

# Forearm (Elbow) Crutches Guide

Prior to use please read all instructions carefully.

*These instructions are guidelines only. Use only as instructed by a healthcare professional.*

Forearm crutches, sometimes also called elbow or Canadian crutches, are a mobility device to assist with walking. The forearm cuffs and handgrips are designed to take some of the weight on the arms during weight bearing. Learning how to use and adjust forearm crutches properly will reduce the risk of further injury or unnecessary muscle strain.

Forearm crutches, when used correctly, can aid the healing of certain injuries by reducing weight bearing forces that can be potentially detrimental during walking or standing. Healing can then take place with the absence of further tissue damage, to accelerate recovery. Crutches may also improve walking technique and mobility.

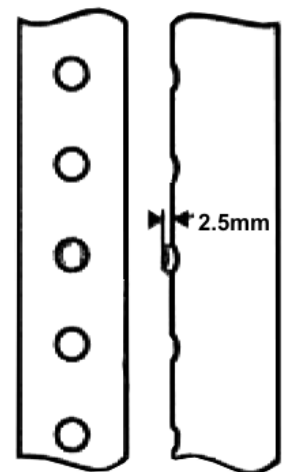
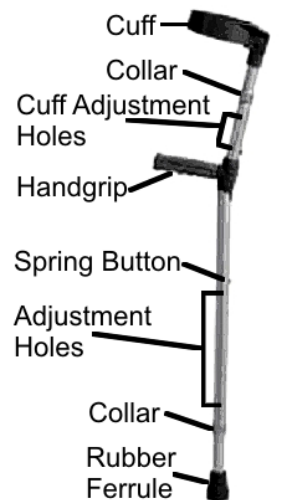
**The Evocare Forearm Crutches are of lightweight aluminium construction, are strong with rubber ferrules for stability and conveniently offer independence, allowing the user to remain active.**

## Adjustment and Use

- Stand up with relaxed shoulders and arms loosely by the side. Someone may be needed to help with balance while the crutches are adjusted. Place the forearm crutch at the side, the handgrip should be approximately at the crease of the wrist. Use the spring buttons at the bottom of the crutches to alter the height. Depress the spring buttons on the leg extension to lengthen or shorten the extension to achieve the proper height. Forearm crutches need to provide you with balance, and should be adjusted to the same height.
- Adjust the cuff on the forearm crutches. Use the spring buttons on the upper part of each crutch to move the cuff. The cuff should be approximately 2cm to 5cm below your elbow.
- Make sure the buttons lock into place before using forearm crutches.
- Hold the handgrip of the crutches, one in each hand, while placing the cuffs on each forearm, with the open end of the U facing outward.
- Consult a health professional about how to use the forearm crutches. Support may be required for both legs while walking or more weight may be required on one foot due to a particular kind of injury. A health professional will advise which crutch to put forward first in relation to stepping.
- Stand up with the crutches in place, and check on the angle formed between forearm and body. The elbow should be bent to 30 degrees.
- Place some, but not all, of the body's weight on the handgrip when walking with forearm crutches. The crutches are not designed to withstand a person's full body weight but to act as a support. Do not subject forearm crutches to sudden impacts or jolts.

## Cleaning and Maintenance:

- Clean the hand grips with a mild soap, detergent or household cleaner.
- Periodically check the rubber tips for rips, tears, cracks or worn tread.



Adjustment Button

Safe Working Load 100kg