

TM
MD CRUTCH

MOBILITY DESIGNED
Instructions For Use

L10003 Rev 2 (9/29/17)

Thank you for your purchase of the M+D Crutch™!

At Mobility Designed, we believe mobility should be as painless as possible. The M+D Crutch™ was born out of personal inspiration to make life better for someone we love. It is our sincere hope that the M+D Crutch™ will assist you with your mobility in ways that you never thought possible.

Please read this booklet in its entirety; this crutch is unlike anything you have used before and we want to make sure you are familiar with all of the features and proper use before using it. If you have any questions about your ability to use this mobility device, please consult your physician.

We are excited to have you on this journey with us as we step into the future of mobility!

Sincerely,
M+D Team

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Contact info, FAQ, & tutorial videos found at:
www.mobilitydesigned.com

M+D Crutches Models

MD10013 M+D Crutch Pair - White

MD10014 M+D Crutch Pair - Black

MD10015 M+D Crutch Left - White

MD10016 M+D Crutch Right - White

MD10017 M+D Crutch Left - Black

MD10018 M+D Crutch Right -Black

MD10008 SKU Package, Replacement Feet

MD10009 SKU Package, Replacement Cradle Pad

Height and weight range

This device is suitable for users

4 ft 11 inches to **6 ft 8 inches** in height

(1.5 m to 2.03 m)

Maximum weight:

300 lb

136 kgs

Intended Use

English- Intended Use

The M+D Crutch™ is to be used as a walking aid for patients who are non-weight bearing on a single lower extremity, or for users who require additional support when walking.

Nederlands- Beoogd gebruik

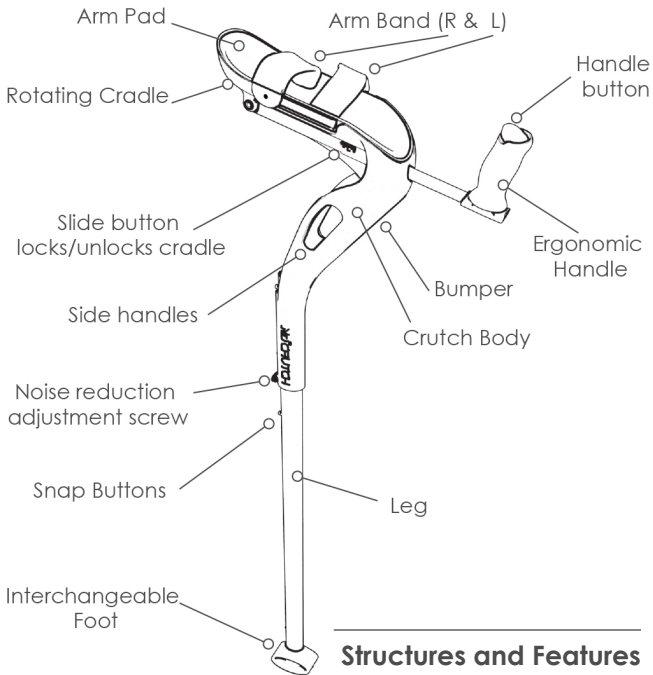
De M+D Crutch™ wordt gebruikt als loophulpmiddel voor patiënten die niet-gewichtsbelasting op één van de onderste ledematen, of voor gebruikers die behoefte hebben aan extra ondersteuning bij het lopen.

Français - Utilisation prévue

La M+D Crutch™ doit être utilisée comme aide à la marche pour les patients qui ne portent pas de poids sur une seule extrémité inférieure ou pour les utilisateurs qui ont besoin de soutien supplémentaire lors de la marche.

