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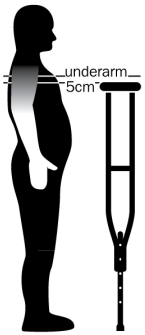
Underarm Crutches Instruction & Safety Manual

Please read this manual before operation, for maintenance instructions and safe usage

The enabling power of applied knowledge

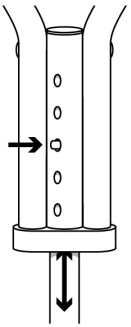
Adjusting the Crutches

First, adjust the crutch height. Stand as straight as possible (preferably wearing an everyday pair of shoes) and look straight ahead with your arms sitting out about 15 centimetres from your side. Have someone measure from 5 cm below your armpit to the ground. This height should be used to set the height of your underarm pad.



To adjust the height, press in the leg extension locking button to disengage, and turn the shaft slightly so the button is no longer aligned with the holes.

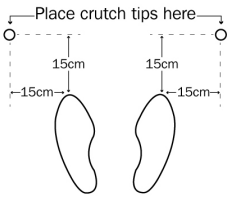
Move the extension to your ideal height setting. Align the locking button to the nearest height adjustment hole, ensuring it is fully engaged and protruding through the hole for a positive lock.



Next, adjust the handle. Unscrew the wingnut and remove the bolt from the handle, ready to adjust. Stand with the crutch positioned about 15 cm in front of, and 15 cm to the side of your feet.

Adjust handle height until your elbow is bent approximately 20° to 30º (as shown) by sliding or down the shaft until aligned with the nearest height adjustment holes. Reinsert the bolt and nut and together until firm.

Repeat this process for the other crutch, ensuring both crutches are adjusted to an equal height. Always test that the locking buttons are fully engaged and screws tightened before use.



Regular maintenance

Regularly check locking buttons are engaged and screws are secured tightly. Regularly check the crutches for damage and wear, paying special attention to the condition of the rubber tips. Replace the rubber tips immediately if you see evidence of rips, tears, cracks or other general wear. If the crutches are damaged in any way, stop using the crutches immediately and contact your authorised dealer or the manufacturer.

Care and Cleaning

To clean the crutches, wipe the frame and handgrips with a mild soap and warm water solution and rinse well. Dry thoroughly with a clean cloth. Avoid harsh, abrasive cleaning agents, solvents or utensils (such as a wire brush) as these may damage the aluminium and rubber components.

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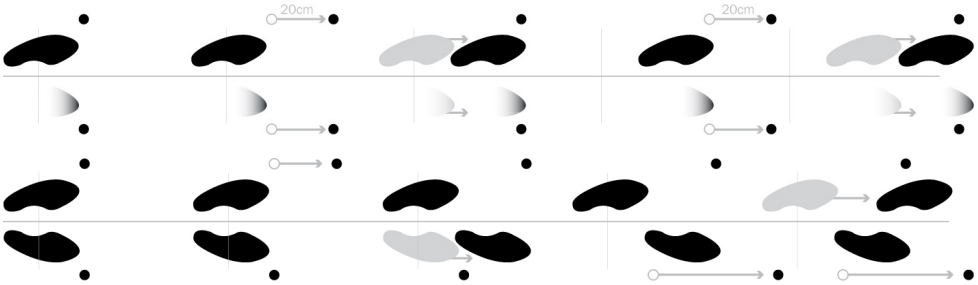
Warranty

Evadale Healthcare Pty Ltd warrants this product for a period of 12 months. Please refer to our Warranty Statement for full details. Please contact your authorised dealer or Evadale Healthcare for a list of available spare parts.

Using Crutches

- When using crutches, watch for possible safety hazards such as cords, water or oil on floor, floor rugs and other obstacles.
- Always carry your full weight on your hands, not your underarm, keeping your wrists straight.
- The underarm pads should be pressed against the chest wall, not high under the armpits.
- Crutches should be positioned slightly to the side and forward to maintain a stable base.
- Keep your head and posture upright to maintain balance.

If unable to weight bear through the affected leg, place both crutches forward about 20 to 30cms, then hop towards the space between them, to just behind the crutches. The affected leg should be held in front of the body, clear of the ground.



If the affected leg is to be partial weight bearing, place the crutches forward, then bring the affected leg forward, then share the load between the crutches and that leg while the unaffected leg is brought forward.

A four-point gait is slow and safe, and may be used for general weakness. This involves placing one crutch forward, then the opposite leg, then the other crutch forward of the first crutch, followed by the other leg.

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