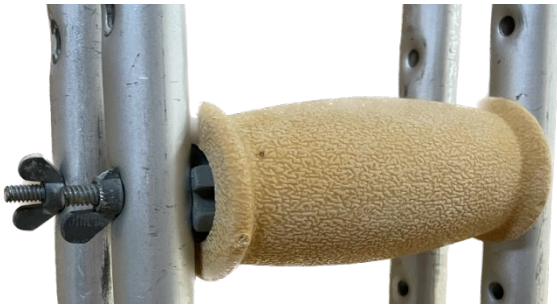


Turn and pull out the inner tube, put it into a hole with a suitable height (15-30 degrees of elbow bending) and fasten it.



Two finger widths from the armpit.



Buttons on both sides to adjust the length of the crutch.



15-30 degrees of elbow bending

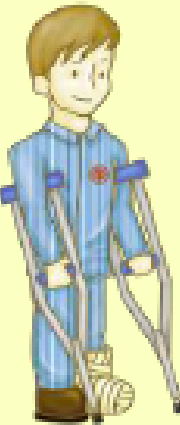


Two finger widths from the armpit.

When standing, use your arms for support to avoid compression of the axillary pads on the brachial plexus.






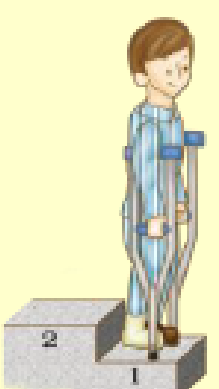
The bottom is 15-20 cm in front of the toes.



Walking on land

		
<p>The healthy limb supports the body weight, and crutches come out together.</p>	<p>Affected limb moves forward.</p>	<p>Crutches to support body weight, healthy limbs to walk forward.</p>

Stairs

		
<p>Stand still, supporting your weight on crutches.</p>	<p>The healthy limb goes up the stairs first.</p>	<p>And the crutches and the affected limb will go up at the same time.</p>
		
<p>The healthy limb supports the body weight, crutches go down the stairs first.</p>	<p>Affected limb going down stairs.</p>	<p>Crutches to support the weight, the healthy limb to go down the stairs.</p>

Please note:

- Please stand firmly before walking forward. The pace should not be too large.
- When standing, use your arms for support to avoid compression of the axillary pads on the brachial plexus.
- When walking, look forward with your head up and chest out, and don't walk in a jumping way.
- Regularly check the bottom of the assistive device to avoid adhesion of sand or stones.

***The crutches borrowed by the residential service team are for emergency use. Please go to the health security team to match the correct height of assistive devices the next day, and return the emergency crutches to the residential service team. Thank you!**