Español- Uso previsto

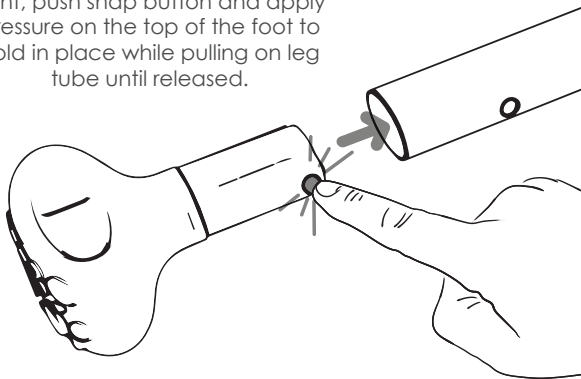
La muleta M+D Crutch™ debe utilizarse como ayuda para caminar en pacientes que no soportan peso en una sola extremidad inferior, o para usuarios que requieren apoyo adicional al caminar.



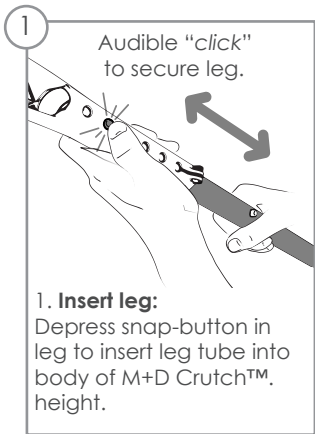
*Tip- Recommendations from the manufacturer.

▲ Caution- User should take particular care to review.

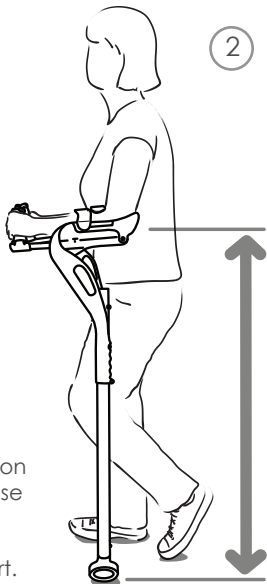
*Tip: feet are designed for easy removal and are snug to reduce noise. If you find removing foot is tight, push snap button and apply pressure on the top of the foot to hold in place while pulling on leg tube until released.



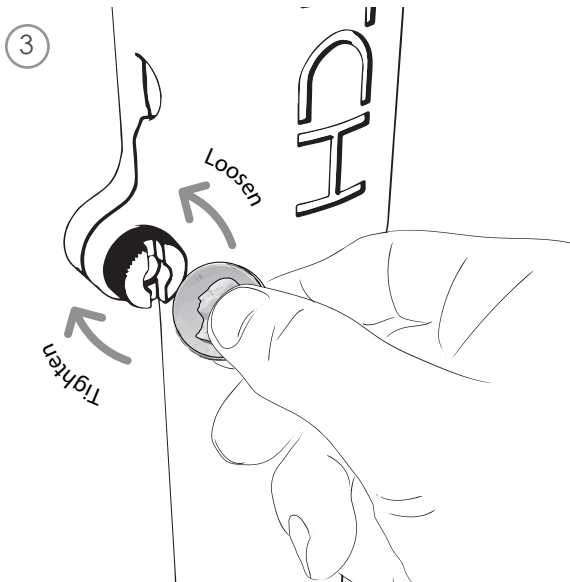
Inserting foot: Depress snap button, insert foot-stem into leg tube aligning with hole in leg.



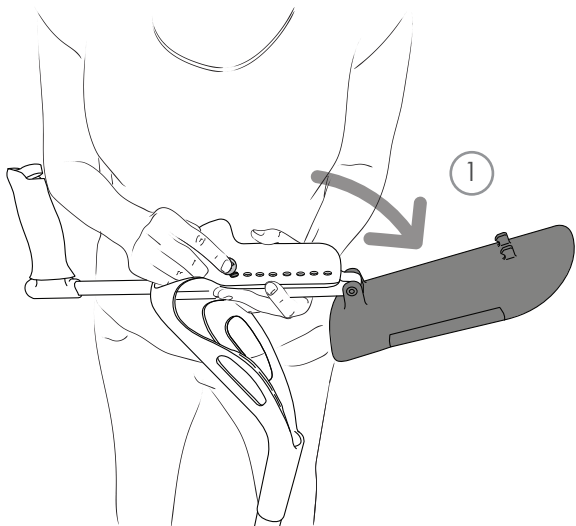
*Caution: If snap-button pushes too far inside leg; stop use of crutch, use flat-head screw-driver to pop back out. If unsuccessful call us for support.



