

Warranty Information

These Trulife crutches are warranted to be free from defects in materials and workmanship for 2 years from the date of purchase.

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 and need periodic replacements.

For further information on the warranty please go to the Trulife website at www.trulife.com.

This file is available to view and download as a PDF at www.trulife.com.

Sight impaired customers can use a free PDF Reader to zoom in and increase the text size for improved readability.

Disposal

Dispose of end of life products in accordance with local authority requirements.



Instructions for use
SMM500M Combi Crutch
SMM529 Combi Comfy Handle
SMM520 Combi Mid-Range
Elbow Crutches

**PLEASE READ ALL INSTRUCTIONS
BEFORE USE**



Trulife Limited, 41 Amos Road,
Sheffield S9 1BX, UK
www.trulife.com



MDSS GmbH, 30175 Hannover,
Germany



XST106/1222

Intended Use

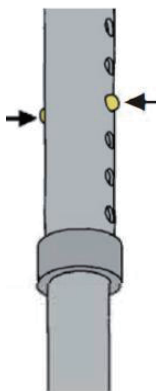
These devices are designed to provide support, stability and mobilise people with walking difficulties and disabilities. This is a personal device and is manually operated by the user.

Adjustment

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

A full assessment of the user's requirements by a physiotherapist or medical professional should be conducted before use to ensure the product can be used safely.

Unless otherwise instructed, adjust the hand grip so it is level with the wrist. The cuff should be positioned just below the elbow.



How to adjust the height:

1. Push in the brass buttons on each side of the tube.
2. Turn the leg slightly.
3. Extend or retract the leg to the desired height.
4. Release the brass buttons.
5. Check the pins are fully located and the leg is locked in position.

How to use crutches

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

1. Keep the affected limb off the ground.
2. Move crutches forward.
3. Put your weight on the handles and hop forwards.

Stairs

When using the stairs, it is advisable to have someone with you until you feel safe. Hold onto at least one handrail and hold the spare crutch by the handle in the other hand.

Sitting down

Position yourself in front of the chair ready to sit. Remove both arms from the crutches while standing on your good leg. Hold your crutches in one hand, put your hand on the chair for support and sit down.

Getting up

Crutches should be held on your good side. Sit on the edge of the chair, push up with one crutch and your other hand on the chair. Once up, ensure that your arm is secured inside the cuff.

Maintenance and regular checks

- To clean use a mild detergent and warm water.
- Check the rubber ferrules have plenty of tread showing and are not unevenly worn.
- Check the handgrips are in good condition and secure with no signs of damage.
- Check the spring clips are fully protruding through the adjustment holes.
- Check the adjustment holes for distortion. These should be round, not oval.
- Check the tubing is not cracked or bent.

STOP USING THE DEVICE IMMEDIATELY IF YOU DISCOVER ANY LOOSE, WORN OR DAMAGED PARTS.

Advice for reissue

If you plan to reissue this product, all components must be checked thoroughly to ensure they are safe. In addition to performing all the maintenance checks listed above:

- Rubber ferrules (tips) should be replaced.
- Any worn or damaged parts must be replaced.
- The device must be thoroughly cleaned.
- Any subsequent users of the device must be supplied with proper instructions for use.
- **If in doubt, do not reissue the device.**

Trulife accepts no responsibility for the inspection and reissue of walking aids or for maintaining any records associated with these activities.