

**Model Nos:** 8298C 8265C 8267C 8263C

**Maximum User Weight:** 180kg (28st)  
(Do not exceed this weight)

**Model Nos:** 8253C 8303C 9731C 8251C 8249C

**Maximum User Weight:** 160kg (25st)  
(Do not exceed this weight)

**Model Nos:** 8300C 8351C 8353C

**Maximum User Weight:** 160kg (25st)  
(Do not exceed this weight)

**Model Nos:** 9302C 9304C

**Maximum User Weight:** 100kg (16st)  
(Do not exceed this weight)

- The Coopers Elbow Crutch is intended for use by persons with disabilities or difficulty in walking, but who are capable of mobilising themselves.
- The Coopers Elbow Crutch can be used indoors or conditionally outdoors
- The Coopers Elbow Crutch is personal mobility device that is operated manually by the disabled user\*

\*A disabled user is a disabled person or a person not having the full capacity to walk unaided

The Coopers Elbow Crutch is intended for a single user and is a non invasive device

### USING CRUTCHES

Please read all instructions before use.

A full assessment of the user's specific requirements is needed before selecting crutches. A number of different gaits or walking patterns can be used depending on the individual, and it is therefore important that adequate support and consequently, safety, is achieved.

A physiotherapist should advise on the most appropriate walking pattern when using crutches.

Double adjustable crutches; adjust both the cuff to handgrip and the handgrip to floor distances.

Single adjustable crutches; only adjust the handgrip to floor distance.

### ADJUSTMENT

General guidance unless instructed by a physiotherapist.

Cuff to handgrip - Position cuff just below elbow.

Floor to handgrip - Position handgrip to wrist height.

#### Horseshoe Clip Adjustment

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.

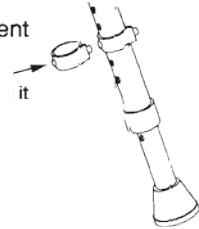
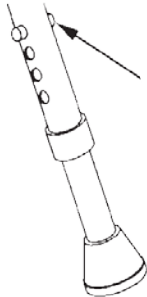


FIG. 1

#### Spring Pin Adjustment



1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located before use.

FIG. 2

### HOW TO USE CRUTCHES

(These are our recommendations only and should be checked with your physiotherapist.)

#### Non Weight Bearing

1. Keep the affected leg off the ground by holding it slightly in front with the knee slightly bent.
2. Move the crutches one pace forward, slightly apart and level.
3. Move body forwards between the crutches allowing the unaffected leg to swing through.

#### Partial Weight Bearing

Where the injured leg can take some weight.

1. Move the crutches one pace forward.
2. Place the affected leg on the ground level with the crutches, which supports some of the body weight.
3. Step through with the unaffected leg.

### STAIRS

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe. Hold onto at least one handrail if possible. Hold the spare crutch together with the handle of the remaining crutch.

The crutch(es) go on the same step as the affected leg.

#### Going Up

The unaffected leg goes first, with the crutches, being followed by the affected leg onto the same step. The procedure is repeated.

#### Going Down

The affected leg goes first with the crutches, being followed by the unaffected leg onto the same step. The procedure is repeated.

### CHAIRS

#### Getting Up:

Crutches should be near or held in one hand. Push up with one crutch and the opposite arm of the chair to assist in standing. Once standing up, ensure the arm is secured inside the cuff.



#### Sitting Down:

Position yourself in front of the chair ready to sit down. Remove both arms from the crutches, hold the crutches in one hand or place near chair. Sit down.

## WARRANTY

All Coopers products are warranted for 12 months from the date of purchase against manufacturing or design defects.

#### The warranty is subject to the following conditions:

- It does not apply to wear and tear, inappropriate or incorrect use, or non-observance of User Instructions.
- Defective set up by the user or third parties or negligent or careless treatment.
- Use of unsuitable or unapproved spares or unauthorised alteration.
- The warranty does not extend to consequential costs resulting from fault clearance, loss of earnings or expenses

**THIS IN NO WAY AFFECTS YOUR STATUTORY RIGHTS.**

### GENERAL SAFETY

- 1 Use a chair with high seat and arms to help you sit and stand up with ease.
- 2 Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
- 3 Ensure lighting in hallways and stairways is adequate.
- 4 Wear flat supportive shoes.
- 5 Avoid wet floors.
- 6 Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- 7 Do not store this product in temperatures below freezing.
- 8 Take special care if carrying a bag or similar package.
- 9 All equipment should be regularly inspected for any damage or significant signs of wear.

#### Check for:

- Bent or damaged tubes or cracks at the tube joints.
  - Both buttons of the spring clips are present or horseshoe clips are not loose or worn.
  - Elongated adjustment holes.
  - Loose handles.
  - Smooth, worn or split ferrules (rubber tips).
  - Replace where necessary.
- 10** Regular cleaning with a mild detergent or disinfectant is recommended. **DO NOT** use bleach or any solvents (such as lighter fluid).

### LIFE EXPECTANCY

We estimate a life expectancy of 2 years for this product, provided that:

- It is used in strict accordance with the intended use as set out in this document.

- All service and maintenance requirements are met.

The estimated life expectancy can be exceeded if the product is carefully used and properly maintained.

The life expectancy can also be considerably reduced by extreme or incorrect usage.

*The fact that we estimate a life expectancy for this product does not constitute an additional warranty.*



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Conforms to  
The Medical Device Directive 93/42/eeC 1993

