

# **iWALK** 2.0 USER MANUAL

## *Easy as 1-2-3*

### 1. ASSEMBLE



Easy, quick, tool free

### 2. FIT



Self fit in minutes

### 3. WALK



Learn in minutes,  
On/Off in seconds

Video tutorials available



**iwalk-free.com**

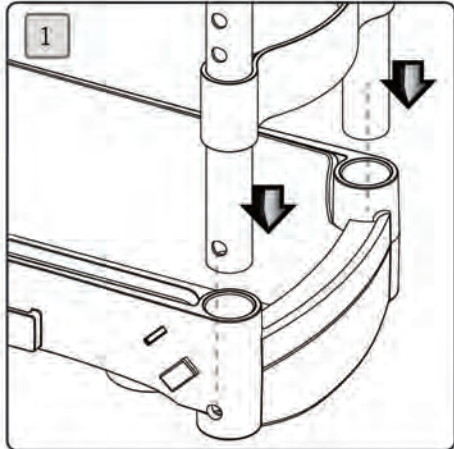
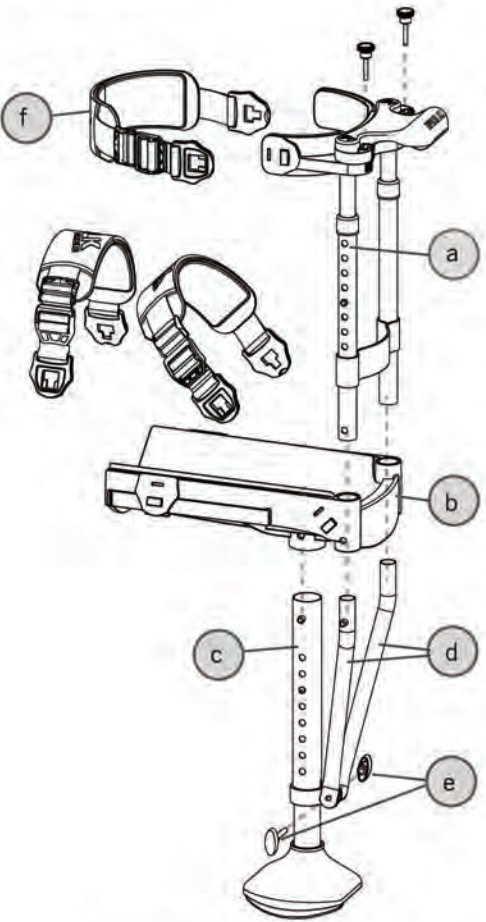


# Assembly Instructions

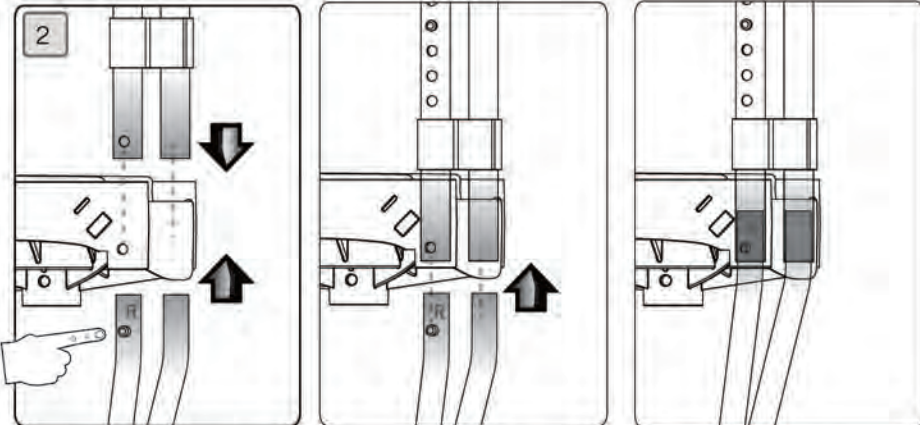


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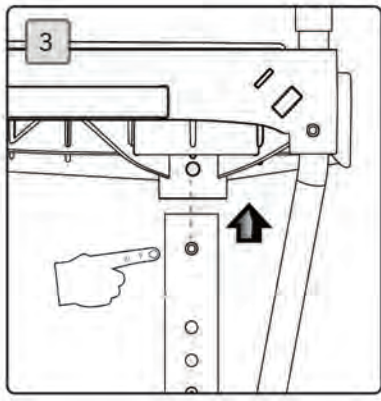
- a. Upper Assembly
- b. Knee Platform
- c. Lower Assembly
- d. Support Tubes
- e. Clamp Bolt and Nut
- f. Straps



**Step 1** - With the Handle facing forward, insert the tubes of the Upper Assembly into the sockets of the Knee Platform. If the hole at the bottom of the Left tube does not align with the hole in the Platform, simply rotate the tube until it does.

