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knee scooter

A qualified medical professional should educate and train users for appropriate use. It is your responsibility to use this device correctly.

Properly sizing and adjusting your knee scooter will be essential so that you can use the scooter safely and optimize for comfort.

The two main things that need to be adjusted are the height of the knee rest and the handlebars. The correct knee pad and steering column height will vary for each person.


Height Adjustment

Stand up straight while holding onto a stable item. Next, bend your injured extremity 90 degrees. Measure the distance from the bottom of your bent knee to the floor.

After you've taken note of the distance between your knee and the floor, adjust the height of the knee pad to match the same distance. It should be equal in height from the surface of the knee pad to the floor.

The proper handlebar height should be about the same height as your waist. Unlock the handlebar height adjustment knob and set the height accordingly. Before you get on your knee walker, you must engage and lock the brakes. Stand next to the knee scooter, with your injured leg next to it. Grab onto both the handlebars before you place your injured side onto your knee walker. You should be standing with your posture upright and comfortably on your good leg. You should not hunch over the unit.

Your injured leg should be resting on the knee pad at a 90-degree angle, and your hips should be even. Make any necessary adjustments to the knee rest height if needed. With both your hands holding the stride first.



handlebars, use your good foot to push yourself forward. Start with a small Your injured leg should be resting on the knee pad at a 90-degree angle, and your hips should be even. Make any necessary adjustments to the knee rest height if needed. With both your hands holding the handlebars, use your good foot to push yourself forward. Start with a small stride first. Always keep both hands on the handlebar when riding.

Use the hand brakes to slow and control your current pace along with applying weight with your good foot to come full stop.

Turn the handlebars to guide the wheels in the direction you would like to go. Take note of your model's turning capabilities. Most models can turn 40-45 degrees. Depending on how tight the corners are, you might need to do a three-point-turn.

Always come to a complete stop before getting off. Once stopped, lock the brakes so that the knee walker remains stationary. Keep your hands on the handlebar while coming off the unit. Do not place any added items onto the cushion.

It is your responsibility to maintain and provide upkeep of this item. It is your responsibility to use this device correctly.

