

User Manual

PRODUCT: ErgoTech Forearm Crutches

BRAND: FDI

DEALER: This manual MUST be given to the user of the product.

USER: Before using this product, read this manual and save for future reference. Consult your doctor or healthcare specialist before using any type of mobility device.

MAXIMUM USER WEIGHT: 286lbs (130KG)

CHECK: Check ALL the crutch parts for shipping damage. If shipping damage is noted, DO NOT use. Contact the carrier/dealer/supplier for further instruction.

INTENDED USE: This product is designed for individuals with limited walking ability and to assist in their ability to walk. This product can be used for both indoor and outdoor use.

MINIMUM PRODUCT LIFE: The expected life of the product listed in this manual when used in accordance with the safety instructions, maintenance intervals and care instructions is 3 years. Maintenance should be done at least every six months.

WARNING:

DO NOT USE THIS PRODUCT OR ANY AVAILABLE OPTIONAL EQUIPMENT WITHOUT FIRST COMPLETELY READING AND UNDERSTANDING THESE INSTRUCTIONS AND ANY ADDITIONAL INSTRUCTIONAL MATERIAL SUCH AS OWNER'S MANUALS, SERVICE MANUALS OR INSTRUCTION SHEETS SUPPLIED WITH THIS PRODUCT OR OPTIONAL EQUIPMENT. IF YOU ARE UNABLE TO UNDERSTAND THE WARNINGS, CAUTIONS OR INSTRUCTIONS, CONTACT A HEALTHCARE PROFESSIONAL, DEALER OR TECHNICAL REPRESENTATIVE BEFORE ATTEMPTING TO USE THIS EQUIPMENT, OTHERWISE, INJURY OR DAMAGE MAY OCCUR.

ACCESSORIES WARNING:

FDI products are specifically designed and manufactured for use in conjunction with FDI accessories. Accessories designed by other manufacturers have not been tested by FDI and are not recommended for use with FDI products.

WARNING:

Each individual should ALWAYS consult with their physician, therapist or healthcare professional to determine proper adjustment and usage. A physical/occupational therapist should assist in the height adjustment for maximum support. Care should be taken to ensure that grip, cuff and height adjustments are secure before using this or any mobility aid.

If hand grips are exposed to extreme temperature [above 100°F (37°C) or below 32°F (0°C)], high humidity and/or becomes wet, prior to use, ensure hand grips DO NOT twist on the crutch handle - otherwise damage or injury may occur. Before use, ensure that all hardware is tightened securely.

If exposed to extreme temperature [above 106°F (41°C), the crutch will be hot and first degree burns may occur. Allow crutch to cool before using. Exercise extra care when walking on a slippery or wet surface.

SPECIFICATIONS:

WARNING: Always observe the user weight limit before using this product.

User Height Range	130 - 200 cm
Weight per crutch	510 g
Maximum user weight	130 kg
Height - Grip to floor range	70 - 100 cm
Height Adjustment Increments	14 x 2.5 cm
Distance between handle and cuff top	20 - 27.5 cm
Cuff Height Adjustment Increments	4 x 1.6 cm
Leg tube diameter (upper/lower O.D.)	22/19mm

FDI forearm crutches are Class 1 medical devices according to the CE European Union Directive 93/42/EEC, and are in full compliance with the European Norm ISO 11334-1.

HEIGHT ADJUSTMENT:

With the safety locking device, the height of the FDI crutches can be adjusted to fit best with your length: when you stand up tall with your shoes on, your elbows should be a little bit bent and your shoulders should be relaxed (for more precise instructions, we advise you to consult with your doctor, orthopaedist or other health professional).