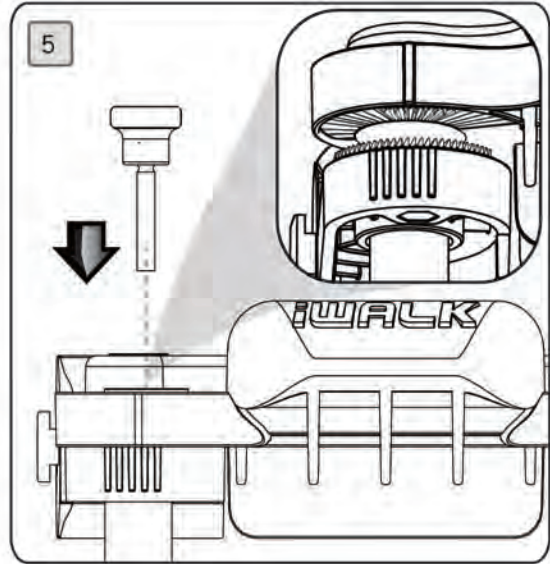
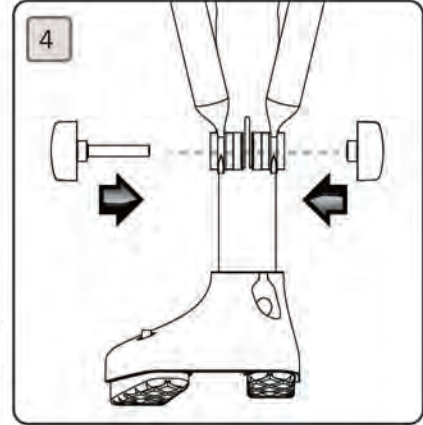


**Step 2** - Identify the Right side Support Tube by the small "R" stamped near the top. Press in the small silver button and insert the Support Tube into the bottom of the Knee Platform socket until the button springs into the hole. Make sure the two tubes and the Knee Platform are securely locked together. Next, insert the Left Support Tube.



**Step 3** - Attach the Lower Assembly to the Knee Platform by pressing in the silver button on the Height Adjustment Tube and inserting the tube into the socket of the Knee Platform. Tug on the tube to confirm that it is securely locked in.

**Step 4** - Position the Clamp so it aligns between the ends of the support tubes. You can use gentle pressure to move the Support Tubes while you rotate the Clamp into position. Gently push the support tube ends and align all 4 holes, then insert the Clamp Bolt through the holes. Thread the nut onto the end of the bolt. Do not tighten completely yet.

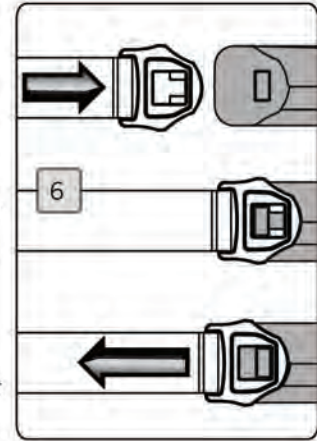


**Step 5** - Before attaching the Thigh Support to the Handle, note that there are raised "teeth" on the upper surface of each Thigh Support and on the lower surface of the Handle. These teeth must interlock to prevent rotation of the Thigh Supports when the crutch is in use.

Insert the Thumb Screw into the slot on either side of the Handle. Align the hole in the top of the Thigh Support with the threaded end of the Thumb Screw. Thread the Thumb Screw into the nut located below the surface of the Thigh Support. As you tighten, ensure that the interlocking teeth mesh correctly. Finish tightening the Thumb Screw by hand. Repeat on other side. Flex the Thigh Supports in and out to make sure they are secure.