2. Height adjustment: Standing upright, elbow should be firmly supported without lifting shoulders.



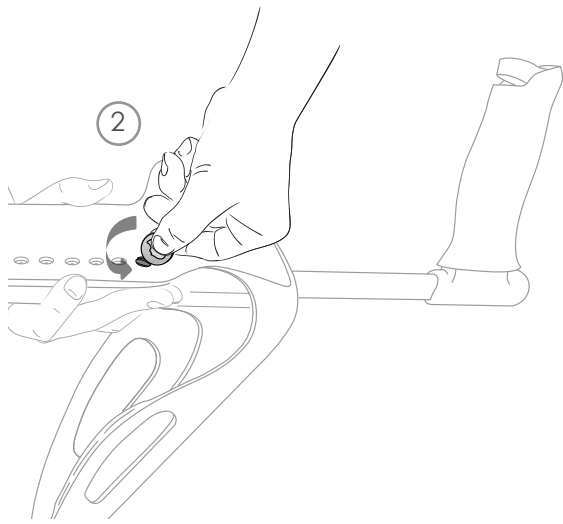
3. **Finger tighten noise reduction screw** until finger tight. Snug up with screwdriver or coin to eliminate leg rattle.



Adjusting handle length (step 1 of 4):

Press slide button to unlock the cradle. Raise cradle up and out of the way.

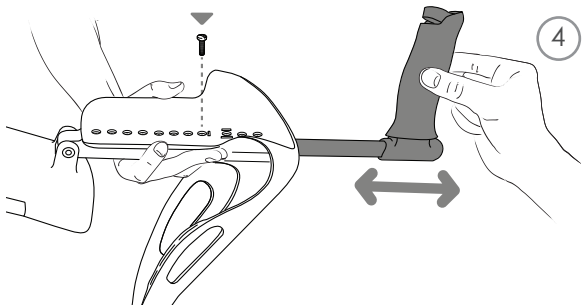
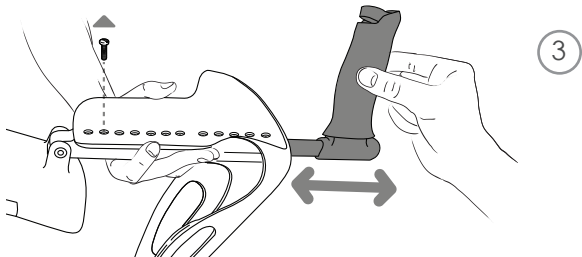
Tip: For best fit, elbow should be snug at back of cradle with no pressure on palm of hand while gripping handle.
*Reference chart on packaging for easy sizing



Adjusting handle length (step 2 of 4):

Use coin or screwdriver to loosen screw.

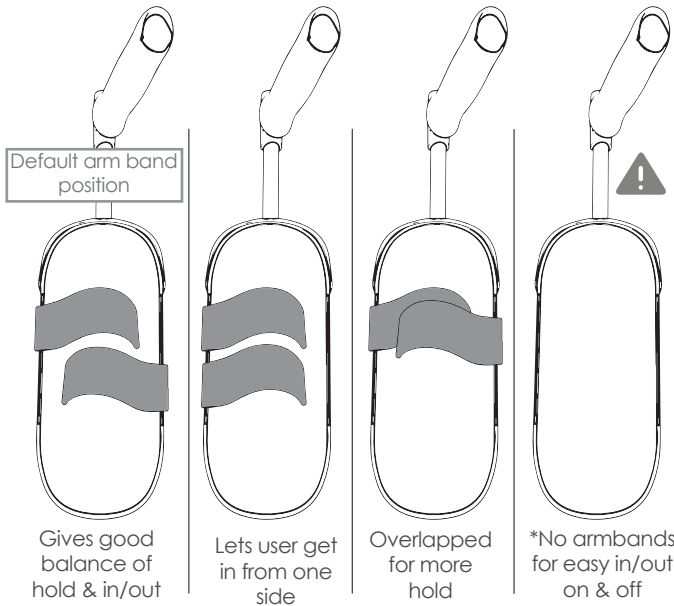
Tip: For securing screw, Either hole in handle tube is usable.
Thread and tighten securely with tool or coin.



