

Model Nos: 7255C

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

USING THE FOREARM FRAME

For the forearm frame, the user should be able to keep an upright posture with their elbows at right angles and their forearms resting on the padded troughs located on either side of the frame. In this way, body weight is taken through the frame by pushing down on the frame when walking.

ADJUSTING THE HEIGHT OF ALL FRAME TYPES

In order to ensure that the frame is the correct height for the user, it will need to be adjusted accordingly (Your frame will either have a horse shoe clip or spring pin type mechanism and can be adjusted as shown in Fig 1 or Fig 2).

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.

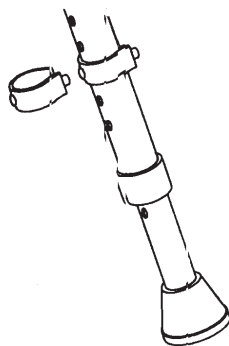


FIG. 1

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.

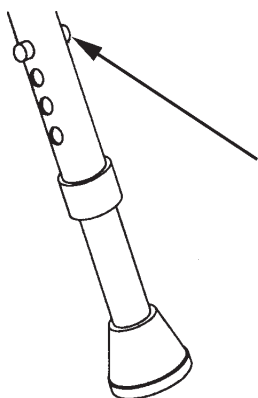


FIG. 2

ADJUSTING THE FOREARM

1. Face the open end of frame.
2. Open all the Velcro flaps and undo both of the handwheels (turn anti-clockwise).
3. Place one of your forearms centrally on the padded trough and adjust the handgrip so that it can be gripped comfortably. Now tighten the handwheel (turn clockwise).
4. Repeat this process for the other forearm unit.
5. Once again, rest your forearm on the padded trough and hold the grip. Using your free hand secure the padded straps, via the Velcro, around your arm, ensuring your arm can slip in & out comfortably (Fig 3).
6. Repeat this process again for the other side.

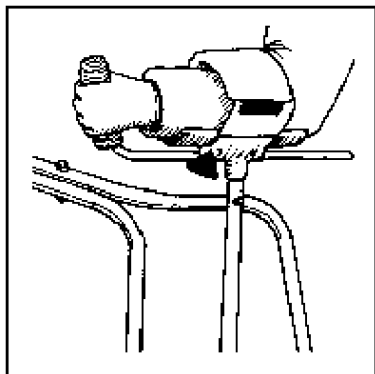


FIG 3

USING ALL FRAME TYPES

WALKING

1. Place the frame one step ahead and walk towards it using the **affected** leg first, followed by the other leg, which should then step through. **Do not walk too far into the frame area.**
2. When steady, lift the frame forward a short distance (if using a wheeled frame, **push** it forward) and repeat this process (Fig 4).



FIG 4

CHAIRS

(Getting into and out of)

1. Position the frame in front of the chair.
2. Get up by pushing on the arms of the chair and transfer hand to frame when fully standing.
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs.
4. Place hands gently on the chair arms, bend slightly forward and sit down gently (Fig 5).

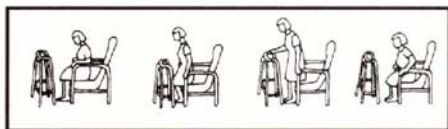


FIG 5

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:

Bent or damaged tubes or cracks at the tube joints.

Both buttons of the spring clips are present or horseshoe clips are not loose or worn.

Elongated adjustment holes.

Loose handles.

Smooth, worn or split ferrules (rubber tips).

- 10 Regular cleaning with a mild disinfectant is recommended. **DO NOT** use bleach or any solvents (such as lighter fluid).



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Conforms to
The Medical Device Directive 93/42/EEC 1993