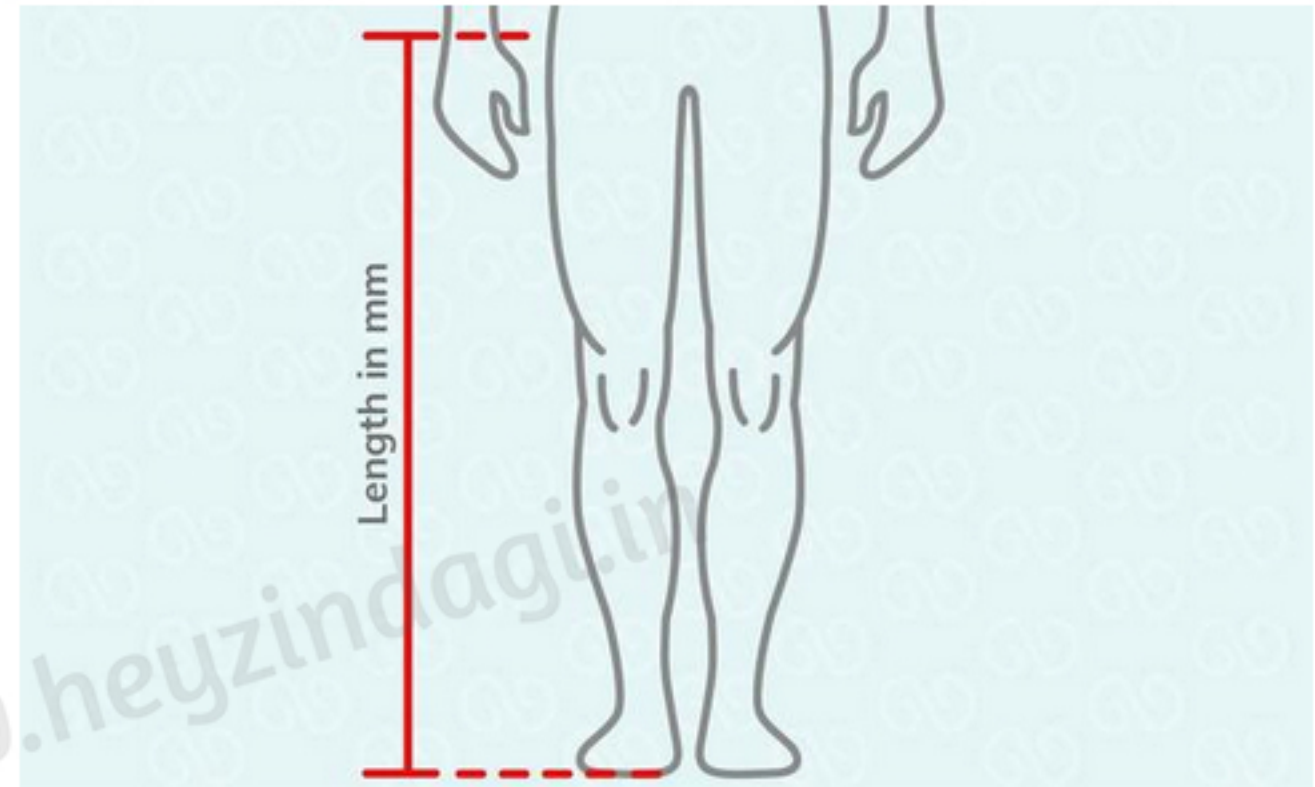


How to Adjust And Use?

- First identify the height that works for you
 - 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. Since this is a fixed height unit, kindly purchase it if the distance of your hand to the ground is in the range of 85 - 90 cms at most. Or this can be bought as an accessory for travel/outdoor trips
 - You can always visit your Physician or Therapist to get an ideal measure and recommendation in case of advanced health issues especially back pain

- For walking:
 - Ensure that the stick is at the proper height with your elbow at about an angle of 20 degrees while holding it
 - Hold the stick in the hand opposite to the weaker or injured leg
 - Lift the stick 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
- When rest is needed, unfold the seat carefully and sit facing towards the handle

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