Adjusting handle length (step 3 & 4 of 4):

Step 3 : Remove and adjust handle length.

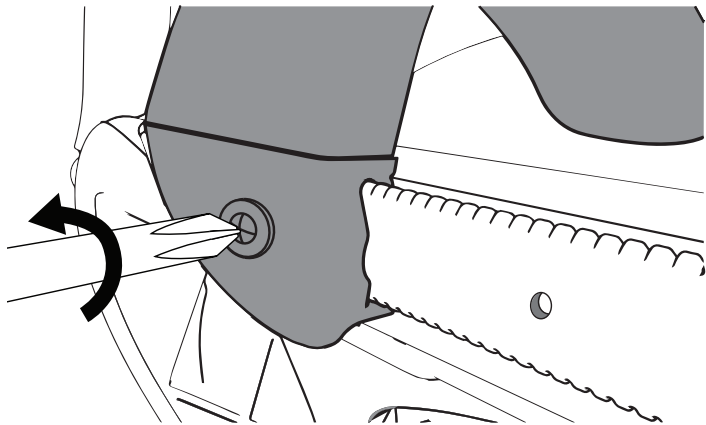
Step 4: Insert screw in handle tube, and tighten.



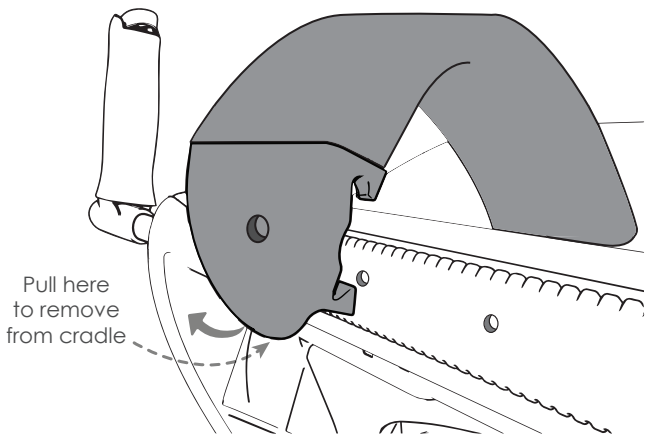
Arm Band Placement options



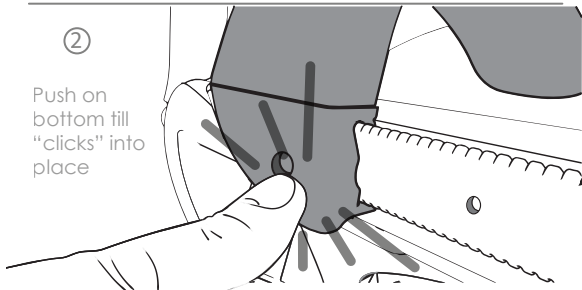
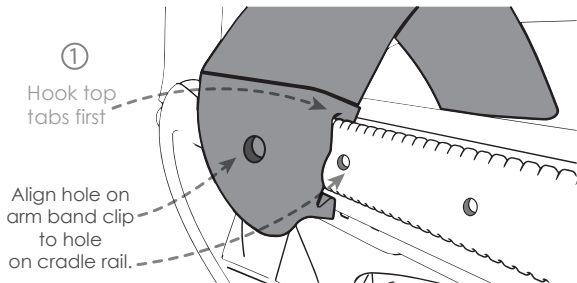
*Caution, do not use *Hands Free* without arm bands.
Only use this without armbands if fully comfortable



