

FDI France MEDICAL

USER MANUAL

**ELBOW CRUTCHES: PREMIUM, ERGOTECH, ACCESS SAFE
WALK, ACCESS COMFORT, ERGODYNAMIC**







IMPORTANT:

User: Before using this product, read this manual and save for future reference. If you are unable to read or understand the warnings, cautions, or instructions contact a healthcare professional or dealer before attempting to use this equipment otherwise injury or damage may occur.

Consult your physician or healthcare specialist before using any type of mobility device. He will advise and inform you about the most appropriate way of walking, climbing stairs, getting up from a chair or sitting down with elbow crutches.

Dealer: This manual must be given to the user of the product.

1. SYMBOLS ON THE LABEL OR IN THE USER MANUAL

	Address of the manufacturer	Max. 130Kg	Weight limitation
	Date of manufacture		Invitation to consult the user manual
LOT	Batch number		Respect the safety instruction
REF	Product reference	CE	CE Conformity

2. INTENDED USE

These elbow crutches are a walking aid device. This product is designed for individuals, aged 12 years and older (teens and adults), **weighing maximum 130 kg** with limited walking ability. Do not use for any other purpose than walking assistance. This product can be used for both indoor and outdoor.

ERGODYNAMIC is an FDI France Medical innovation with a shock absorber incorporated to the elbow crutch. It absorbs shock at impact and the resulting rebound effect prevents injuries in the joints (wrist elbow and shoulder).

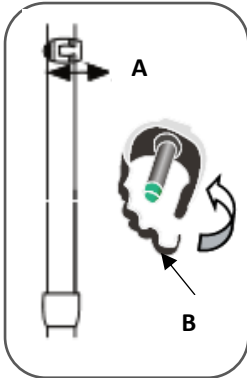
SPRING RATE/ WEIGHT OPTIONS: ERGODYNAMIC is available in 3 spring rate/ weight options (S, M, L). It is recommended that the user selects the correct option for their weight and preference.

Version	Weight of the user
S	Up to 60 kg
M	Between 60 and 75 kg
L	Over 75 kg

The above indications are **recommendations**: it is advised that you try the corresponding version(s) to assure that the chosen version is comfortable. If, under normal walking conditions, you reach the end of the shock absorbing movement, you should choose the next version higher up.

3. USER MANUAL

3.1 Height adjustment

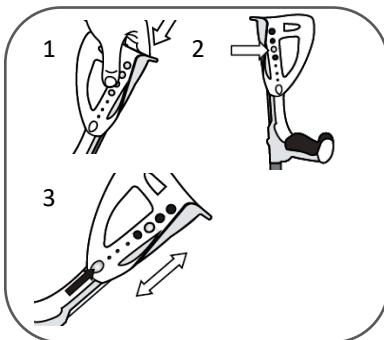


- Open the safety clip on the locking device for dimensional adjustment (picture B); push the locking device outwards using your both thumbs.
- Regulate the height of the crutch by sliding the lower tube in or out the higher tube as necessary. In an up-right position, arms should be bent at a 30° angles and handles should arrive at waist level.
- Once the right height is found, insert the locking device: the two holes of the outer and inner tube have to coincide.
- Close the safety clip of the locking device.
- ⚠ Before putting your full weight on the adjusted crutch, make sure the locking device is inserted and secured properly by putting gradually your weight on the crutch.

⚠ A crutch must be adjusted according the height of the user. A poor adjustment can reduce the elbow crutches performances and lead a too physical effort for the user. In case of doubt, ask an advice to your physician or healthcare professional. Adjust elbow crutches at the same height if you use a pair of elbow.

3.2 Cuff/ Forearm support height adjustment (Model ERGOTECH)

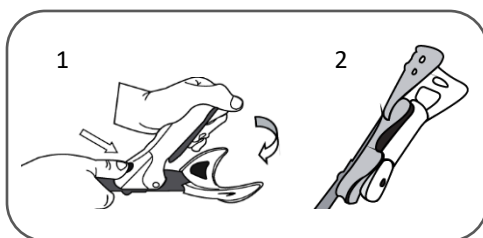
The ERGOTECH model is equipped with a forearm support that can be adjusted in height for more comfort.