**Step 6** - Align the hole in the Strap T Lock Buckle with the raised "T" lock on the Thigh Support. Pull back on the buckle to lock it in. Repeat for the other side of the strap. To remove the buckle, simply push forward on the buckle until it releases. The Gray buckle should be located on the outside of your leg. Crutches ship configured for right leg use. To change to left leg use, simply remove and reverse the straps and rotate the foot 180 degrees.

*Note* - If one of the 3 straps has white Velcro on its end, install this strap at the front of the Knee Platform.



# Fitting Instructions



Video tutorials can be viewed on our website at: [www.iwalk-free.com/instruction-videos](http://www.iwalk-free.com/instruction-videos)



**PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY**

**STEP 1:**

- A) Remove the 3 straps
- B) Loosen the Thumb Screws so that Thigh Supports can rotate freely.

**STEP 2:**

Position the Foot for left or right leg use by pressing in the adjustment spring heads and rotating the Foot into position.

*! Improper orientation of the Foot can cause an unstable condition which could result in a fall and injury. Check the printing on the front of the Foot to make certain it is oriented correctly.*

**STEP 3:**

Adjust the height of lower crutch by aligning the bottom of the "V" at the back of the Knee Platform with a point 1-1.5' below the bottom of your kneecap.

Make sure the adjustment spring heads are FULLY ENGAGED, then tighten the Clamp Nut and Bolt.

*Note - For learning, the Knee Platform is intentionally positioned slightly lower than optimum. Later, you will raise it to full height.*

Grasp the Handle and carefully kneel on the crutch. At this point DO NOT rely on the crutch for balance or support! With feet side by side and shoulder width apart, you should have a slight bend in your good knee.

*! Both adjustment spring heads must be fully engaged in the adjustment holes before putting weight on the crutch. Failure to do so could result in a fall and injury.*

**STEP 4:**

Position the Thigh Supports as high as possible on your leg by pulling up or pushing down on the Handle while pressing the adjustment spring button.

**STEP 5:**

A) Tilt the crutch slightly inward by pushing the handle toward your body centerline until both Foot Treads are contacting the ground. Hold this position.

B) Next, rotate the inner Thigh Support until it's firmly against your inner thigh.

C) Firmly tighten the Thumb Screw to lock in this position, then repeat this step for the outer Thigh Support.

*Note - It's not uncommon for the inner Thigh Support to be rotated further in than the outer one.*

*! Make sure that the interconnecting teeth of the Thigh Supports and Handle are fully engaged and that the Thumb Screws are firmly tightened.*

**STEP 6:**

The Straps are composed of 2 sections. The side with Black buckles is for length adjustment. The side with the Gray buckles is for final tensioning only (to put on and take off the crutch)

Fully extend both sections of the Strap by lifting on the lip of the Tension Lock Buckles while pulling out on the T Lock Buckles. Repeat for all 3 straps.

**STEP 7:**

Install the 3 Straps onto the Crutch. Install the Black T Lock Buckles on the inner leg side of the crutch.

*Note - if one of the straps has White Velcro, install it at the front of the Knee Platform.*

**STEP 8:**

A) Holding the Handle, kneel on the crutch. Drape the Strap over the back of your knee and install the Gray T Lock Buckle onto the Knee Platform.

B) Position your knee at the front of the Knee Platform and pull on the end of the Adjustment side of the Strap until it's snug (but not fully tightened).

C) Cinch down the strap by pulling down on the Tension end of the strap. If tensioned properly, it should be difficult to push a finger between the strap and your leg. When finished, secure the strap end by connecting the Velcro tab at the end of the strap to the Velcro strip between the Black and the Gray buckles.

D) Repeat for the other two Straps.

**STEP 9:**

Slide the Knee Strap up or down so that it's tight against your lower thigh.

