

Use Instructions



Video tutorials can be viewed on our website at: www.iwalk-free.com/instruction-videos

Learning iWALK2.0 is surprisingly easy! Most people are proficient in a couple minutes or less. But everyone is different, so be realistic in your expectations and use good judgement to insure your safety and success.

Before using your iWALK2.0 for the first time:

1. You've assembled and fit the iWALK2.0 according to our instructions.
2. You do not have strength or balance impairments.
3. Your good leg is free of conditions that would limit your success (example, arthritic knee, hip replacement, etc.).
4. If you don't have an assistant, you do have a rail, wall, sofa back, or similar that you can rely on should you lose your balance.
5. You're ready to experience a whole new level of freedom during your recovery!

A quick note on using canes or crutches during learning: If you're more comfortable using a cane or crutch as a training aid, then feel free to do so, however, our experience is that these devices usually increase the time it takes to become proficient on the iWALK2.0.

PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY

STEP 1:

Stand with your iWALK foot directly beside your uninjured foot. Place your feet shoulder width apart.

STEP 2:

Take a couple minutes to learn the balance of the crutch by doing the following exercises. Your feet should remain stationary.

- a. Stand erect with your arms straight, palms touching the outside of your thighs. Bending at the waist, slide either hand down your leg until it's beside your knee. Return to erect position, and repeat with your other hand. Continue to alternate leaning both ways for several repetitions.
- b. With arms straight, place your palms against your thigh. Bend at the waist until your hands touch your knees, then return to erect position. Repeat several times.
- c. Experiment with slightly leaning in all directions.
- d. Continue these exercises until you feel comfortable enough to try walking.

STEP 3:

- a. Place your feet as in Step 1 and place your hand on the handle as shown in 3A. Your first step will be with your UNINJURED leg, your iWALK leg will follow.
- b. Stand erect with good posture and look forward (not down). Slowly push down and forward on the handle.
- c. As you continue to tilt the crutch forward, it will feel natural to take a step with your good foot. Try to start with short steps.
- d. As soon as you step with your good leg, follow immediately with your iWALK leg.

TIPS AND TRICKS:

1. The more you relax, the easier it will be to learn. Don't fight the crutch or try to muscle through it. Learn to rely on it and allow it to hold your weight. Your body is smart and will quickly and automatically adapt to the device. You'll be iWALKing efficiently in no time.
2. Fatigue in your good leg and glutes is normal. This will reduce substantially as your body learns the device.
3. Keep your head up, maintain good, erect posture, and don't look down. Walk as normally as possible.
4. After you gain confidence in the device, you'll start to "stub your toe" during the swing thru phase of your gait. This is normal, and it shows that you're getting very comfortable with the crutch. Very soon, you will automatically adapt your gait by hip hiking to clear the iWALK during swing through.

STEP 4:

Continue to practice. Once you've gained basic skill, you can then adjust the Knee Platform up to the optimum height. Proper Knee Platform height makes your gait more efficient and reduces fatigue.

STEP 5: (no illustration provided)

After wearing the straps for a few minutes, the straps may loosen initially. If you cannot obtain enough tension by pulling on the tension side (Gray Buckles) of the Straps, then re-adjust the adjustment side (black buckles) - See Fitting instructions for details.

STEP 6: STAIRS

Stairs are easy on the iWALK2.0, however, stairs should NOT BE ATTEMPTED until you've gained full proficiency. Always hang onto the rail(s) when using stairs.

UP - Always lead with your good leg, followed by your iWALK leg. Take one step at a time.

DOWN - Always lead with your iWALK leg. Take one step at a time. On steeper stairs you may need to slightly rotate your body so that the foot of your injured leg can clear the step.