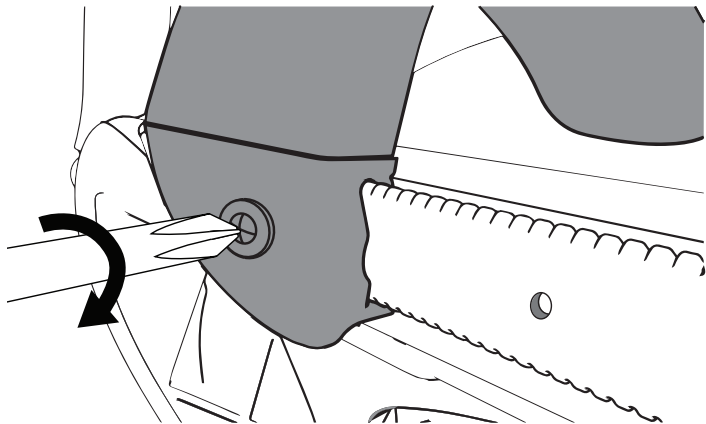
Step 1. To change the arm band placement remove screw using a screwdriver.



Step 2. Pull up on bottom hard plastic arm band clip to pop off side rail.



To place arm bands back on cradle align top of arm band clip to lip of cradle rail. Press firmly to hook top tabs to rail. Ensure top and bottom tabs of arm band clip are on engaged to rail.



Make sure both top and bottom tabs of arm band clip are securely snapped to rail, then place washer and screw in arm band clip and tighten screw using a screwdriver.

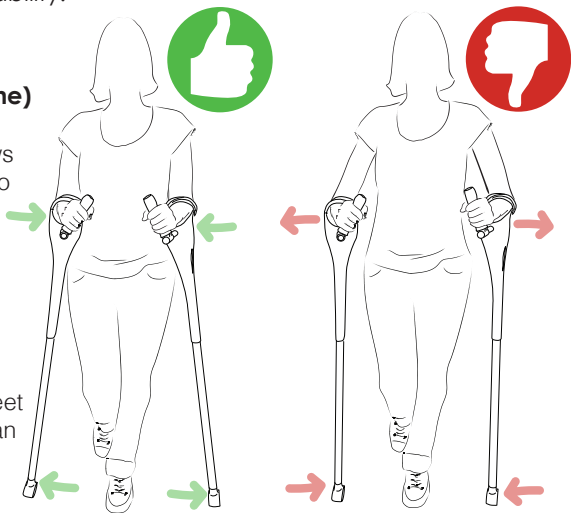
The ABC's of the M+D Crutch are the key to maintaining good stability.

A

(A-Frame)

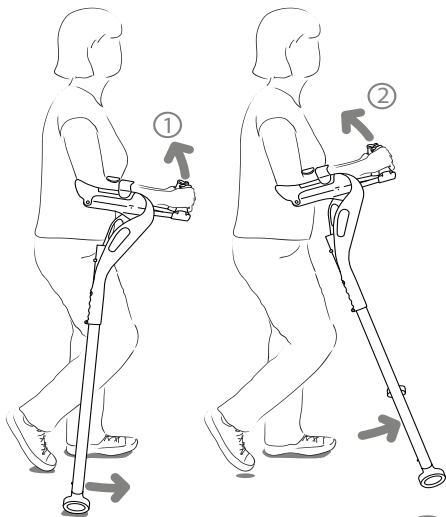
Elbows
tight to
your
sides

Crutch feet
wider than
shoulder
width

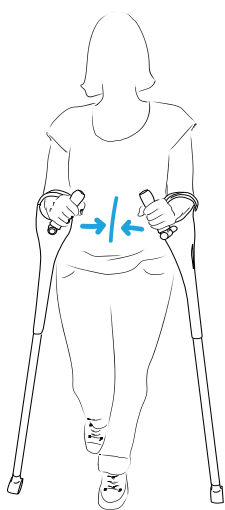


Make an **A-FRAME** with your crutches by keeping your **ELBOWS IN** tight to your sides and placing your crutch feet out to give your A-frame a **WIDE BASE**

