

### Intended use and indication

Our axillary crutches are designed for people with significant mobility impairment with impairment to movements, compromised balance with sufficiently intact walking ability and impaired coordination. They are used to maintain, promote and stabilize walking or to partially or fully relieve the strain on the lower limbs. The axillary crutches can be used both indoors and outdoors. **It is imperative that the safety instructions are also observed!**

### Contraindication

The use of axillary crutches is unsuitable if there is a loss of limb in both arms or joint contractures/joint damage in both arms.

### General safety instructions

Do not hang any bags, pouches or other objects on the axillary crutches! Axillary crutches may under **no circumstances be used for any other purpose than that for which they are intended**, e.g. for lifting or moving objects or as a tool for switching light switches or pressing buttons on lifts! It is essential that the ground has a good grip to ensure a secure hold of the axillary crutches! Avoid wet floors or surfaces such as gravel, sand, foliage, ice or snow! **Pay attention to stumbling points** such as unevenness, holes in the floor, loose floor coverings or edges, because the axillary crutches can unexpectedly slip away or sink in! Extra caution is recommended when lighting conditions are insufficient, since irregularities in the ground can then only be seen with difficulty! When adjusting the push-button, it must protrude from the hole as far as it will go! The holes for adjusting the axillary crutches undergo a certain amount of wear. It is important to ensure that they are not worn out, as this would prevent the push button from locking securely. Prior to each use, make sure that all screw connections are firmly tightened!

### Adjusting the axillary crutches

**Warning!** Please contact your specialist dealer to ensure proper functional and ergonomic adjustment! Incorrectly adjusted axillary crutches may restrict the functionality of the axillary crutches or lead to overloading or incorrect loading of the patient! The axillary crutches are handed over to you as a patient in a proper condition, whereby they are individually adjusted to your body by your specialist dealer or health care specialist. If you have any doubts as to whether this is the case, please contact the responsible specialist personnel. The axillary crutches can only offer you the relief you desire if it is optimally adapted to your body size.

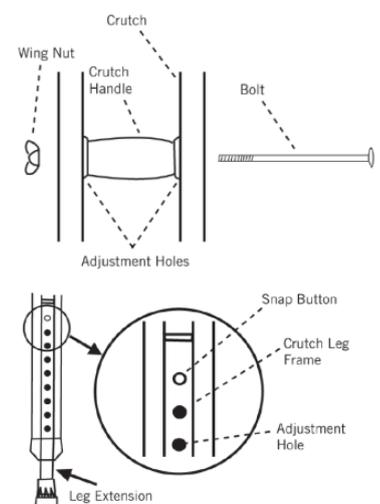
#### Adjusting the handle position:

1. Remove the wing nut and bolt securing the handle to the crutch.
2. Align the handle with the desired set of adjustment holes.
3. Secure with wing nut and bolt.
4. Repeat for other crutch.

#### Adjusting the leg extension:

Depress both snap buttons on the leg extension and allow them to snap through the desired adjustment holes on the crutch leg frame. Repeat for other crutch.

**Caution:** 1. Replace crutch tips if worn 2. Keep hand grip wing nut tightened



### Use

**When standing up straight:** 1. The axillary supports should fit about 2 inches below your armpits. 2. Your weight should rest on your hands, not on the axillary supports. 3. Use the bolts to adjust the length of the crutches and the height of the hand grips.

**When walking:** Weight should be on the crutches when moving your non-injured leg. Be sure to support your weight on your hands and not your armpits. Then, follow this pattern: 1. Lean on your non-injured. 2. Lean forward slightly, and move both crutches about a foot in front of you. 3. Begin your step as if you were going to use the injured leg, but instead shift your weight to your crutches. 4. Finish the step with your non-injured. 5. Focus on where you want to go, not on your feet.

