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## PATIENT USER GUIDE and SAFETY INSTRUCTIONS

Congratulations on choosing the Free Spirit™ Knee and Leg Walker. We're confident that it will give you the comfort and performance you want during your healing process. Before using your unit, please refer to the information below to ensure your safety and comfort. The tiller (handle bar) is shipped unassembled. Slip the tiller over the front bracket. Insert bolts through bracket and tighten nuts. Slip the padded knee rest into the hold provided. Lock it in place at the desired height, using the black knob and bolt provided. Tighten the knob securely.

**CAUTION:** When unit is in use, make sure black pull pin on tiller latch is in the closed position and quick release lever is folded in toward unit.



- A. Adjust the tiller ❶ up or down according to your height. Make sure the knob ❸ is fully tightened.
- B. Adjust the padded knee rest ❷ up or down according to your height. Make sure the knob is fully tightened.
- C. Check to make sure the tiller latch ❹ is tight.
- D. Check all tires to make sure they are not worn or cracked.
- E. Test the loop hand brakes ❺ to ensure that they are in good working order.

When you start using your Free Spirit™:

- Practice turns slowly until you get the "feel" of your unit.
- Do not mount or dismount on an incline.
- Stay on hard surfaces and off grass and sand.
- Do not use on or over stairs.

### ADDITIONAL SAFETY TIPS

- Do **NOT** use on stairs or an escalator.
- Do **NOT** let someone push you. The Free Spirit™ is not designed to be used as a wheelchair.
- Do **NOT** stand on your unit.
- Children under twelve should not use the unit without adult supervision.
- Always lock the loop hand brakes when getting off the unit.
- Do **NOT** try to ride your unit over curbs or rough terrain.

Following common sense safety is the key to an enjoyable and safe experience on your Free Spirit™ Knee and Leg Walker.

**TO FOLD THE STEERING COLUMN (MAST) FOR EASY TRANSPORT:**



Step 1

Step 2

Step 3



Step 4

Step 5

**To Lower Mast:**

Step 1 – open tiller lever

Step 2 – loosen silver screw knob opposite the tiller lever, a couple of turns

Step 3 – pull out black knob, allowing the mast to be lowered

Step 4 – move mast slightly out to the side, tuck it back under the knee rest platform

Note: If the knee platform is in the lowest position, the mast will not tuck completely under the knee platform.

**To Raise Mast:**

Reverse Steps 1 - 4 above

Step 5 – Silver bolt should be tightened enough so that mast is firm, not wobbling. The silver lever should close to  $\frac{1}{4}$ " –  $\frac{1}{2}$ " from casing (not touching it) as shown in Step 5 above.