



Relief from the pain and discomfort of every day crutch use



Fitting the Tubes....

Careful fitting is absolutely essential. Although the Design Control & Testing for CE marking proved that stability was not substantially impaired while achieving the all day, every day benefits of increased comfort, particular care must be taken when using C9s on crutches in extreme situations, such as when using the crutches on ice.



Customers accept that they use C9s under such circumstances at their own risk, and they take full responsibility for careful fitting and testing before full use.

It is best if fitting is done in the evening, giving overnight for fixing to take place. Users MUST ensure that full stability is restored before full use. It is safest (to avoid catching and tearing) to rotate the tube gently back and forward as it is drawn onto the handle, especially over the ridge at the end.

The inner tube “needs” to be difficult to fit in order to be stable in use, and although lubricants are almost always used in practice to apply the tube, it is vital that such lubricants dry quickly (or even better become positively sticky). During testing and from customer feedback it is apparent that Washing Up Liquid is an ideal lubricant. This is used to coat the surface of the handle but making sure the rim at the end is coated generously, where the tube is first forced to stretch over the first and widest part of the crutch handle. Again this helps avoid any tearing. Any residual Liquid should be washed and dried from your hands before fitting. With patience and care, tubes can be fitted perfectly and without damage... normally within 4 or 5 minutes per pair. The product should not be used until the C9 has become fixed in place after at least one hour.



On later returning hospital-dispensed crutches to A&E or Orthopaedic Centres, please remove C9s entirely and thoroughly clean off any residual material (eg, dried lubricant).

Crutch Types (Tyco, Sunrise)....

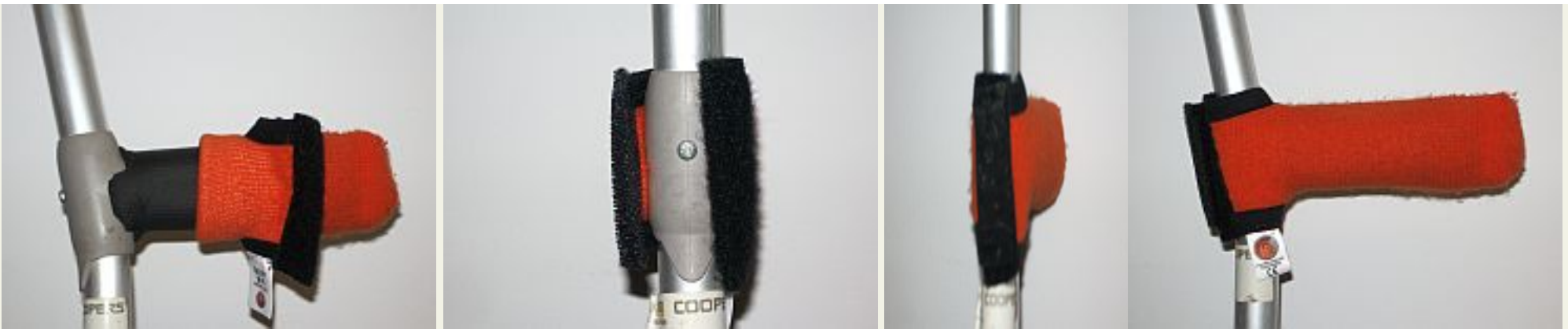
Our initial development was done using the Tyco-style NHS crutch, with its bulbous, slightly rubberised handle. Others in common use, such as the Cooper Health -Sunrise, have a smooth plastic finish and more "dagger handle" design - wide at one end, narrow at the other, with finger indentations underneath.

With these, a similar all-over coating of lubricant should be used, again more generously around the wider handle-end, where the flared outer edge makes the first few centimetres of tube-fitting the most challenging. With these "dagger handle" crutch styles, a gentle back-and-forward rotation of the tube, as it is drawn-over the handle-end, is important to avoid tearing.

In user tests, C9s were equally effective on Tyco and Sunrise crutches, and others WITH IDENTICAL dimensions and design characteristics. Please contact us before purchasing if use is intended for another design.

Outer Sock...

Simple and obvious, just pull over the new tubing and fasten tightly around the end, using the stitched-in closure system. Again make sure you are totally happy that the stability provided is definitely suitable and safe for your needs.



It is easy, after a week or so of regular use, to remove the outer socks and hand wash them at a moderate temperature to restore their original clean and soft feel.

Circlip Hood...

Many people ask us what this is for (you don't have to buy this component, by the way, just as you can buy a single handle set if you are currently using a single crutch for support): the most important reason is that many crutch users also find the skin on their forearm gets "nipped" regularly and painfully by the arm circlip... particularly in the summer when short sleeves are worn. However, we also like to think that having all the grey plastic bits covered just looks more cheerful! Fitting the Hoods takes a bit of force, or a bit of practice, but many users comment that a good technique is to get to the point in the first photo (above) and then work on pulling on one side completely before doing the same with the other side. You will then also be able to wear favourite coats (particularly leather ones) without damaging them!. Click [here](#) to download a copy of these instructions.





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