

# USER INSTRUCTIONS

## ELBOW CRUTCHES WITH COMFY HANDLE

P23373	Regular - Pair	P23385	Long – Pair
P42537	Regular – 15 Pairs	P42549	Long – 15 Pairs

### ⚠ General Safety Warning ⚠

Please make sure that you read and follow these instructions carefully. Keep these instructions in a safe place for future reference.

### Maximum User Weight



## 1. INTENDED USE

To provide additional support to people who have difficulty walking but are able to partially weight bear. The ergonomically designed handles are shaped to give superior pressure distribution and increased comfort, especially beneficial for people with arthritis or painful hands.

## 2. SAFETY

Use of the crutches should be subject to clinical assessment and advice from a healthcare professional.

**WARNING:** The maximum user weight must not be more than 127 kg (20 st).

**DO NOT** use if the crutches are faulty or damaged.

**DO NOT** use on wet, slippery floors or outdoors in adverse weather conditions.

**DO NOT** hang items from the handles or cuffs as this will affect the stability of the crutch during use.

**ALWAYS** plan the route to avoid obstacles before use. Take care on sloped surfaces, stairs and when crossing door thresholds and curbs etc.

## 3. UNPACKING

Remove the packaging and check all parts carefully. Contact your supplier immediately if parts are missing or damaged and do not try and assemble.

## 4. ADJUSTMENTS

### 4.1 Adjusting the Crutch Height (Figure 1):

Remove the 'E-clip' and slide the inner tube to the desired position.

Align the holes and re-insert the 'E-clip'.

Adjust the crutch height such that the handle is in line with the users' wrist when they are standing upright with their arms relaxed by their sides.

Adjust the height of the cuff such that it cradles the forearm of the user below the elbow and does not restrict arm movement.



Figure 1

### 4.2 Adjusting the Arm Cuff Height (Figure 2):

Remove the 'E-clip' and slide the inner tube to the desired height.

Align the holes and re-insert the 'E-clip'.



Figure 2

**Note:** Adjust the height of the cuff such that it cradles the forearm of the user below the elbow and does not restrict arm movement.

## 5. IN USE

Use of the crutches should be subject to clinical assessment and advice from a healthcare professional.

### 5.1 Partial Weight Bearing of Injured Leg

If the injured leg is able to support minimum weight.

- Place the crutches ahead of you, approximately one step length, shoulder width apart and level.
- Move the injured leg to be level with the crutches.
- Bear as much weight as advised through your injured leg but the remainder through the crutches as you step through with the uninjured leg.
- Repeat until you reach your destination. Do not rush, make careful, steady movements.

### 5.2 Non Weight Bearing of Injured Leg

If the injured leg is unable to support weight.

- Ensure the injured leg is held in a raised position off the ground at all times, in a relaxed position.
- Place the crutches ahead of you, approximately one step length, shoulder width apart and level.
- Lean forwards on the crutches to move the body to be between the crutches, allowing the injured leg to swing through freely.

### 5.3 Stairs

Only attempt to use the stairs if absolutely necessary. Always use the handrail when possible.

### 5.4 Up stairs

- Push weight down through the crutch as you step up with the uninjured leg.
- Move the injured leg and crutch to beside the uninjured leg.

### 5.5 Down stairs

- Place the injured leg and crutch on the lower step, use the handrail and crutch for support.
- Move the uninjured leg down to beside the injured.

## 6. MAINTENANCE

Check that all fixing clips are inserted correctly and there is no excessive movement.

Inspect the product regularly for signs of wear or damage, pay particular attention to the condition of the tubes, adjustment holes and rubber ferrules.

Any suspected faults or damage should immediately be reported to the supplier and the product taken out of use.

## 7. CLEANING INSTRUCTIONS

Clean regularly using a general purpose, neutral detergent and warm water. Do not use bleach.

Please check the suitability of the cleaning products before use. Do not use abrasive cleaners or cloths as these could permanently damage the surface and invalidate any warranty.

Allow product to dry thoroughly prior to use/storage.

## 8. ACCESSORIES & SPARE PARTS

**M37364:** Crutch Pod

**F17949:** Spare Ferrule – Grey

For more details please visit our website or call Customer Services.

## 9. PRODUCT DISPOSAL

Product should be thoroughly cleaned prior to disposal.

Product is manufactured from metal and plastic and can be disposed of through Local Authority Household Waste and Recycling Centres or through Local Trade Waste Collectors.

## 10. PRODUCT GUARANTEE

NRS Healthcare guarantee this product for a period of 24 months, from the date of purchase, against faulty materials and workmanship.

This guarantee does not cover abuse, interference or tampering with any part of the products. Issues arising from fair wear & tear and customer misuse are not covered.

This guarantee covers domestic use only. If the product is used in commercial or semi-commercial settings such as care homes, schools, rental or communal accommodation etc, the guarantee is valid for one year only. Consumable parts are also guaranteed for one year only.

Any guarantee issued by NRS Healthcare does not affect your statutory rights.

If you have any problems with our products, please contact us at the address below.

If you have experienced an injury, contact us but feel free to contact the Medicine and Healthcare products Regulatory Agency at:

[devices.regulatory@mhra.gov.uk](mailto:devices.regulatory@mhra.gov.uk)



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