



Bear Products Ltd

Unit 1206
PO Box 7169
Poole
BH15 9EL

Tel: 0845 056 1069 local rate
(from outside the UK) +44 (0)161 909 6769

E-mail: info@bearproducts.co.uk

Thank you for buying the iWALKFree, we hope it will make your life easier and more comfortable. Please follow the instructions in the video at www.peglegs.co.uk or at

<http://www.handbooklive.com/index.php?prodid=234>

to assemble and learn to use your device. An hour should be plenty of time to start discovering how liberating it will be for you, but practice makes it far easier and builds confidence.

We offer a money-back guarantee, so please contact us if you have any problem.

We do ask that you try out your device indoors on a clean floor and keep it and the box in a resellable condition in case you have to return it.

The iWALKFree has been designed to be comfortable, lightweight, and compact. It is easy to assemble and fully adjustable to meet the needs of adults and young people of varying height.

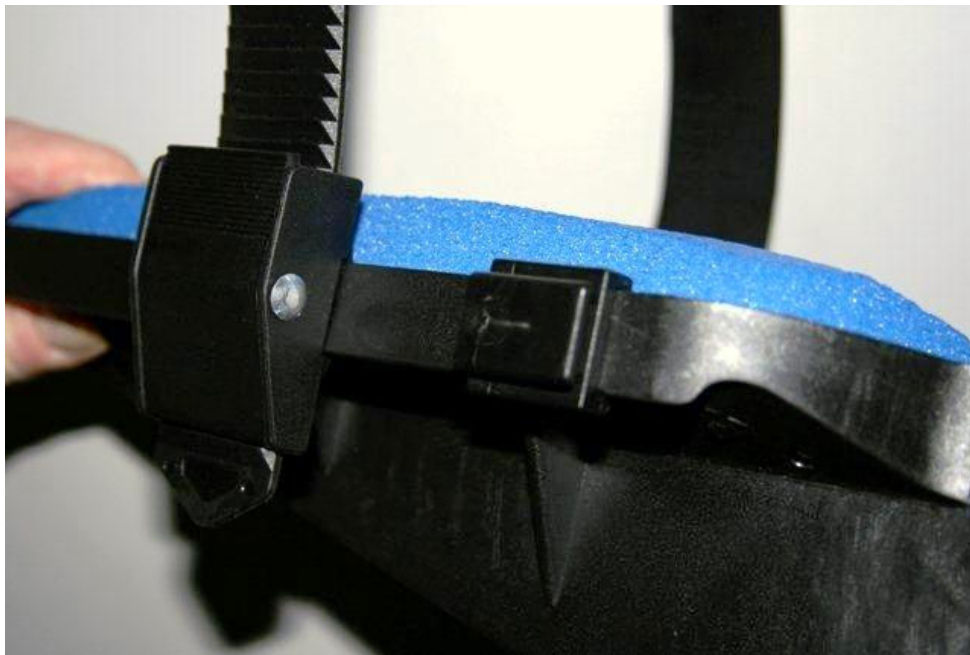
It is strongly recommended that the device be adjusted by an accredited physiotherapist or orthopaedic technologist prior to its initial use. You must also consult the medical professional in charge of your treatment to ensure that they agree the iWALKFree is an appropriate aid for you to use.

The iWALKFree is constructed of UV-resistant and hypoallergenic materials, and comprises four simple parts:

- one stable beam with “foot”, tread and end-cap
- one supportive locking tray with strap
- two comfortable padded straps with integral cam clips

To assemble and fit iWALKFree:

1. With the user seated with leg bent at a 90-degree angle, measure the distance from the back of knee to the ground of the unaffected limb. This determines the height for the top of the tray.
2. To attach the tray, unlock the front cam clip; disengage locking pin; slide tray onto the beam; lock pins; lock cam clip at the front of the tray. Attach the strap to one of the lugs and the buckle direct to the tray, sliding it onto the tray itself, and NOT the sliding strap lug.



3. To attach the straps*, unlock cam clip of lower strap; slide onto beam just above knee; lock cam clip; repeat with upper strap; slide onto beam just below groin; lock cam clip
4. Install beam cap, which you may find located in the front of the knee platform
5. If necessary the beam can be trimmed to a shorter length. The top of the beam should be about the same height as your inguinal crease – where your abdomen folds when you flex your hip. You should be able to bend over forwards whilst wearing it without it digging in to your abdomen. Before cutting, please give us a call!

*all straps can be flipped for right or left-handed use

To Check for Proper Fit:

When walking with iWALKFree, you should be able to swing your leg freely front to back without catching it on the ground. If you can't move it freely, then iWALKFree is too long, and needs to be readjusted. When you fit the iWALKFree your good leg should be slightly bent – then when you stand with it straight the foot of the iWALKFree should swing just above the ground, not touching.

Wearing iWALKFree:

1. Place knee of affected leg on tray; fasten tray strap to a snug, comfortable fit
2. Fasten lower strap to a snug, comfortable fit around leg just above knee
3. Fasten upper strap to a snug, comfortable fit around leg just below groin

Walking with iWALKFree

1. Use either a handrail or parallel bars while becoming accustomed to the device
2. Maintain a wide stance with legs apart while walking
3. Maintain an erect posture and watch where you are going. Remember to allow for your damaged leg and foot behind you especially when you turn or go down stairs.
4. Do not expect instant results. Learning to use the iWALKFree is like learning to ride a bicycle – it gets a lot easier with practice and as your balance improves. Take frequent breaks and build up your use as you feel more confident. As your balance improves you will be able to narrow your stance. Look at how the experienced users in the video are moving.