

# USER INSTRUCTIONS

## WALKING STICK HEIGHT ADJUSTABLE

H87115	Walking Stick - Adjustable Height 710-965mm (28-38")
L14254	Walking Stick - Adjustable Height 840-1095mm (33-43")

### ⚠ 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

The NRS Healthcare Adjustable Height Walking Stick Range are intended for use by people who have difficulty, but are capable of, independent walking. They can be used indoor and outdoor with care.



## 2. SAFETY

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

Always wear flat supportive footwear when using a walking stick

Remove items from the floor which may cause obstacles, for example; Loose rugs, worn floor coverings, draught excluders.

If possible use a chair with a high seat and arms.

If using outside beware of uneven and broken surfaces.

Beware of adverse weather conditions, including wet leaves, ice and snow. Avoid wet floors.

## 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. HEIGHT ADJUSTMENT

Ideally the stick height should be set or checked by suitably qualified healthcare professional.

When the height is set correctly the user should be able to maintain an upright posture with their elbow slightly bent, this will allow body weight to transfer through the stick when walking.

To Adjust the height, press in the spring button, turn the leg slightly and slide the leg up or down to the required height, turn leg back until the button springs back into the appropriate hole.

Check the spring button is fully located in the hole before use.

## 5. IN USE

### 5.1 Using the Walking Stick:

If using one stick only, hold in the hand opposite the affected leg. Walk in a normal manner placing the stick on the ground at the same time as the affected leg.

### 5.2 Stairs Ascending:

Hold the rail/banister in one hand and the stick in the other. Step with the 'unaffected' leg first. Push through the stick to bring up the 'affected' leg.

Finally, bring up the stick.

### 5.3 Stairs Descending:

Hold the rail/banister in one hand and the stick in the other. Put the stick down to the centre of the step below.

Step down with the 'affected' leg first. Finally step down with the good leg.

**Please note:** *If you have a rail/banister but require two sticks to walk on the flat, hold the rail/banister as described above and hold the spare stick horizontally in your stick hand when you ascend/descend the stairs.*

*If you have no rail and are using two sticks, position both sticks as previously described i.e. on descent place both sticks down first.*

#### **5.4 Chairs - Getting Up:**

Place the stick near the arm of the chair. With one hand on the stick and the other on the opposite arm of the chair, push with your arms, lean forward and stand up using the stick as support.

#### **5.5 Chairs - Sitting Down:**

When sitting down, turn your back to the chair feel the chair seat behind your legs, place your hands on the chair arms, bend forward and lower into chair. The stick can be held during this operation or placed to one side.

### **6. MAINTENANCE**

Check product regularly for signs of excessive wear or damage, in particular: Bent, damaged or cracked tubes, particularly at tube joints

Worn or elongated adjustment holes

Loose parts; handles, ferrules, tube joints

Worn or split ferrules

If you suspect a fault - Stop using the product.

### **7. CLEANING INSTRUCTIONS.**

Clean regularly, wiping down with a soft cloth and a mild detergent/disinfectant solution

Do not use bleach, solvents or abrasive cleaners

### **8. ACCESSORIES & SPARE PARTS**

F17938 Ferrule Grey Z-Type 19mm.

For more details please visit our website:

[www.healthcarepro.co.uk](http://www.healthcarepro.co.uk) or call Customer Services.

### **9. PRODUCT DISPOSAL**

This product must be thoroughly cleaned/sterilised prior to disposal.

This 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 12 months, from the date of purchase, against faulty materials and workmanship.

This guarantee does not cover; fair wear & tear, abuse, misuse, interference or tampering with any part of the product.

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 Medical and Healthcare products Regulatory Agency at:

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



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Please visit one of our websites to view our full range of products:

[www.healthcarepro.co.uk](http://www.healthcarepro.co.uk) or [www.completecareshop.co.uk](http://www.completecareshop.co.uk)