

# Knee Walker

## Operations Manual

Congratulations on your purchase of a knee walker! This medical device is designed to maximize mobility during your recovery from foot injury or ankle injury including a surgery.

**CAUTION:** As with any new physical activity, instruction, practice, and common sense are necessary for successful use of the knee walker. Your health professional or knee walker distributor can provide instruction and a demonstration. Practice operating the knee walker to increase your skill and confidence. Gradually increase the time you spend using the knee walker to allow your muscles to adjust to this new activity.

**WARNING:** Do not use this product without first reading and understanding this manual! If you are unable to understand the cautions, terms and conditions, and instructions, contact a healthcare professional, dealer, or qualified technician before using this product; otherwise injury or damage may occur. Using this product acknowledges that you agree to these Terms and Conditions.

### Steering Column Setup

The steering column will be in a folded position when unpacking it from the shipping carton. This feature also makes transporting the knee walker quick and convenient during everyday use.

### To Raise the Steering Column

The locking mechanism at the base of the steering column has had an added security pin to prevent it from collapsing during use. Push the lever to the left and downward at the same time to disengage the pin and push the steering column upward until it is in the full upright position. Now, release the handle to engage the safety pin (the steering column will stand in the upright position if the safety pin is engaged). Pull the locking mechanism up so that the circular pad rests on top of the steering column folding hinge cutout. Push the lever down so the end of the lever is pointing towards the ground to lock the steering column in the upright position (rotate the lever counter clockwise to loosen and clockwise to tighten the pressure on the lever).

### To Lower the Steering Column

Pull the lever up to release the clamp from the steering column and push the lever forward to disengage. Push the lever to the left and downward at the same time to disengage the pin and gently guide the steering column downward.

**WARNING:** Failure to properly engage the quick-release clamp may cause the steering column to move while the knee walker is in use and may cause you to lose control. With the quick-release clamp properly adjusted, the handlebars will be locked in place.

### Handle Bar height Adjustment

Handle bars are raised and lowered by pushing in the button on the steering column and resetting to correct height. Handle bars should be set at waist level to keep you back straight. Stand on the side of the knee walker where you are pushing foot will be. Lock the parking brake. Release the quick-release clamp on the T-tube and adjust the height of the hand grips to a comfortable upright fit. Relock the quick-release clamp.

**WARNING:** Be sure to check that the quick-release clamp is secure and tight before each use or injury may result.

### Knee Platform Alignment

The knee walker can be used for right or left leg injuries. In case the platform becomes misaligned or loose, read the following steps. To adjust the platform, remove the pin, lift the platform from its frame, turn it until it is aligned forward to back, replace the platform in the frame and reinsert the pin.

### Knee Platform Height Adjustment

Adjust the knee platform from the right to the left side (or vice versa) by unscrewing the large round knob under the platform and pulling the knob out toward you as far as it will go. This will allow you to pull out the entire platform and turn it 180 degrees.

Reinsert the platform post and set it for the desired height. The correct side choice should align the edge of the platform directly above the frame line on the side of the injured leg. Once in place, either insert the pin and lock the clamp on the opposite side; or screw the large knob to secure the platform at the desired height.

WARNING: Injury may result if knee platform setup instructions are not followed.

### Brake Adjustment

For parking, the hand lever for the brake will be in an upright position. Use the 3/16 Allen wrench provided to loosen the hand lever and reposition it to a comfortable use position, re-tightening with the Allen wrench, as necessary. The pressure of the brake mechanism on the brake wheel should be enough so that, when the hand lever is in the fully squeeze position, the brake wheel does not turn but is not overly tight. The tightness can be adjusted with the nuts at either end of the brake cable. Turning the screw clockwise will loosen the brake and turning the screw counter clockwise will tighten it.

### Operation / Movement

- Place your hands on the handlebars.
- Place the knee of your injured leg or foot on the front pad so that the top of your boot or cast is directly over the space between the pads. Your lower leg is then resting on the rear pad.
- Release the parking brake and propel yourself forward or backward with your pushing foot, keeping the knee of your injured foot centered on the front pad.
- Move slowly so that you can stop safely using your pushing foot.
- The hand brake may be used if needed but is primarily designed to maintain a stopped stance.

### Braking

The brake is engaged by depressing the brake lever on the handlebar. The braking wheel must be in contact with the floor and the brake works best with weight on the knee walker.

- Set the brake, squeeze the brake lever and on the brake lever holder.
- To unlock the brake, squeeze the brake lever.

### Parking Brake Troubleshooting

- Set the parking brake by first squeezing the brake lever on the handlebar.
- To release the brake, squeeze the brake lever.

If the brake fails to engage in park, the cable is probably too loose or too tight.

- To correct, adjust the cable with one or both screws at each end of the cable.
- Loosen the snug screw(s) and turn the adjustment screw(s) clockwise to loosen the cable or counterclockwise to tighten it. When adjustments are correct, the parking feature will engage and the brake wheel will not turn when attempting to do so by hand.
- Return each snug screw to its position against the brake lever holder and cable mounting bracket at the lower end of the cable.

If these adjustments do not correct the problem, it may be necessary to make an additional adjustment where the brake cable is attached to the brake shoe.

- Remove the return spring from the brake shoe.
- With an Allen wrench, loosen the screw that secures the brake cable to the brake shoe.
- Inspect the cable for fraying, and replace the cable if need.
- Set adjustment screws at each end of the cable in a mid-position.
- Remove slack from the cable and tighten the screw that secures it to the shoe.
- Re-attach the return spring to the brake shoe.

\*Bicycle mechanics are a good source for advice and repairs of the parking brake if there are other questions.

WARNING: Do not adjust the screw next to the parking brake button.

### WARNINGS

Because the knee walker is lightweight, use of the hand brake while in motion may cause an abrupt stop.

- Do not use the knee walker on or near stairs or while using mind-altering drugs or alcohol or while suffering from dizziness.
- Do not use the knee walker pull yourself up from a seated or other position. The knee walker is intended for use with a person in place on the scooter.
- Use caution when moving from carpeted to hard surface floors and on any rough surfaces or when changing levels (for example, moving from a curb to the street and back onto the sidewalk). Check the knee walker frequently for any loose cotter pins, clevis pin or loose nuts or bolts and the quick-release clamp on the T-tube. **Do not use the knee walker if any pins are missing.**