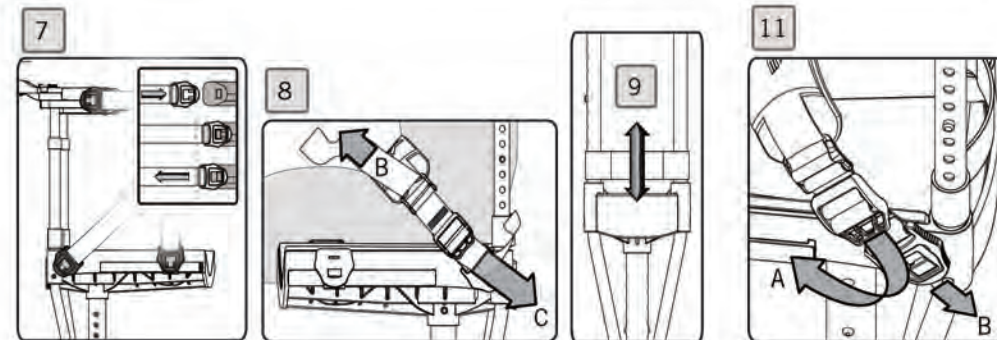
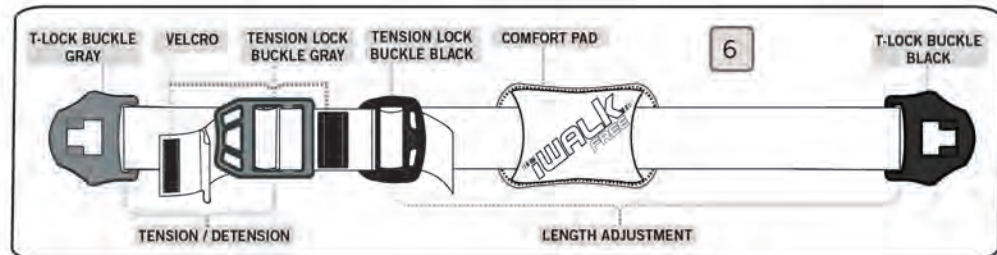
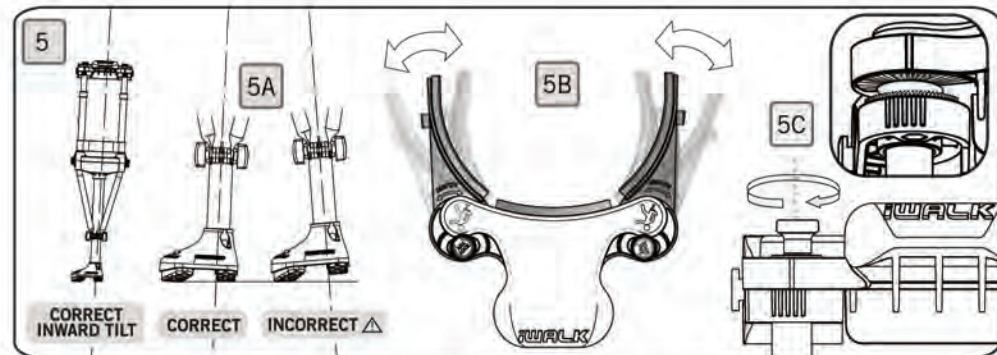
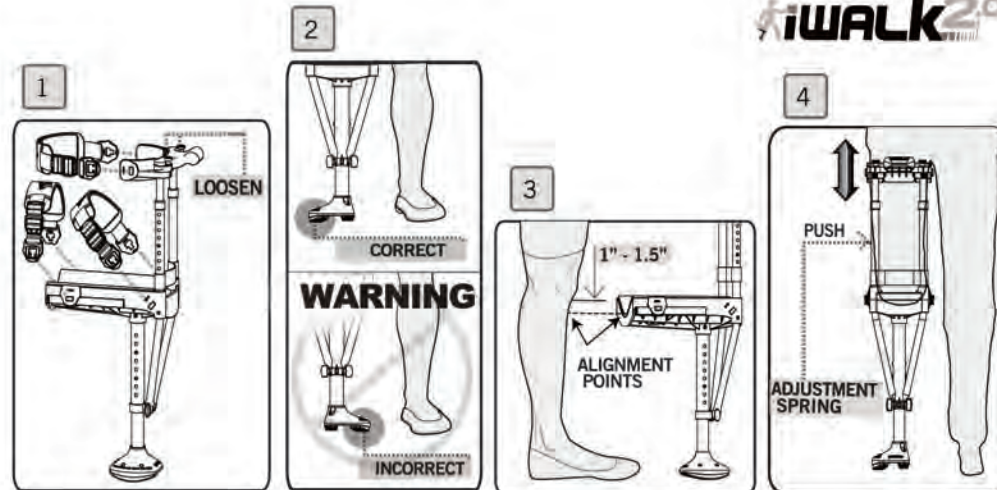
**STEP 10:**

Slide the Comfort Pads so that they are centered on the back of your legs. You can tuck any excess Adjustment Strap underneath the logo section of the Pad.

