



## Walking stick Instructions

### Product codes

code	description	weight limit
SMM038	Simplymed Aluminium Walking Stick Medium	160kg/25 stone
SMM039	Simplymed Aluminium Walking Stick Adult	160kg/25 stone

### **Handgrip Position**

We recommend that sticks should be used with the handle facing backwards and normally held in the hand opposite to the affected leg.

### **Length Adjustment**

When the stick length is correct 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. It is important that a walking stick is the correct length. Measure the stick with the handle resting on the floor against the arm held in a relaxed position by the side of the body (fig. 1).

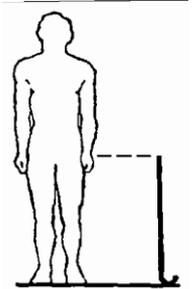


fig. 1

To adjust a stick fitted with a horseshoe clip (fig. 2) grasp the clip between the thumb and forefinger and pull it out. Slide the leg in or out to the correct position. Push the clip back firmly into the hole.

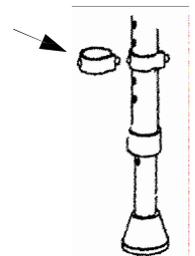


fig. 2

To adjust a stick with a spring pin press the two buttons in (fig. 3). Push the leg in and turn slightly. Adjust the leg to the required position, then turn and relocate, ensuring buttons are protruding through the holes.

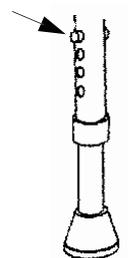


fig. 3

When it is necessary to use two sticks, the length of the sticks will need to be slightly longer, as they will be held in front of the body.

### **Usage**

#### **Walking**

Walk placing the stick on the ground at the same time as the affected leg. Remember that the stick should normally be held in the hand opposite to the affected leg.

#### **Getting up and sitting down chairs**

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

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

#### **Walking up and down stairs**

Hold onto a handrail if at all possible. The Stick goes on the same step as the affected leg. The Unaffected leg should lead when going upstairs, and the affected leg leads when coming down. However, where possible, go up and down stairs in the normal manner.

### **Safety and Maintenance Information**

Avoid wet floors, outdoor hazards such as wet leaves and ice.

Wear flat supportive shoes.

Do not store in sub-zero temperature.

Do not exceed the maximum user weight stated on the product label.

Periodically check for elongated or stressed adjustment holes. Check for split, worn or loose ferrules and loose or damaged adjustment mechanism.

### **Warranty Information**

All Simplymed walking sticks are warranted for one year from the date of purchase against faulty workmanship or materials. Please contact your supplier/dealer should a fault occur.

The warranty does not extend to the consequential costs resulting from fault clearance, in particular freight and travel costs, loss of earnings, expenses, etc.

The manufacturer will not accept responsibility for any damage or injury caused by misuse or non-observance of the instructions set out above.

Simplymed Ltd  
Unit B New Venture Business Park  
Leopold Street  
Wigan, WN5 8DH  
Tel: 01942 243999  
Fax 01942 217992  
Email [info@simplymed.co.uk](mailto:info@simplymed.co.uk)  
Website [www.simplymed.co.uk](http://www.simplymed.co.uk)