These are the steps to follow to adjust the height of the crutches:

1. After opening the safety clip on the locking device (picture 1), push the locking device outwards (picture 2)
2. Regulate the height of the crutch by sliding the lower tube in or out the higher tube as necessary (picture 3). Warning: without the locking device the crutch cannot carry any weight.
3. Once the right height is found, insert the locking device in the two holes of the outer and inner tube that have to coincide.
4. Close the safety clip of the locking device

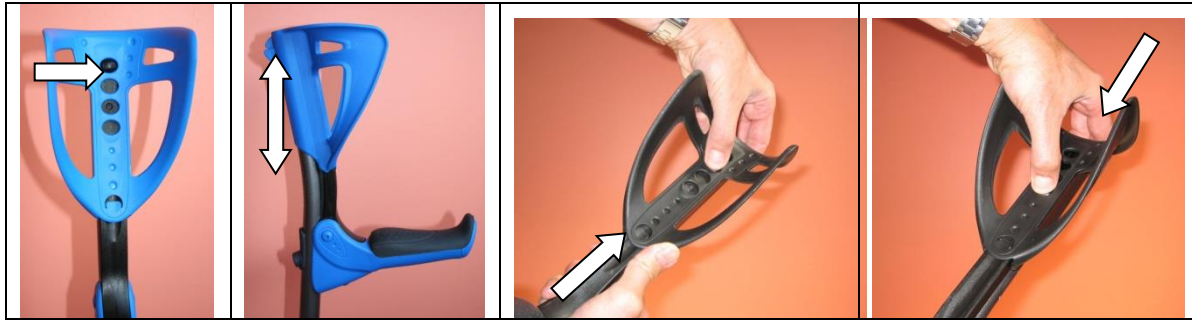
Warning: before putting your full weight on the adjusted crutch, make sure that the locking device is inserted and secured properly by putting gradually your weight on the crutch.



CUFF (FOREARM SUPPORT) HEIGHT ADJUSTMENT:

The ErgoTech model is equipped with a forearm support that can be adjusted in height for more comfort. A push button on the inside of this forearm support (picture 1) allows you to choose between 4 positions to best fit with your morphology. When you press the push button, you can move up or down the forearm support (see pictures).

Warning: do not try to change the height of the forearm support without properly pressing the push button (otherwise you may damage the blocking system)



FOLDING BACK GRIP (HANDLE):

The FDI ERGOTECH model is equipped with a grip (handle) that can be folded back. This has the practical advantage of easier storing of the crutches, during transport by car, train or plain (picture 2), and also it gives a more stable position to the crutch when 'parked' against a wall (picture 3). To fold back the grip (handle), press the push button under the handle and fold back the handle (picture 1).

Warning: do not try to fold back the Grip (handle) without properly pressing the push button (otherwise you may damage the blocking system)



REPLACEMENT OF THE CRUTCH TIP (BASE/FERRULE)::

It is important to check regularly the condition of the crutch base: depending on the surface on which the crutches are used, the bases will wear out more or less quickly. To prevent slippage of the crutch, which can lead to a fall, the bases have to maintain a pattern. When this pattern has worn out, the base must be replaced immediately.

All FDI crutches are equipped with a base with a patented design and materials composition. This results in a flexible base, so that even at an angle, the base maintains maximum contact with the surface for more safety. To maintain the same safety characteristics as the original FDI crutch, it is imperative that you replace the base with an original FDI base.

To replace the base:

- 1.** Remove the old base: hold the crutch firmly in one hand, and remove the base with the other hand by turning it off the crutch (picture 1 and 2)
- 2.** Push the new base with your hand onto the crutch (picture 3)
- 3.** Place the crutch on the floor and gradually bring your full weight on the crutch until the crutch has reached the bottom of the base

Warning: Before using the crutch make sure that that crutch has been inserted all the way to the bottom of the base.



