

Trulife Crutches

Instructions for use

 **PLEASE READ THESE INSTRUCTIONS BEFORE USE AND ALWAYS USE AS ADVISED**

Intended use

These devices are designed to provide support, stability and mobilise people with walking difficulties and disabilities. This is a personal device and is manually operated by the user.

Adjusting the device

The device must be adjusted by your medical professional prior to use.

Height adjustment

To adjust the leg height:

1. Push both spring clips inwards and extend or retract the extension tube to your desired height.
2. Once adjusted to your appropriate height, release the spring clips and ensure the leg is locked in position.
3. Ensure all legs are locked in position before use.

Trough adjustment

1. Undo the handgrip adjustment.
2. Adjust the handgrip so that it is comfortable with your arm in the trough.
3. Tighten the handgrip adjustment.
4. With your arm in the trough, using your free hand secure the hook and loop strap around your arm, so that it is secure and can slip in and out comfortably.

Safety in use



Walking – Non-weight bearing

The affected leg should be kept off the ground by bending the knee slightly and the unaffected leg should take the weight of the user whilst the crutches are placed one step ahead and level with each other. Move forwards between the crutches swinging the unaffected leg through so that it lands just in front of the crutches and repeat

Walking – Partial weight bearing

The affected leg should take some weight for stability and the crutches are placed one step ahead and level with each other. Place the affected leg on the ground just before the crutches and step through with the unaffected leg, repeat.



Safety in use - continued

On stairs

Where possible the user should use a handrail, hold the crutch not in use in the other hand (or give the crutch to someone else) and use the single crutch for support with the handrail.

When ascending stairs, the user should lead with the unaffected leg first, then bring the affected leg onto the same step followed by the crutch and repeat. When descending stairs, the user should place the crutch on the step below followed by the moving the affected leg onto that step and lastly the unaffected leg should be brought onto the same step and repeat.

Sitting

The user should manoeuvre themselves to a position where they can feel the chair/bed behind their legs, the user should place the crutches into the 'H' position (see diagram) for stability, they should then reach behind and feel for the chair handle or mattress whilst maintaining balance with the crutches in the other hand, in a slow and controlled manner (you may need to lean forward slightly), the user should lower themselves into a seating position.

Standing

Place the crutches in the crutches into the 'H' position (see diagram) and place a hand over the handles of the crutches for stability, lean forward whilst pushing on the chair handle/mattress and crutches to move into a standing position. Once standing, place each hand through the cuffs of the crutches and hold the handles facing forwards.



Tips for safety in use

- Avoid wet and uneven floors.
- Remove loose rugs and obstacles before using the device.
- Use the device in good lighting conditions and wear supportive footwear.
- When using the device outdoors be cautious of loose surfaces and icy conditions.
- Always use chairs with arms, preferably high seat chairs.
- Do not use the device if you suspect that it is damaged or faulty.
- Do not store in sub-zero temperatures.



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Maintenance & regular checks

- When cleaning use a mild detergent and warm water.
- Check the rubber feet have plenty of tread showing and are not unevenly worn.
- Check the handgrips are in good condition and secure with no signs of damage.
- Check the spring clips are fully protruding through the adjustment holes.
- Check the adjustment holes for distortion. These should be round, not oval.
- Check the tubing is not cracked or bent. Pay attention to tube joints.



STOP USING THE DEVICE IF YOU DISCOVER ANY LOOSE/WORN/DAMAGED PARTS

ONLY USE TRULIFE APPROVED REPLACEMENT PARTS

REPORT ALL DEFECTS TO THE MANUFACTURER

Reissuing advice

If you plan to reissue this product, all components must be checked thoroughly to ensure they are safe. In addition to performing all the maintenance checks listed above:

- Tubing should be inspected for any deformation or damage.
- Spring clips must be present and in good working order.
- Handles must be in good condition and not loose.
- Ferrules (rubber tips) should be replaced.
- Any worn, missing or damaged parts must be replaced.
- The device must be thoroughly cleaned.
- Any subsequent users of the device must be supplied with proper instructions for use.



If in doubt, do not reissue the device.

Trulife accepts no responsibility for the inspection and reissue of walking aids or for maintaining any records associated with these activities.

Disposal

Please dispose of the device in accordance with local regulations.

Warranty

Trulife walking frames are supplied with a 12-month warranty from the date of purchase against manufacturing or design defects. For further information on the warranty please go to the Trulife website at **www.trulife.com**

This file is available to view and download as a PDF at **www.trulife.com**

Sight impaired customers can use a free PDF Reader to zoom in and increase the text size for improved readability.

TECHNICAL INFORMATION

Code	Type	Adjust-ment	Max height (cm)	Min height (cm)	Max weight (kg)	Cuff Size	Weight (kg)
RM517100	Budget Medium	Double	103	74	160	S	0.6
RM517000	Budget Standard	Double	119	90	160	S	0.6
RM517200	Budget Extra Long	Double	136	106	160	S	0.7
RM516100	Budget Medium	Single	99	74	160	S	0.6
RM516000	Budget Standard	Single	115	90	160	S	0.6
RM516200	Budget Extra Long	Single	132	106	160	S	0.6
RM515000	Comfort Medium	Double	103	74	160	S	0.6
RM512200	Comfort Standard	Double	119	90	160	S	0.6
RM512300	Comfort Standard Large Cuff	Double	119	90	160	L	0.6
RM518600	Comfort Standard Black	Double	119	90	160	S	0.6
RM518200	Comfort Standard Blue	Double	119	90	160	S	0.6
RM518700	Comfort Standard Bronze	Double	119	90	160	S	0.6
RM518800	Comfort Standard Gold	Double	119	90	160	S	0.6
RM518300	Comfort Standard Green	Double	119	90	160	S	0.6
RM518100	Comfort Standard Red	Double	119	90	160	S	0.6
RM512800	Comfort Extra Long	Double	136	106	160	S	0.7
RM512700	Comfort Extra Long Large Cuff	Double	136	106	160	L	0.7
RM513100	Comfort Medium	Single	99	74	160	S	0.6
RM510700	Comfort Standard	Single	115	90	160	S	0.6
RM510800	Comfort Standard Large Cuff	Single	119	90	160	L	0.6
RM511200	Comfort Extra Long	Single	132	106	160	S	0.6
RJ781805	Childs	Double	64	41	100	S	0.5
RJ781801	Childs Blue	Double	64	41	100	S	0.5
RJ781800	Childs Green	Double	64	41	100	S	0.5
RJ781804	Childs Orange	Double	64	41	100	S	0.5
RJ781802	Childs Purple	Double	64	41	100	S	0.5
RJ781803	Childs Yellow	Double	64	41	100	S	0.5
RM520201	Trough Crutches	Single	89	89	160	N/A	0.9