- A PUSH button on the inside of this forearm support (picture 1 and 2) allows you to choose between 4 positions in order to fit with your morphology in the best way.
- Press the PUSH button to move up or down the forearm support (see pictures).
 - ⚠ Do not change the height of the forearm support without properly pressing the PUSH button.
- ⚠ Insure the height system is secured before use.

3.3 Folding back handle (Model ERGOTECH)

The ERGOTECH model is equipped with a handle that can be folded inside the cuff. 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.

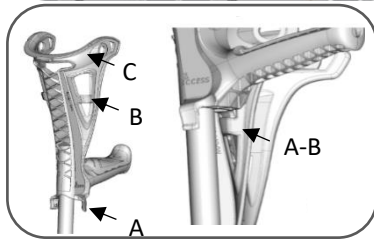
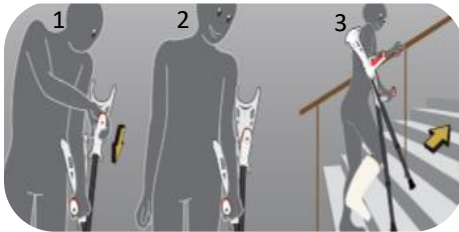


- To fold the handle in, press the push button under the handle (1) and fold (2).
- Simply fold back the handle to use again.
- ⚠ Insure the handle is secured before use.

3.4 Climbing a stair way (Model ACCESS)

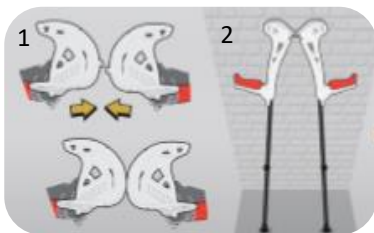
The ACCESS elbow crutches interlock laterally allowing the user to hold a stair ramp in one hand and the crutches in the other.

The locking system is reversible: each cuff is equipped with snap connectors. The user can choose indifferently the side to fix one elbow crutch to the other depending on whether the stair ramp is on its left, or right side.



- With one hand grasp the elbow crutch and fasten it to the "carrying" elbow crutch using the snap connectors (1): insert its hook (A) to the bar (B).
- Stabilize the worn elbow crutch by snapping in the notch (C) of the carrying elbow crutch.
- ⚠ Ensure that the snap connectors are correctly inserted and securely locked to one another (2).
- With one hand hold the stair ramp, lean normally on elbow crutch (3).

3.5 Maintaining the elbow crutches against a vertical support (Model ACCESS)



- Put the two cuffs back-to-back (1).
- Snap the two notches into each other.
- ⚠ Make sure both cuffs are properly secured.
- Place the elbow crutch in an upright position against a flat surface (2).

3.6 Maintaining the elbow crutches on a horizontal surface (Model ACCESS)



- Place forearm crutch on horizontal surface using the lower part under the handle (1).
- or
- Place forearm crutch on horizontal surface using the arch of the crutch intended for this purpose (2).

3.7 ⚠ Before any use always insure:

- Locking device is correctly inserted and secured.
- Base/Ferrule must be in perfect condition. If it worn out, the base must be replaced immediately.
- Handle must be perfectly inserted.
- If any damage is found, DO NOT use the product. Otherwise injury may occur. Consult with your healthcare professional.

4. PRECAUTIONS OF USE

⚠ Failure to comply with the precautions for use may result in serious injury.

