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> PEPE Mobility Adjustable Aluminum Forearm Crutches (Pair) User Manual

## PEPE Mobility PPM\_AA

# PEPE Mobility Adjustable Aluminum Forearm Crutches (Pair) User Manual

### INTRODUCTION

Thank you for choosing PEPE Mobility Forearm Crutches. These crutches are designed to provide stable and comfortable mobility support for adults. Constructed from lightweight aluminum with an open cuff design, they offer adjustable height to suit individual user needs. Please read this manual carefully before use to ensure proper setup, operation, and maintenance.



Image: A pair of blue and silver PEPE Mobility forearm crutches, standing upright against a white background.

## SAFETY INFORMATION

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- Always ensure both crutches are properly adjusted and locked before use.
- Inspect crutch tips regularly for wear and tear. Replace worn tips immediately to prevent slipping.
- Consult a healthcare professional for guidance on proper crutch usage technique.
- Avoid using crutches on slippery or uneven surfaces.

## SETUP AND ADJUSTMENT

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The PEPE Mobility forearm crutches feature adjustable height to ensure a proper fit for optimal support and comfort.

### Adjusting Crutch Height

1. **Locate the Adjustment Clip:** Identify the blue adjustment clip on the lower shaft of the crutch.





Image: A close-up of hands pressing the blue adjustment clip on the crutch shaft to release the locking pin.

2. **Release the Locking Pin:** Press the blue clip with your thumbs to disengage the internal locking pin from the adjustment holes.
3. **Adjust the Shaft:** While holding the clip, slide the lower shaft up or down to the desired height. Ensure the crutch tip is on the ground.



Image: A person's hands demonstrating how to adjust the crutch height by sliding the lower aluminum shaft.

4. **Secure the Adjustment:** Release the blue clip, ensuring the locking pin fully engages into one of the adjustment holes. You should hear a click and feel it secure. Gently pull on the shaft to confirm it is locked in place.
5. **Proper Fit:** When standing upright with the crutch, the top of the open cuff should be approximately 1-2 inches below your elbow. Your hand should rest comfortably on the grip with a slight bend in your elbow (15-30 degrees).



Image: A person's arm and hand demonstrating the correct position for holding the crutch grip and resting the forearm in the cuff.

### **Video: Crutch Adjustment and Usage**

Your browser does not support the video tag.

Video: This video demonstrates how to adjust the height of the forearm crutches and shows proper usage technique.

## OPERATING INSTRUCTIONS

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Using forearm crutches requires practice and proper technique to ensure safety and stability.

### Walking with Crutches

- Place both crutches approximately one foot in front of you.
- Lean forward slightly, shifting your weight onto your hands and forearms.
- Move your injured leg forward, keeping it off the ground if non-weight bearing, or with partial weight as advised by your doctor.
- Push down on the crutch grips and swing your uninjured leg forward, landing between or slightly in front of the crutches.
- Repeat the sequence, maintaining a steady rhythm.

### Sitting Down and Standing Up

- **To Sit:** Back up to a sturdy chair. Hold both crutches in one hand on your injured side. Use your free hand to feel for the chair. Slowly lower yourself into the chair, keeping your injured leg extended.
- **To Stand:** Position yourself at the edge of the chair. Hold both crutches in one hand. Push up with your free hand on the chair armrest or seat. Once standing, transfer one crutch to each hand.



Image: An elderly woman smiling and walking outdoors with PEPE Mobility forearm crutches, demonstrating confident mobility.

## MAINTENANCE AND CARE

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Regular maintenance ensures the longevity and safe operation of your crutches.

- **Cleaning:** Wipe down the aluminum shafts and plastic components with a damp cloth and mild soap. Avoid abrasive cleaners.
- **Crutch Tips:** The PVC crutch tips are designed for stability and have a self-draining system. Inspect them weekly for cracks, flattening, or excessive wear. Replace them if they show signs of damage to maintain traction.



Image: A close-up view of the durable blue PVC crutch tip, designed for stability and grip.

- **Adjustment Mechanism:** Ensure the adjustment clips and locking pins move freely and engage securely. Do not force adjustments.
- **Storage:** Store crutches in a dry place away from extreme temperatures.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Crutch feels unstable or wobbly.	Height adjustment not fully locked; worn crutch tips.	Ensure adjustment pin is fully engaged. Replace worn crutch tips.
Difficulty adjusting height.	Debris in adjustment holes; clip mechanism stiff.	Clean adjustment holes. Apply a small amount of silicone spray to the clip mechanism if needed.
Hand discomfort during use.	Incorrect crutch height; improper hand placement.	Re-adjust crutch height for a proper fit. Ensure weight is distributed through hands and forearms, not just wrists.

## SPECIFICATIONS

**Model Number:** PPM\_AA

**Brand:** PEPE Mobility

**Material:** Aluminum (shaft), Polypropylene (handle and elbow pad), PVC (tip)

**Color:** Blue

**Item Weight:** 550 Grams (per crutch)

**Extended Length:** Up to 3.9 Feet (approx. 119 cm)

**Maximum Height Recommendation:** 6.3 Feet (approx. 192 cm)

**Manufacturer:** IMD SL

**Units:** 2 (Pair)

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official PEPE Mobility website. Keep your purchase receipt for warranty claims.

Manufacturer Contact Information: Carrer de la Coma 19,. Pol. Ind. Pla de Rascanya, 46160, Llíria, Valencia, España

For additional resources, you may visit the [PEPE Mobility Store on Amazon](#).