

# ProCare® Adjustable Anodized Aluminum Crutches

## Patient Instructions

### ADJUSTMENT INFORMATION:

For maximum fit and assembly; see instructions below:

**1 Height:**

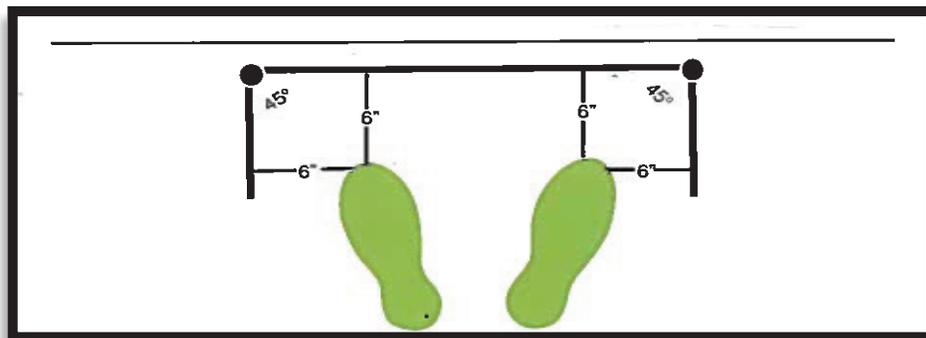
Adjust height by pressing both push buttons, rotating foot-piece, and pulling down until desired patient height is obtained. To help in doing this, the foot-piece has a circular ring marked to indicate location of push-button. Rotate foot-piece again until both push buttons snap back into place.

**2 Handgrip:**

Adjust handgrip to fit an approximate 10° degree bend at patient elbow.

**3 Safety Check:**

With crutches positioned per diagram below, confirm patient can lean forward comfortably while resting on the underarm supports. Patient should not have to stand uncomfortably erect. Ensure both push-buttons are firmly in place and handgrip nuts are tightened securely.



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