

Care and Maintenance

These crutches should be regularly inspected for signs of damage or general wear and tear. We recommend that you should periodically check for elongated or stressed adjustment holes, including any bends or cracks in the tube joints.

Also check for smooth, worn or split ferrules.

Replacement ferrules are available from SimplyMed. Our ferrule sizes are listed below.

Product Specification

Code	Size	Handgrip Height	Cuff Height	Ferrule
SMM019	ADULT	635 - 915mm	229 - 305mm	22mm
SMM020	MEDIUM	533 - 787mm	179 - 229mm	22mm
SMM021	SMALL	432 - 660mm	179 - 229mm	22mm
SMM022	X LONG	813 - 1067mm	229 - 305mm	22mm
SMM023	PAEDIATRIC	381 - 533mm	177 - 203mm	16mm
SMM028	MEDIUM	585 - 840mm	210 - 285mm	22mm
SMM029	ADULT	685 - 940mm	210 - 285mm	22mm
SMM201	MEDIUM	533 - 787mm	179 - 229mm	22mm
SMM202	ADULT	635 - 915mm	229 - 305mm	22mm
SMM203	X LONG	813 - 1067mm	229 - 305mm	22mm

Our crutches are constructed from strong lightweight aluminium and fitted with plastic or PVC handgrips.

The weight limit for all crutches is 160kg (25 Stone)

**Conforms to The Medical Device Directive
93/42/EEC 1993**

Warranty Information

Your SimplyMed product is warranted to be free from defects in materials and workmanship for one year from the date of purchase.

This device was built to exacting standards and carefully inspected prior to shipment. This warranty is an expression of our confidence in the quality and workmanship of our products to give assurances to the customer.

In the unlikely event your product develops a fault please contact your supplier / dealer immediately.

This warranty does not cover device failure due to owner misuse or non-observation of the instructions set out in this manual. This warranty does not extend to non-durable components, such as rubber ferrules that are subject to normal wear and tear conditions which need periodic replacements.



SimplyMed
shaping mobility

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SimplyMed

Elbow Crutches

User and Safety Manual for:

SMM019
SMM020
SMM021
SMM022
SMM023
SMM028
SMM029
SMM201
SMM202
SMM203



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Safety Advice

Apply the following precautions before use:

We recommend that our crutches should be used with the handle facing forwards.

Also ensure the brass push buttons are securely locked in the leg positions.

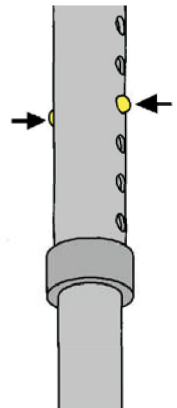
Ensure the ferrules have sufficient grip and beware of slippery surfaces such as wet floors, wet leaves etc. Remove or be aware of any obstacles on the floor in your path.

Do not store in sub-zero temperatures.

Never exceed the user weight limit of 160kg (25 Stone)

Height Adjustment

The height of the crutch handgrip and cuff should be adjusted to suit each user for safety and comfort.



How to adjust the height:

1. Push in the brass buttons on each side of the crutch.
2. Extend or retract the leg to your desired height.
3. When the desired height is reached release the brass buttons until they lock into position.

To adjust the cuff height please follow the same adjustment process described above.

Using the Crutches

General Safety Tips:

A full assessment of the user's specific requirements is needed before selecting our crutches. A number of different gaits or walking patterns can be used depending on the individual, and it is therefore important that adequate support and consequently, safety, is achieved.

Sitting Down

If using with a chair, remove both arms from the cuffs just before lowering yourself into the chair. It is recommended that you use a chair with arms and high seat to help you sit in and get out of the chair.

Getting Up

To get out of the chair, push on the crutch handgrip with one hand and push on the chair with the opposite hand to aid standing.



Stairs

If stair use is required, have somebody aid you until you feel safe. Hold on to the handrail with one hand and the crutch in the other hand. Place the crutch on the same step as the affected leg.

To go up and down the steps, place the crutch and unaffected leg on the step first, then follow with the affected leg on the same step as the crutch.

Walking with the Crutches

Non Weight Bearing

- Keep the affected leg off the ground by holding it slightly in front with the knee slightly bent.
- Move the crutches one pace forward, slightly apart and level.
- Move body forwards between the crutches allowing the unaffected leg to swing through.

Partial Weight Bearing

Where the injured leg can take some weight.

- Move the crutches one pace forward.
- Place the affected leg on the ground level with the crutches, which supports some of the body weight.
- Step through with the unaffected leg.

A physiotherapist should advise on the most appropriate walking pattern when using crutches. Double Adjustable Crutches; adjust both the cuff to handgrip and the handgrip to floor distances.

All recommendations contained herein should be checked with your health professionals (such as occupational therapist or physiotherapist) before use. Their advice should take precedence over the information herein. A full assessment of the user and their specific requirement is required before a crutch is selected.