**Going up and down stairs:** When going up the stairs, lead with your non-injured leg. When going down, lead with your injured leg. To go up or down, start close to the stair and hold the handrail with one hand. In the other hand, hold both crutches: Use 1 crutch to support yourself. In the same hand as the supporting crutch, hold the other crutch horizontally with your fingers.

**To go up stairs:** 1. Have someone walk behind you the first few times you climb the stairs. 2. Keep the crutch on the step you're standing on. Then, step up with your "good" leg. 3. Push down on the crutch, and step up with the "bad" leg. 4. When both feet are on the upper step, bring your crutch up.

**To go down stairs:** 1. Put your crutch on the lower step. 2. Bring your "bad" leg down. 3. Step down with your "good" leg.

If you don't feel steady, you may have to sit on each step and move up or down on your bottom. This may not be your favorite way to get around, but it can help you use the stairs safely and prevent a fall.

### Precautionary measure

The use of an axillary crutch results in an unusually strong load for individual parts of the body! This can lead to the following undesirable side effects: Pressure or chafing points may occur on the hands, arm or clothing! If you use two walking aids, carry the whole body weight with the hands and the shoulders! Note that this can lead to pain and overexertion at the beginning or with longer load! Take sufficient breaks!

### Storage and care

Never store the axillary crutches in the vicinity of heat sources such as furnaces, heaters or in places susceptible to heat in a car! Do not expose axillary crutches to sunlight for prolonged periods of time! Strong sun or heat damages the plastic! Protect your axillary crutches from toppling over and from damage to the paintwork (e.g. by using straps or holders). **The rubber buffer is a wearing part and must be replaced at regular intervals.** Axillary crutches must only be used again after an extended period of non-use following prior inspection by qualified personnel!

**Warning!** Never clean handles and rubber caps using oily substances! There is a risk of slipping! In the event of contamination, clean the axillary crutches using a mild cleaning agent and a soft cloth where necessary.

Never use cleaners containing solvents, since these will damage the plastic! **Note:** Should disinfection be required, then a suitable disinfectant agent should be used. Please follow the manufacturer's instructions for use.

#### Limitation of use

The axillary crutches must only be subjected to loads in accordance with the manufacturer's instructions. **Observe the maximum permissible body weight that is specified on the product!** Please contact your specialist dealer in the case of greater loads or in case of any doubts. Bent or damaged axillary crutches must not be used under any circumstances, since they can no longer offer the necessary stability! Bent axillary crutches must also not be straightened because of the risk of breakage!

#### Re-use (rental) / duration of use

We shall only accept liability pursuant to the Product Liability Act for the initial placing of our products on the market. We only consent to reuse if we have first inspected the product. **The service life of the axillary crutch is limited to 2 years.** The user shall be responsible for the continued use of the underarm crutch after this time.

#### Warranty and liability

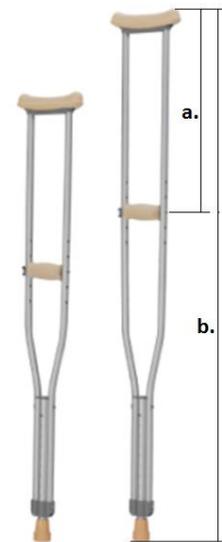
You have purchased a high-quality product. We shall not be liable for any damage caused by modifications to our products. The warranty does not cover defects attributable to wear and tear or improper handling. Wear parts are excluded from the warranty. Only original replacement parts and accessories must be used! Please contact your specialist dealer for replacement parts, accessories and repairs.

#### Disposal

Please consult your specialist dealer about the regional disposal regulations.

#### Technical data

REF	a.	b.	
12G	430-590 ±15mm	1345-1545 ±15mm	120 kg
12K	375-535 ±15mm	1150-1350 ±15mm	120 kg



#### Symbol directory

	Item number		Read the operating instructions		Weight capacity		This product complies with the requirements of Regulation (EU) 2017/745(MDR)
	Manufacturer		EC Representative		Distributor		



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