- When being used:
 - Firmly hold the handle.
 - Keep the elbow crutch as vertical as possible.
 - The elbow crutch is designed to support the user's weight and should always be used with a short lengthening of the strides.
- When using the ERGODYNAMIC crutches, it is important to maintain a minimum distance of 0,5cm between the fingers and the shock absorber system.
- Maximum static weight the elbow crutch can take is 130 kg; user must never weigh more.
- **Be especially cautious when using elbow crutch on rugs, wet, snowy or any potentially slippery (leaves, sand, gravel) surfaces. Do not use on ice-covered surfaces.**
- While using stair, use a stair ramp instead of one of crutches. if it is possible, use the ACCESS interlocked on side and hold stair ramp. The assistance of a third-party person is strongly recommended.
- In case of fall, let the elbow crutches fall aside and do not hold on to them.
- Never hang bags or any other object on the elbow crutches.
- The grip and the locking device are not designed to be taken off and put back on repeatedly and unnecessarily. This may weaken the button that holds the grip in place or the locking tab and even cause them to break off.
- Never modify the elbow crutches, they have been designed to ensure your security. For the same reasons, only use manufacturer replacement parts.
- Elbow crutches are exclusively for a walk assistance use. Never use them for any other purpose such as tractions or as a lever...
- ERGODYNAMIC has been equipped with the shock absorbing system during the manufacturing process. Once installed this absorber system must not be opened, removed, modified or replaced.

5. CARE AND MAINTENANCE

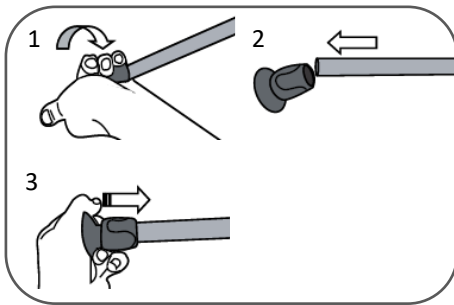
⚠ The lack of care and maintenance of your elbow crutches may cause serious injury.

- Regular cleaning of elbow crutches is recommended, specially grips (handle) or base (ferrule) must be cleaned with clear water. Wipe all surfaces with a damp soft cloth and allow all surfaces to dry before use. Do not use any abrasive product, cleaning product, chemical product, greasy product that could make them slippery or any product that contain bleach.
- All parts of elbow crutch must be very regularly controlled; for your security we recommend control every 6 months by a healthcare professional. Regular inspection of parts including hardware, brackets and plastics for deformation, corrosion, breakage, wear or compression.
- Control the worn state or the cracking of following pieces: base (ferrule), grip, locking device. 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.
- In order to ensure a safety and continuous use, worn parts or cracking parts must be replaced immediately. Exclusively use manufacturer spare parts. You could get the spare parts from your pharmacist or dealer.
- Must not modify this product other than by replacing worn parts.
- In case of non-use for an extended period, we recommend a new control by a healthcare professional before any new use.

Your specialist is the only one authorized to perform maintenance on your elbow crutches.

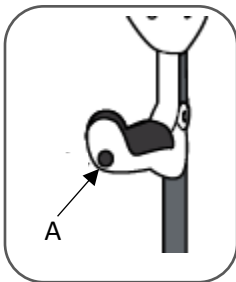
6. REPLACEMENT OF USED PARTS

6.1 Replacement of base / ferrule



- 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 (1 and 2).
- Push the new base with your hand onto the crutch (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.
- ⚠ Before using the crutch, make sure that the base is correctly inserted.

6.2 Replacement of grip /handle



- Use a pen or any other rounded out object to press the dark grey button at the end of the grip (A) The grip will jump out off its position.
- 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.
- ⚠ Before using the crutch, check carefully that the grip is completely and safely clicked into position.

6.3 Replacement of locking device for dimensional adjustment



- Refer to “Section 3 User Manual / Height adjustment” for detailed procedure.

7. LOAN

⚠ Elbow crutches are a personal object and are specifically adjusted to an individual. Risk of Injury, must not share the elbow crutches.

8. STORAGE

⚠ Failure to comply with storage conditions may result in damage of elbow crutches and thus risk of injury.

- Do not store the product in directly exposed to a source of extreme heat (for example behind a window or near a radiator) or cold places.
- If hand grips are exposed to extreme temperature (above 37°C or below 0°C), high humidity and/or becomes wet, prior to use, ensure hand grips do not twist on the crutch handle, otherwise damage or injury may occur. Before use, ensure that all hardware is tightened securely.
- If exposed to extreme temperature, above 41°C, the crutch will be hot and first-degree burns may occur. Allow the crutch to cool before using.
- Keep away from any source of ignition and flame.
- Follow the storage conditions of elbow crutches as below:
 - Keep them in a dry place between 5°C and 41°C.
 - The relative humidity of the air should be between 30% and 70%.

