

#### Flexyfoot Walking Sticks

All handle types are available in four colours





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Improved Safety
Improved Style



## Walking Stick Instructions

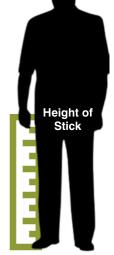
There are two types of Flexyfoot walking stick - telescopic and folding. Both walking sticks will need adjusting to the correct height before you use them.

# Adjusting a Telescopic Stick

- 1. Firstly, loosen the retaining collar on the top section of the walking stick.
- 2. With your arm hanging down at your side, the top of the walking stick should line up with the crease in your wrist.
- 3. Measure from your wrist bone to the ground when standing upright in your regular shoes with your hands by the side.
- 4. Once you have found the correct height for your walking stick, move the pin into the correct hole to ensure the height stays in a fixed position. The pin should protrude from the hole so that the stick is locked.
- 5. Retighten the retaining collar before using the walking stick.

# Adjusting a Folding Stick

- 1. Your folding stick will normally arrive folded up. Unfold it so all three pieces slot together.
- 2. Follow steps 1 5 as above to amend the height of your folding walking stick.



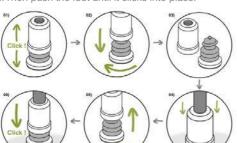
Please read and retain these instructions. More information can be found at: www.flexvfoot.com



## The Flexyfoot Foot and Wear Markers

If the foot becomes damaged or you have reached the wear markers on the bottom of the foot, you will need to replace the foot.

- 1. Pull sharply on the foot until you hear a 'pop'.
- 2. Unscrew the foot anticlockwise from the collar.
- 3. You should now have the foot and collar separated.
- 4. Push the stick into the ferrule to ensure the ferrule is still tight to the stick.
- 5. Once the ferrule is securely in place, screw the foot clockwise into the ferrule until it rotates freely.
- 6. Then push the foot until it clicks into place.



### Maintenance and Caution

Check the condition of the foot and keep checking the wear markers. When you reach the wear markers, replace the foot.

If the fit of the collar becomes loose or can easily be removed, stop using the walking stick immediately.

Clean with soap and water. Do not use abrasive substances.

Level of grip will vary depending on such things as the weather and internal floor conditions. In wet conditions, as well as snow and ice. the grip will naturally be reduced.

Maximum user weight: 130Kg













Wear

Marker

## Flexyfoot Products

The revolutionary and exclusive Flexyfoot Shock Absorbing ferrule can be fitted to almost any walking aid, but why not purchase a walking stick or crutch from our range, where this unique ferrule will be fitted as standard and every product comes with a wealth of additional benefits for your safety and comfort.





Ice Boot

#### Flexyfoot Carbon Fibre Crutches

Fibre Soft Grip

Folding Carbon











Open Cuff Comfort Grip



### Flexyfoot Shock Absorbing Crutches All styles are available in five colours











