

## **Folding , Unfolding the Stick**

To unfold, grasp the folded tubes in one hand whilst holding the handle with the other. Release one tube at a time, guide them onto the handle tube(s) until all tubes are connected. Visually check all tubes are seated in place.

To Fold, start at the bottom of the stick, pull the bottom two tubes apart and fold onto each other .Repeat with the remaining tubes, folding them onto each other until the handle tube is reached.

Warning—To avoid injury do not release suddenly, folded sections of the stick.

## **Handgrip Position**

We recommend that sticks should be used with the handle facing backwards and normally held in the hand opposite to the affected leg.

## **Height Adjustment**

To adjust the height, slacken of the screwed ferrule, press the spring button in the uppermost tube , twist the outer tube slightly and slide up or down to the required adjustment hole. Twist the outer tube back into position until spring button protrudes through the hole. Re tighten the screwed ferrule to lock.

When the stick length is correct the user should be able to maintain an upright posture with the elbow slightly flexed. In this way body weight is taken through the stick by pushing down on the stick when walking. It is important that a walking stick is the correct length. Measure the stick with the handle resting on the floor against the arm held in a relaxed position by the side of the body (fig. 1).

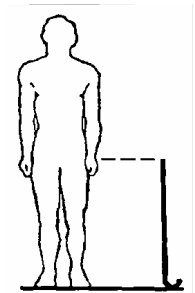


fig. 1

## **Usage**

### **Walking**

Walk, placing the stick on the ground at the same time as the affected leg. Remember that the stick should normally be held in the hand opposite to the affected leg.

### **Getting up and sitting down chairs**

The stick should be near the arm of the chair. Lean forward and, with hands on the arms of the chair, push forward and stand up.

When returning to the chair, turn round, feel the chair behind the legs. Place hands gently on the chair arms, bend forward and lower gently into the chair. The stick can be held or rested nearby.

### **Walking up and down stairs**

Hold onto a handrail if at all possible. The Stick goes on the same step as the affected leg. The Unaffected leg should lead when going upstairs, and the affected leg leads when coming down. However, where possible, go up and down stairs in the normal manner.

## **Safety and Maintenance Information**

Avoid wet floors, outdoor hazards such as wet leaves and ice.

Do not exceed the maximum user weight stated on the product label.

Periodically check for elongated or stressed adjustment holes. Check for split, worn or loose ferrules and loose or damaged adjustment mechanism.

## **Warranty Information**

All Days Healthcare walking sticks are warranted for one year from the date of purchase against faulty workmanship or materials. Please contact your supplier/dealer should a fault occur. The warranty does not extend to the consequential costs resulting from fault clearance, in particular freight and travel costs, loss of earnings, expenses, etc.

The manufacturer will not accept responsibility for any damage or injury caused by misuse or non-observance of the instructions set out above.