**STEP 11:**

A) To remove the crutch, detension the strap by lifting the lip of the Gray Tension Lock buckle.

B) Once tension is relieved, remove the Gray T Lock buckle. Repeat for the other two Straps.



# Use Instructions



Video tutorials can be viewed on our website at: [www.iwalk-free.com/instruction-videos](http://www.iwalk-free.com/instruction-videos)

Learning iWALK2.0 is surprisingly easy! Most people are proficient in a couple minutes or less. But everyone is different, so be realistic in your expectations and use good judgement to insure your safety and success.

## Before using your iWALK2.0 for the first time:

1. You've assembled and fit the iWALK2.0 according to our instructions.
2. You do not have strength or balance impairments.
3. Your good leg is free of conditions that would limit your success (example, arthritic knee, hip replacement, etc.).
4. If you don't have an assistant, you do have a rail, wall, sofa back, or similar that you can rely on should you lose your balance.
5. You're ready to experience a whole new level of freedom during your recovery!

A quick note on using canes or crutches during learning: If you're more comfortable using a cane or crutch as a training aid, then feel free to do so, however, our experience is that these devices usually increase the time it takes to become proficient on the iWALK2.0.

## PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY

### STEP 1:

Stand with your iWALK foot directly beside your uninjured foot. Place your feet shoulder width apart.

### STEP 2:

Take a couple minutes to learn the balance of the crutch by doing the following exercises. Your feet should remain stationary.

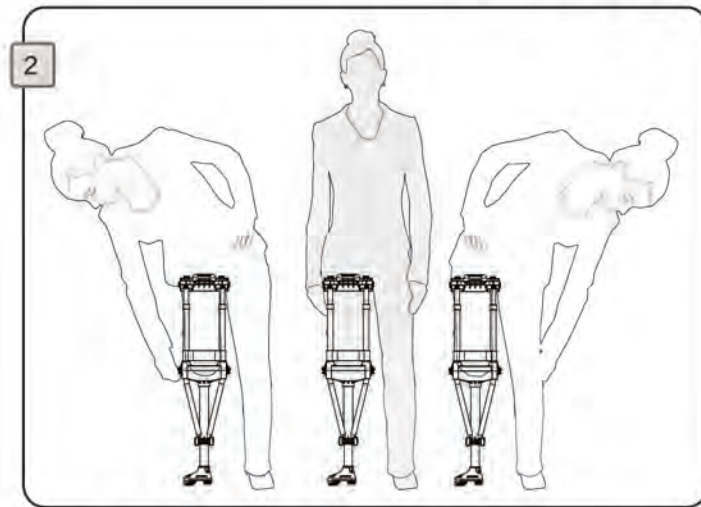
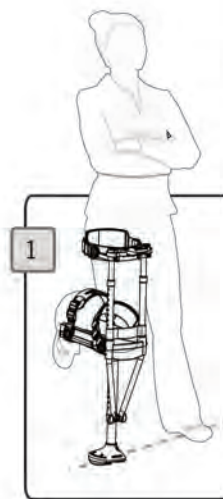
- a. Stand erect with your arms straight, palms touching the outside of your thighs. Bending at the waist, slide either hand down your leg until it's beside your knee. Return to erect position, and repeat with your other hand. Continue to alternate leaning both ways for several repetitions.
- b. With arms straight, place your palms against your thigh. Bend at the waist until your hands touch your knees, then return to erect position. Repeat several times.
- c. Experiment with slightly leaning in all directions.
- d. Continue these exercises until you feel comfortable enough to try walking.

### STEP 3:

- a. Place your feet as in Step 1 and place your hand on the handle as shown in 3A. Your first step will be with your UNINJURED leg, your iWALK leg will follow.
- b. Stand erect with good posture and look forward (not down). Slowly push down and forward on the handle.
- c. As you continue to tilt the crutch forward, it will feel natural to take a step with your good foot. Try to start with short steps.
- d. As soon as you step with your good leg, follow immediately with your iWALK leg.