REPLACEMENT OF THE GRIP:

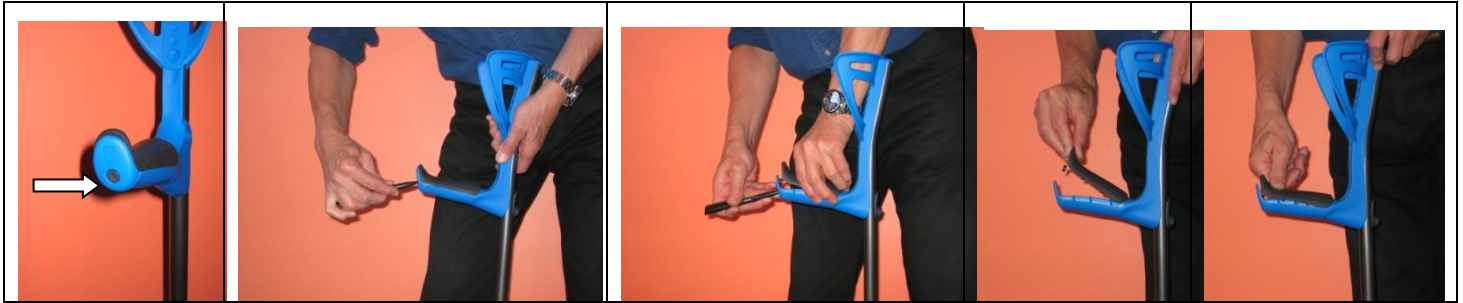
All FDI crutches are equipped with a replaceable grip: this allows you to remove the grip when worn out and replace it with a new one. The grip should only be removed when it needs replacing. The grip is not designed to be taken off and put back on repeatedly and unnecessarily: this may weaken the button that holds the grip in place and even cause it to break off.

Replacing the grip is easy:

- 1.** You can use a pen or any other pointed object to press the dark grey button at the end of the handle. The grip will jump out off its position.

2. Remove the used grip and insert a new one: first insert the 2 wedges in the holes on the side of the tube. Press the end of the grip onto the handle so that the grey button clicks into position.

Warning: Before using the crutch, check carefully that the grip is completely and safely clicked into position.



CARE AND MAINTENANCE:

DO NOT use an abrasive detergent, cleaner or cloth to clean or dry the elbow crutches.

1. Regular cleaning of the elbow crutches is recommended. Wipe all surfaces with a damp soft cloth and allow all surfaces to dry before use. Use only clean water and a mild soap only. Do not use cleaning products, solvents, products that contain bleach or hot liquids.
2. Regular inspection of parts including hardware, brackets, and plastics, for deformation, corrosion, breakage, wear or compression is recommended. Replace the crutches if any of these conditions exist.
3. If hand grips are loose, DO NOT use the crutches. If rubber crutch tips are worn or cracked, replace the crutch tips IMMEDIATELY.

DISPOSAL:

When the product can no longer be used, the product, accessories and the packaging materials should be sorted correctly. Please be environmentally responsible and recycle this product through your recycling facility at its end of life.

REUSE:**WARNING: Risk of Injury**

Always have a dealer inspect the product for damage before transferring the product to a different user. If any damage is found, DO NOT use the product. Otherwise injury may occur.

OTHER INDICATION AND WARNINGS:

The FDI crutches have been conceived, designed and manufactured with the appropriate materials for medical and/or therapeutic use as walking aids. However, these crutches are not indestructible, and they must be used with the utmost care.

This product is guaranteed against any hidden manufacturing defect. The guarantee does not cover the wearing out of the tips or other elements exposed to wear and tear (such as the soft grips).

In order to ensure safe use, the user must respect the following warnings:

- 1.** The product has been conceived, designed and manufactured exclusively as medical and/or therapeutic walking aid
- 2.** This product must not be used for any other purpose than to aid walking and exclusively for medical and/or therapeutic purposes
- 3.** The manufacturer cannot be held responsible if individuals use this product for any other purpose or in any other way than described in the instructions and warnings contained in this manual
- 4.** Particular caution is required when using the crutches on a wet and/or slippery surface
- 5.** Do not store the product where it is directly exposed to a source of extreme heat or cold
- 6.** FDI crutches are made of aluminium tubes and plastic parts: these materials are inert, non-toxic and non-biodegradable. For their disposal these products are considered as domestic waste, and your local regulations in this regard have to be respected.

MANUFACTURED BY:

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