



User Instructions for Tetrapods and Tripods

Model Nos: SMM044 SMM046 SMM047

Maximum User Weight: 127kg (20st)
(Do not exceed this weight)

USING TETRAPODS AND TRIPODS

**The SimplyMed Tripod and Tetrapod is intended for use by persons with disabilities or difficulty in walking and stability but who are capable of mobilising themselves. The SimplyMed Tripod and Tetra- pod can be used indoors or conditionally outdoors
Please read all instructions before use.**

WARRANTY

All SimplyMed products are warranted for 12 months from the date of purchase against manufacturing or design defects.

The warranty is subject to the following conditions:

- It does not apply to wear and tear, inappropriate or incorrect use, or non- observance of User Instructions.
- Defective set up by the user or third parties or negligent or careless treatment.
- Use of unsuitable or unapproved spares or unauthorised alteration.
- The warranty does not extend to consequential costs resulting from fault clearance, loss of earnings or expenses

THIS IN NO WAY AFFECTS YOUR STATUTORY RIGHTS.

CORRECT ADJUSTMENTS

PLEASE NOTE: These are our recommendations but should be checked with your physiotherapist. When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the stick by pushing down on the stick when walking. If adjustable, your stick will have either a horseshoe or spring-pin type adjustment as below.

Horseshoe Clip Adjustment

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.

Spring Pin Adjustment

1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located before use.

TETRAPODS AND TRIPODS

WALKING WITH THE STICK

Walk in a normal manner placing the stick on the ground at the same time as the affected leg.

Remember the stick should normally be held in the hand opposite the affected leg

CHAIRS

Getting Up:

The stick should be near the arm of the chair. Lean forward and with the hands on the arm of the chair, push forward and stand up using the stick for support.

Sitting Down:

When returning to the chair, turn round, feel the chair behind the legs, place your hands on the chair arms, bend forward and lower yourself gently into the chair. The stick can be held or rested nearby.

GENERAL SAFETY

- 1 Use a chair with high seat and arms to help you sit and stand up with ease.
- 2 Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
- 3 Ensure lighting in hallways and stairways is adequate.
- 4 Wear flat supportive shoes.
- 5 Avoid wet floors.
- 6 Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- 7 Do not store this product in temperatures below freezing.
- 8 Take special care if carrying a bag or similar package.
- 9 All equipment should be regularly inspected for any damage or significant signs of wear.

Check for:

- i. Bent or damaged tubes or cracks at the tube joints.
- ii. Both buttons of the spring clips are present, or horseshoe clips are not loose or worn.
- iii. Elongated adjustment holes.
- iv. Loose handles.
- v. Smooth, worn or split ferrules (rubber tips).
- vi. Replace where necessary.
- vii. Regular cleaning with a mild disinfectant is recommended.

DO NOT use bleach or any solvents (such as lighter fluid).

LIFE EXPECTANCY

We estimate a life expectancy of 2 years for this product, provided that:

- It is used in strict accordance with the intended use as set out in this document.
- All service and maintenance requirements are met.

The estimated life expectancy can be exceeded if the product is carefully used and properly maintained. The life expectancy can also be considerably reduced by extreme or incorrect usage.

The fact that we estimate a life expectancy for this product does not constitute an additional warranty

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