

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 ensure these instructions are fully read and implemented. Failure to do so may result in injury. Retain these instructions in a safe place for future reference.

1.0 Intended Use

These crutches are designed 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.

2.0 Safety Precautions

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

Do not exceed the maximum user weight 20st, 127kg.

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.

3.0 Unpacking

Remove packaging and check product carefully. If you suspect any faults, do not use and contact your supplier immediately.

4.0 Adjustments

To adjust the height of the crutch (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.

Maximum User Weight



Figure 1 – Adjustment of crutch height



Figure 2 – Adjustment of arm cuff

To adjust the height of the arm cuff (Figure 2):

- Remove the 'e-clip' and slide the inner tube to the desired height.
- Align the holes and re-insert the 'e-clip'.

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

5.0 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.

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.

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.

6.0 Cleaning

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.

7.0 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.

8.0 Accessories & Spare Parts

M37364 Crutch Pod

F17949 Spare Ferrule – Grey

For more details, visit www.nrshealthcare.co.uk or contact customer services 0345 121 8111.

9.0 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.

10.0 Product Guarantee

NRS Healthcare guarantee this product for a period of 12 months from the date of purchase against faulty materials and workmanship. This guarantee does not cover; abuse, misuse, interference or tampering with any part of the product.

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

NRS Healthcare

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