B (Bicep curl)



C (Core engaged)



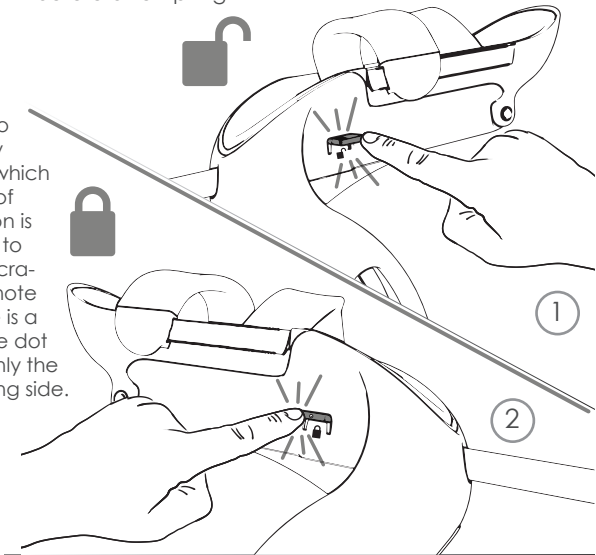
Keeping your elbows tight to your sides move crutch feet forward doing a small **BICEP CURL**.

Keep your elbows in, **CORE ENGAGED** and back straight.



Caution: Unlocking cradle allows freedom of motion. Become comfortable using crutch before attempting

Tip: To easily feel which side of button is used to lock cradle, note there is a braille dot on only the locking side.

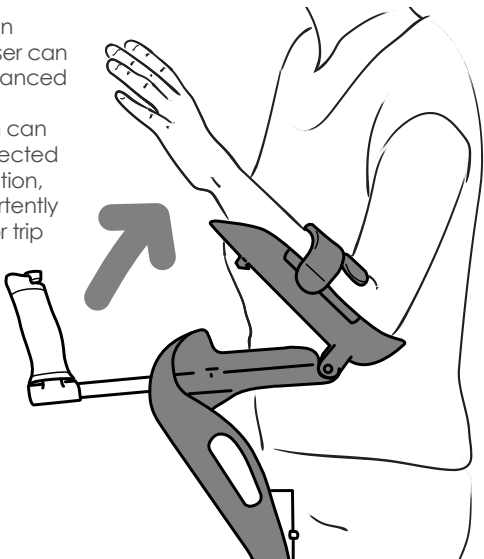


1. Unlocking cradle: push button flush to body.

2. Locking Cradle: push button (with braille dot) flush.

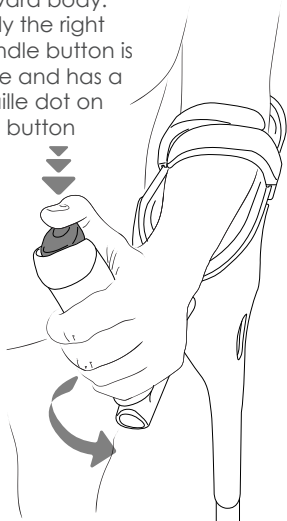


*Caution: When reaching up, user can become unbalanced if crutch leaves ground. Crutch can move in unexpected ways, take caution, it could inadvertently hit something or trip someone.



