PROPER ADJUSTMENT

Proper height adjustment is achieved when the top of the cane handle is even with the wrist crease, while the user's arm hangs naturally at their side. This measurement usually results in an approximately 15 - 30° elbow bend when the user is holding the device in their hand. This is a proper adjustment for someone using a single cane looking to offset 20% - 35% body weight from their affected leg.

When using the device to offset less weight, it is possible to adjust the cane slightly higher and achieve a longer gait, as long as the user's shoulder does not rise through the end of the stride.

To adjust the cane, loosen the tube-nut between the upper and lower tubes. Depress the lock-button on the back of the lower tube. Adjust height to the proper level and be sure the lock-button "pops" into the nearest adjustment hole. Recheck for fit as described above. Once proper adjustment is achieved, tighten the tube-nut.

WARRANTY

LIMITED LIFETIME WARRANTY:

StrongArm Mobility warrants the original consumer purchaser their StrongArm Forearm Cane is free of defects in materials and workmanship for the lifetime of the product. This limited lifetime warranty reflects our confidence in the specifications and processes used throughout the manufacture of this device, and assures you many years of dependable service.

This warranty does not cover ordinary wear and tear or device failure due to misuse or negligence. Forearm Cushions, Handgrips, and Floor Tips, are considered wear components and as such are only warranted to be free of defects of material or workmanship for six months from date of purchase. Remedies: in the event of a defect covered by this warranty, StrongArm Mobility will, at our option, either repair or replace the defective part. Consumer must obtain prior approval to send defective unit pre-paid postage back to StrongArm Mobility and include copy of original receipt.

ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE HEREBY DISCLAIMED. STRONGARM MOBILITY ALSO DISCLAIMS ALL LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

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USER LIMITS

Universal Model adjusts 30 - 39", Fits users approximately 5’3” to 6’4”. Cradle opening 3.5”. 350 lbs. recommended maximum user weight.

Replacement Handgrips, Cushions and Tips are available for order through www.StrongArmMobility.com

EASY HANDLING

When not in use, the cane cradle conveniently hooks over your arm and allows you to freely perform tasks with your hands.

Customer Service:
Phone: (888) 482-1569
Fax: (847) 735-9290
or on the web at www.StrongArmMobility.com
CONGRATULATIONS!
on Your Purchase of a StrongArm Forearm Cane

The StrongArm Forearm Cane is the latest advancement in walking aid design—combining the elegance of a cane with the support of a forearm crutch. We sincerely hope you enjoy this product and the thoughtful care we have put into designing and manufacturing each of these canes.

If used as instructed below, the product will provide years of service and keep you safe and balanced as you move throughout your day. The unique one-piece upper tube provides a handle to grasp and a cradle to support your forearm to stabilize your wrist and make the cane feel like a solid extension of your arm.

HOW TO USE

SINGLE CANE

When using a single StrongArm Forearm Cane, it should be held in the hand opposite your affected leg—this keeps your body weight centered over your unaffected leg.

Place your forearm into the cradle from the top of the device. Place your palm on the top of the handle and allow your fingers and thumb to drape on opposite sides of the handle. Avoid rotation of the palm to the inside which can cause stress to the wrist, or to the outside which can cause the wrist bone to come in contact with the cradle support tube.

Evenly grasp the handle so that the web between your thumb and index finger have only gentle contact with the doughnut shaped stop of the handle—this properly aligns the forearm in the cradle.

To properly move forward, start by taking a step with your unaffected (good) leg. Now take a step with your affected leg and the StrongArm Forearm Cane together. (The tip should be placed approximately even with the ball of your foot—just forward of the arch).

Be sure to maintain an erect posture and square shoulders. As the cane proceeds through the end of your stride it is important to point your elbow to the rear to avoid "lifting" your shoulders, which can cause undesirable stress on the upper body.

PAIR OF CANES

When using two StrongArm Forearm Canes, grasp the handles as described previously. Start your motion by placing the tips of the canes out in front approximately the distance you would normally step and approximately three inches wider on either side than your hips. Swing your body between the two canes supporting your weight and land approximately equal distance from where you started. Continue by repeating swing through steps.

STAND ASSIST

To assist standing from a sitting position, first move to the edge of your seat. Place the StrongArm Forearm Cane between your legs such that the tip on the floor is in back of your center of gravity and the handle is chest high or lower.

Orient the handle sideways to your body as shown. Grasp the cradle with one hand and the handle with the opposite.

Bend your body forward over your legs until your center of gravity is over your feet and stand using your leg and arm muscles. Once standing, rotate the device to properly orient the handle and use as described above.

CARE INSTRUCTIONS

Periodically, clean your StrongArm Forearm Cane grip and cushion with a mild soapy solution, do not use alcohol or harsh solvents. Rinse and let dry before use. Store in a cool dry place. Avoid long-term exposure of the grip and cushion to direct sunlight. Replace grip or cushion with any signs of material degradation. Replace tip when bottom shows uneven wear in excess of an 1/16 of an inch (1.5 mm).