



Elbow Crutches

User Manual

Read manual carefully before installation or use.

Fitting Instructions

Height Adjustment for Hand Grip and Cuff

1. Push the small metal button inward.
2. Gently rotate the pole until the button no longer aligns with the hole and stays pressed in.
3. Adjust the pole to the desired height by sliding it into the crutch (to shorten) or out (to lengthen).
4. Rotate the pole back until the button clicks into place securely in the appropriate hole.

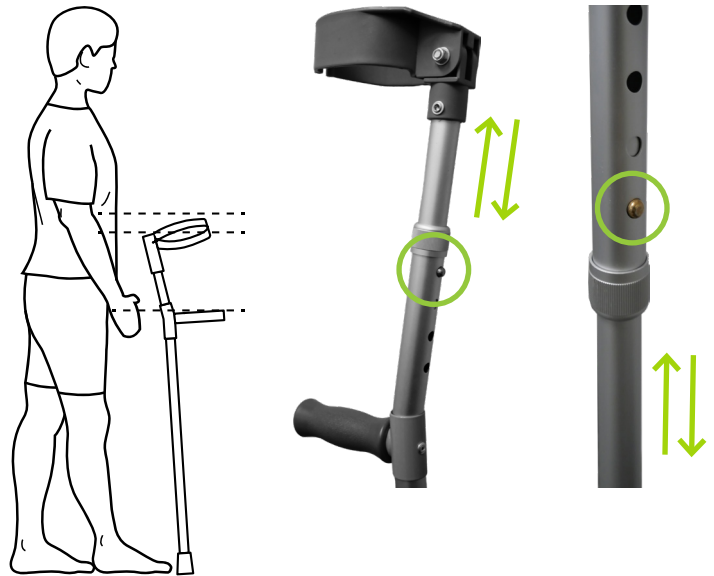
The floor to hand grip height should be set so that the hand grip can be comfortably reached while standing.

The cuff height should be set so that it is positioned just below the elbow. Ensure that the cuff is not too high that it obstructs arm movement or prevents elbow bending.

CAUTION!



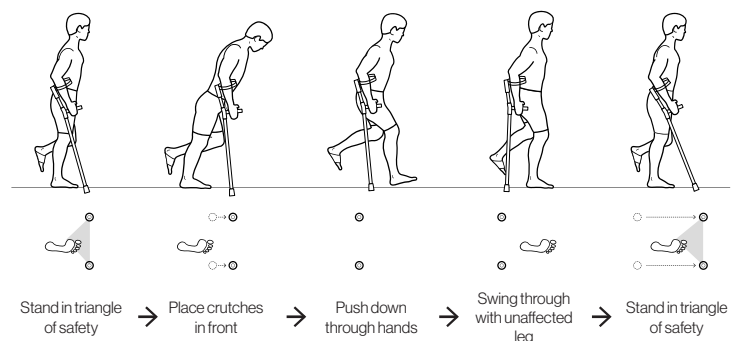
Ensure that the button is fully engaged before using the crutch to bear weight. If not properly engaged, the pole may slip and change height unexpectedly.



Use Instructions

Non-Weight-Bearing Use

1. Keep the affected leg off the ground by holding it slightly up and in front of you.
2. Place the end of the crutches on the ground, roughly one pace in front of you.
3. Move your body forward between the crutches, allowing your unaffected leg to swing through and land on the ground.



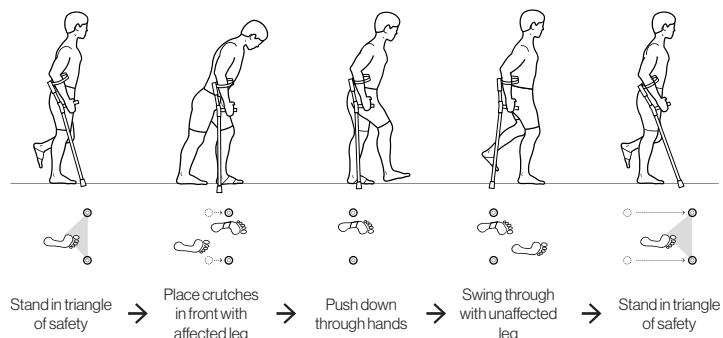
Partial Weight-Bearing Use

1. Place the end of the crutches on the ground, roughly one pace in front of you.
2. Place the affected leg on the ground with the crutches.
3. Step through with the unaffected leg, using the crutches to support an appropriate amount of bodyweight.

CAUTION!



Prior to bearing weight on an injured or compromised leg, please consult your healthcare provider to ensure this is appropriate. Unauthorised weight-bearing can cause injury to the user.

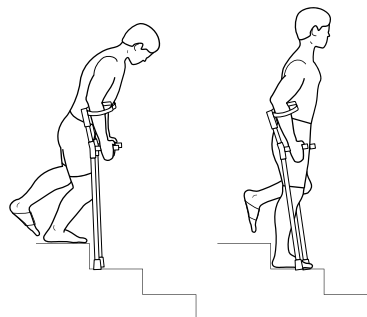


Sitting In a Chair

1. Back up to the chair until back of legs are touching it.
2. Hold both crutches in one hand on the side of the unaffected leg.
3. Reach back with arm on the side of the affected leg and carefully lower into the chair.
4. To get back up, hold both crutches on the side of the unaffected leg again. Push yourself up using the hand grips and chair arms on the side of the affected leg.

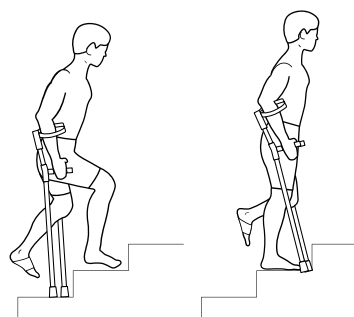
Going Down Stairs

1. Place end of crutches on the stair below, holding affected leg in front.
2. Push down through hands and bear weight on the crutches. If partial weight-bearing is allowed, place affected leg on stair between crutches and bear appropriate amount of weight.
3. Step down to the stair with the unaffected leg.



Going Up Stairs

1. Place end of crutches on the stair below, holding affected leg in front.
2. Push down through hands and bear weight on the crutches. If partial weight-bearing is allowed, place affected leg on stair between crutches and bear appropriate amount of weight.
3. Step down to the stair with the unaffected leg.



Product Suitability

As a family-owned and operated New Zealand company, we are committed to delivering quality products that improve daily living with reliability and care.

For your safety and the best performance of this product, the Elbow Crutches should only be used in accordance with these instructions. Prior to bearing weight on an injured or compromised leg, please consult your healthcare provider. Goldfern Mobility cannot assume responsibility for any injury or damage resulting from unauthorised or unadvised weight-bearing.

This guide is subject to updates without prior notice.

Visit www.goldfernmobility.co.nz/product/elbow-crutches/ to download the most recent copy of the Elbow Crutches Assembly Guide & User Manual.



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