Using unlocked cradle: allows user to click in and out for freedom of movement without taking crutches off. 21

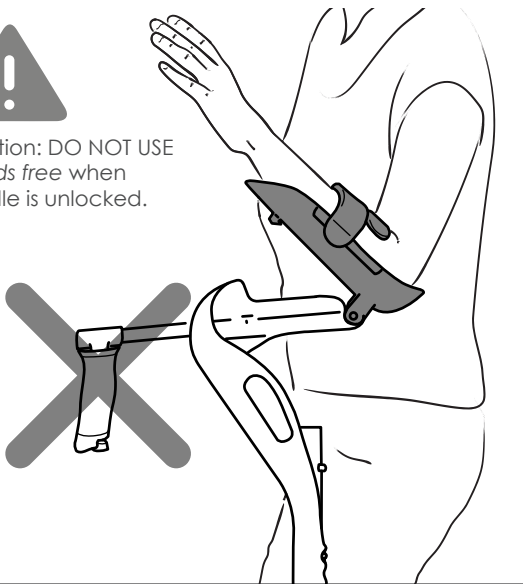
Tip: Handles are hand specific and angle inward toward body. Only the right handle button is blue and has a braille dot on the button



Rotating Handle: Push button and rotate handle out of the way.



Caution: DO NOT USE
hands free when
cradle is unlocked.



Caution: Using unlocked cradle with hands free could cause user to become unstable.

Replacement Parts

Replacement feet and arm pads can be purchased at www.mobilitydesigned.com

Maintenance and Cleaning

Dust and dirt should be brushed or wiped with a cloth or disposable towel. If the rubber feet have gotten very dirty, they should be removed and washed in soapy water, then dried carefully with a cloth before being replaced on the crutch. It is important to watch for damage to the rubber feet. If the rubber feet have serious splits or damage, they should be replaced.

FAQ

1. What do i do if the snap button gets stuck inside leg?

Do not use if stuck inside leg. Use thin flat-head screw driver to pop back out. If unsuccessful, call us for support.

2. How long does the foot last before it wears out? Crutch feet wear differently for each person depending on the amount of use, surfaces used on, etc. The foot should be replaced if the tread pattern is worn smooth. If there is noticeable cracking or damage is visible, or if there is de-laminating from hard plastic foot stem; please call for a replacement and/or warranty if applicable.

3. Are there training videos for the M+D Crutch™? There are training videos available at mobilitydesigned.com to show you the basic techniques for using the M+D Crutch™. Please consult your Physical Therapist or Occupational Therapist for additional tips and training based your specific needs.

4. How long will it take me to learn how to use them?

Whenever you are learning to use a new Personal Assistive Device, there is a learning curve. The time varies for each individual based upon your personal experience, physical condition and comfort level. Most users tell us it took them from a few hours to a few days to be comfortable using the M+D Crutch™.

5. How do i clean my M+D Crutch™? Use water and a paper towel or rag for cleaning.

M+D Crutch™ Warranty

The M+D Limited Warranty covers your M+D Crutch™ and M+D branded accessories against manufacturing defects for one year from the date you received your product. Our warranty is in addition to rights provided by consumer law.

Our warranty doesn't cover damage caused by accidents or unauthorized modifications. See the warranty for complete details at www.mobilitydesigned.com

Product Warranty

Contact info:

Mobility Designed, LLC

1.844.637.STEP (7837)

816.945.STEP (7837)

1427 West 9th ST, SUITE 503

Kansas City, MO. 64101

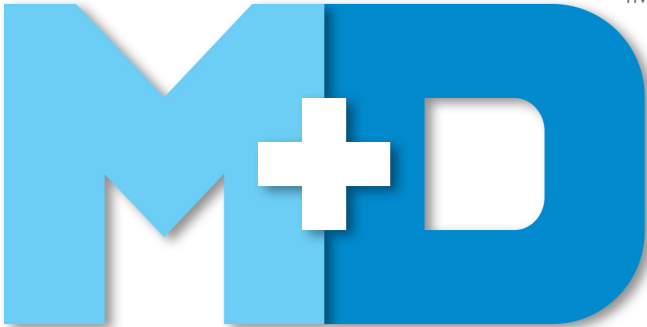
844.637.7837

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FDA Registration Number: 3012093174

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