## TIPS AND TRICKS:

1. The more you relax, the easier it will be to learn. Don't fight the crutch or try to muscle through it. Learn to rely on it and allow it to hold your weight. Your body is smart and will quickly and automatically adapt to the device. You'll be iWALKing efficiently in no time.
2. Fatigue in your good leg and glutes is normal. This will reduce substantially as your body learns the device.
3. Keep your head up, maintain good, erect posture, and don't look down. Walk as normally as possible.
4. After you gain confidence in the device, you'll start to "stub your toe" during the swing thru phase of your gait. This is normal, and it shows that you're getting very comfortable with the crutch. Very soon, you will automatically adapt your gait by hip hiking to clear the iWALK during swing through.



### STEP 4:

Continue to practice. Once you've gained basic skill, you can then adjust the Knee Platform up to the optimum height. Proper Knee Platform height makes your gait more efficient and reduces fatigue.

### STEP 5: (no illustration provided)

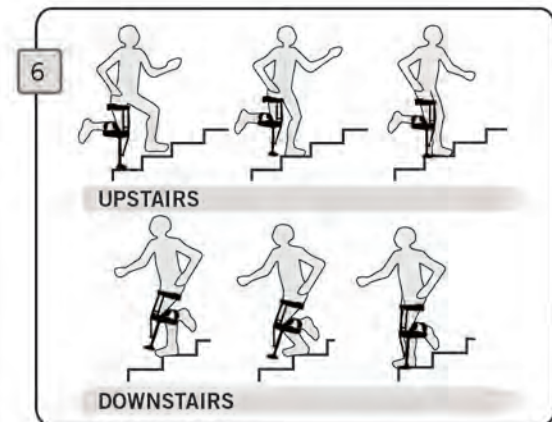
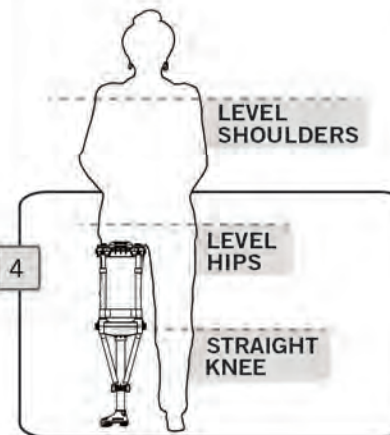
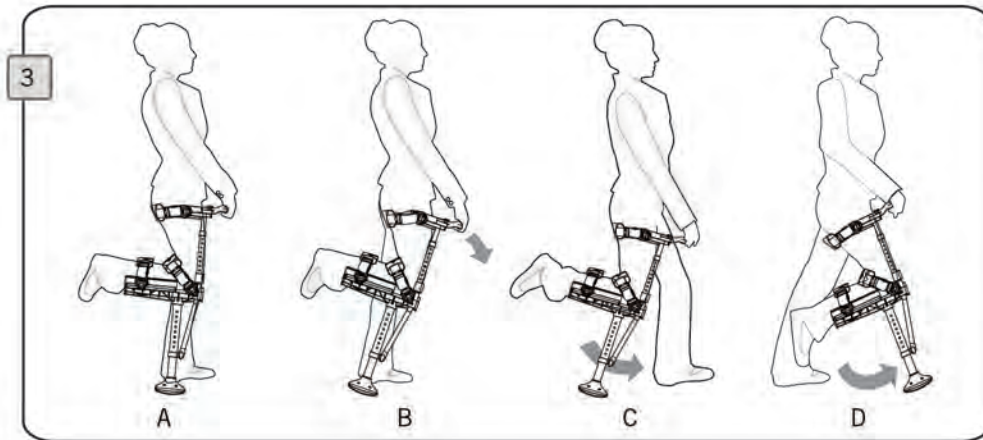
After wearing the straps for a few minutes, the straps may loosen initially. If you cannot obtain enough tension by pulling on the tension side (Gray Buckles) of the Straps, then re-adjust the adjustment side (black buckles) - See Fitting instructions for details.

### STEP 6: STAIRS

Stairs are easy on the iWALK2.0, however, stairs should NOT BE ATTEMPTED until you've gained full proficiency. Always hang onto the rail(s) when using stairs.

UP - Always lead with your good leg, followed by your iWALK leg. Take one step at a time.

DOWN - Always lead with your iWALK leg. Take one step at a time. On steeper stairs you may need to slightly rotate your body so that the foot of your injured leg can clear the step.



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## AWKWARD - WALKWARD

