

Your FDI elbow crutches have been manufactured and sold to serve exclusively as therapeutic walking aids. Following instructions will help you to use these crutches safely, and in optimal comfort.

Adjustment of the height

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).
3. **Warning:** without the locking device the crutch cannot carry any weight.
4. 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.



Replacement of the BASE (also called ferrule or tip).

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 elbow 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.



Adjusting the height of the FOREARM SUPPORT (ERGOTECH model only)

The FDI 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 of the HANDLE (ERGOTECH model only).

The FDI ERGOTECH model is equipped with a 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 handle, press the push button under the handle and fold back the handle (picture 1).

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



GENERAL PRECAUTIONS 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 leaflet
4. The crutches are not designed to support a user weight of more than 130 kg
5. Particular caution is required when using the crutches on a wet and/or slippery surface
6. Do not store the product where it is directly exposed to a source of heat or cold
7. To clean the product, use regular soap and clear water only. Do not use cleaning products, solvents or hot liquids.
8. 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.

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



FDI FRANCE MEDICAL, 77 Route de Buatière, 38490 Fitilieu, France