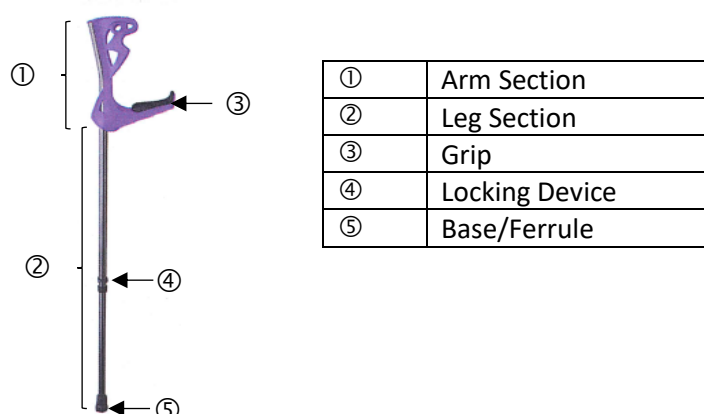
- Protect your elbow crutches against the dust, corrosion (abrasive elements, sand, sea water, salt air) or greasy environment by packaging them.

9. DISPOSAL

Our crutches are made of aluminum 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. Please be environmentally responsible and recycle this product through your recycling facility at its end of life.

10. TECHNICAL SPECIFICATIONS

Make sure that the label on an elbow crutch stays always legible. Replace it if necessary after a demand to your dealer.



MODEL OF ELBOW CRUTCHES	PREMIUM	ERGOTECH	ACCESS SAFE WALK	ACCESS COMFORT	ERGODYNAMIC
Arm section length (min.-max.)	Max. 240 mm	220-267 mm	Max. 217 mm	Max. 222 mm	Max. 245 mm
Arm section length adjustment	-	4 levels	-	-	-
Leg section length (min.-max.)	690-970 mm	690-990 mm	700-993 mm	705-995 mm	735-985 mm
Spring rate /weights range option	-	-	-	-	3 (S, M, L) (*1)
Maximum shock absorbing range	-	-	-	-	32 mm
Support height adjustment	12 positions, 25mm apart	13 positions, 25mm apart	14 positions, 25mm apart	14 positions, 25mm apart	13 positions, 25mm apart
Support angle	24°	24°	28°	31°	21°
Weight per crutch	510 g	530 g	460 g	480 g	S, M : 613 g L : 620 g
Maximum user weight	Max. 130 kg	Max.130 kg	Max. 130 kg	Max.130 kg	Max.130 kg
SPARE PARTS					
Changeable Grip	OPTICOMFORT Soft material, double layer	OPTICOMFORT Soft material, double layer	SAFE WALK Non-slip hard plastic	COMFORT Soft material, single layer	OPTICOMFORT Soft material, double layer
Locking Device					
Bases/Ferrule					
ACCESSORIES					
TRIPOD					
Wrist-Strap					

(*1) Please, refer to section 2 “Intended Use” for details.

11. LIFE EXPECTANCY

Life expectancy of an elbow crutch is influenced by their using conditions and stocking, as well as by their regular care and maintenance. Your elbow crutch stays in a perfect condition during 24 months if you follow imperatively the information provided this user manual.

12. WARRANTY

This product has a warranty of 24 months counting of the purchase date of user against manufacturing latent defects. Please, keep the proof of purchase. This warranty does not cover a normal wear and tear of the elbow crutches especially parts exposed to wear (bases, locking device, changeable grips), the consequences of inappropriate or incorrect use, damaging or poor maintenance due to non-observance of user manual.

13. SERIOUS INJURIES NOTIFICATION

Any serious injury related with medical device must be notified to us as well as to a competent authority of your country.



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These products are Class I Medical Devices according to the EU regulation 2017/745, and are in full compliance with the European and ISO Norm 11334-1.