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KMINA KMINA_M_C_2

KMINA Forearm Crutches User Manual

Brand: KMINA | Model: KMINA_M_C_2

1. INTRODUCTION

Thank you for choosing KMINA Forearm Crutches. These crutches are designed to provide stable and comfortable support for adults requiring mobility assistance during periods of convalescence and injury rehabilitation. Made from durable aluminum with non-slip tips and adjustable height, they are engineered for safety and ease of use. Please read this manual thoroughly before using your crutches to ensure proper setup, operation, and maintenance.

2. IMPORTANT SAFETY INFORMATION

Always prioritize your safety. Failure to follow these instructions could result in injury.

- Consult a Professional:** Always consult with a healthcare professional or physical therapist to determine the appropriate use and adjustment of crutches for your specific condition.
- Proper Sizing:** Ensure the crutches are correctly adjusted to your height to prevent strain and ensure proper support. Refer to the "Setup" section for detailed instructions.
- Inspect Before Use:** Before each use, check all parts of the crutches for wear, damage, or looseness. Pay particular attention to the tips, handles, and adjustment pins. Do not use if any part is damaged.
- Non-Slip Tips:** The crutches are equipped with wide, non-slip tips for enhanced stability. However, exercise extreme caution on wet, slippery, or uneven surfaces.
- Weight Capacity:** Do not exceed the maximum weight capacity specified for these crutches.
- Reflective Grips:** The crutches feature reflective elements on the grips for increased visibility in low-light conditions.
- Avoid Obstacles:** Be aware of your surroundings and avoid tripping hazards.

3. PARTS LIST

Your KMINA Forearm Crutches come as a pair, each consisting of the following main components:



Figure 3.1: Overview of KMINA Forearm Crutches and key features.

- **Crutch Body:** The main aluminum shaft providing structural support.
- **Handle Grip:** Ergonomically designed grip for hand support. Features a red reflective element.
- **Open Cuff:** The forearm support that cradles the user's forearm.
- **Height Adjustment Pins:** Removable pins used to secure the crutch at the desired height.
- **Non-Slip Tip:** The wide, flexible rubber base at the bottom of the crutch for ground contact and stability.

4. SETUP AND ADJUSTMENT

Proper adjustment of your KMINA crutches is crucial for comfort and safety.

4.1 Adjusting Crutch Height

1. Stand upright with your shoes on, holding the crutch by the handle.
2. Ensure your elbow is slightly bent (approximately 15-30 degrees) when holding the handle, with the crutch tip flat on the floor about 6 inches (15 cm) to the side and slightly in front of your foot.
3. Locate the height adjustment pins on the lower shaft of the crutch.
4. Press the small button on the side of the shaft to release the pin, then slide the lower section of the crutch up or down to the desired height.
5. Align the holes and re-insert the adjustment pin securely. Ensure the pin fully protrudes through both sides of the shaft.



Figure 4.1: Adjusting crutch height using the adjustment pin.

4.2 Checking the Non-Slip Tip

The 3.5-inch wide non-slip tips are designed for superior adherence. Regularly check the tips for wear and tear. Replace them if they appear smooth, cracked, or damaged to maintain optimal safety.



Figure 4.2: Detailed view of the non-slip crutch tip.

5. OPERATING INSTRUCTIONS

Using your KMINA forearm crutches effectively requires proper technique.

5.1 Walking with Crutches

1. Place both crutches approximately one foot in front of you.
2. Lean forward slightly and push down on the handgrips, not the forearm cuffs, to support your weight.

3. Swing your body forward, keeping your injured leg off the ground if advised by your doctor.
4. Land with your good foot between the crutches.
5. Move the crutches forward again and repeat the process.



Figure 5.1: Correct posture and use of forearm crutches.





Figure 5.2: User standing with KMINA forearm crutches.

5.2 Using Reflective Grips

The red reflective elements on the crutch grips enhance your visibility to others, especially in low-light conditions. Ensure these elements are clean and unobstructed for maximum effectiveness.





Figure 5.3: Close-up of the crutch handle with reflective element.

6. MAINTENANCE

- Cleaning:** Wipe down the crutches regularly with a damp cloth and mild soap. Avoid abrasive cleaners or solvents.
- Inspection:** Periodically check all screws, bolts, and adjustment pins to ensure they are tight and secure. Inspect the rubber tips for wear and replace them if necessary.
- Storage:** Store crutches in a dry place away from extreme temperatures and direct sunlight.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Crutches feel unstable.	Incorrect height adjustment; worn or damaged tips; loose components.	Re-adjust height (Section 4.1); replace tips; tighten all components.
Difficulty walking smoothly.	Improper walking technique; incorrect height.	Review walking instructions (Section 5.1); re-adjust height.
Crutch tips slipping.	Worn tips; wet or slippery surface.	Replace tips; exercise extreme caution on slippery surfaces.

8. SPECIFICATIONS

Model Number: KMINA_M_C_2

Material: Aluminum (crutch body), Durable Plastic (cuff, handle), Rubber (tips)

Height Adjustments: 11 positions

Tip Size: 3.5 inches (diameter)

Package Dimensions: 38 x 7.6 x 4.2 inches

Item Weight: 2.75 Pounds (per pair)

Manufacturer: IMD SL

Origin: Made in Europe

9. WARRANTY AND SUPPORT

KMINA products are manufactured with high-quality materials and undergo rigorous quality control. For specific warranty details and customer support, please refer to the warranty card included with your purchase or visit the official KMINA website.

For any questions or assistance, please contact KMINA customer service.

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Related Documents - KMINA_M_C_2

	<p>KMINA PRO CRUTCH User Manual: Adjustment, Usage, and Safety</p> <p>This user manual provides detailed instructions for the KMINA PRO CRUTCH, covering height and handle adjustment, proper usage techniques, and important safety warnings. Includes guidance for active users with common pathologies.</p>
	<p>KMINA Comfort Crutches User Manual: Features, Adjustments, and Safety Guide</p> <p>Comprehensive guide to KMINA Comfort Crutches, detailing height adjustment, features, materials, and essential safety warnings for safe and effective use. Learn how to properly use and maintain your KMINA walking aids.</p>
	<p>KMINA COMFORT Walking Stick - User Manual & Features KMINA</p> <p>Comprehensive guide to the KMINA COMFORT walking stick, including height adjustment, safety warnings, and product features. Learn how to use your KMINA walking cane for optimal support and stability.</p>
	<p>KMINA PRO Cane with Seat (Fiber) User Manual - Model K10059</p> <p>User manual for the KMINA PRO Cane with Seat (Fiber), model K10059. Provides instructions, specifications, safety warnings, and warranty information for this foldable walking cane with an integrated seat.</p>
	<p>KMINA Overbed Table (K40012) User Manual - Assembly, Adjustments, and Features</p> <p>User manual for the KMINA Overbed Table (Model K40012). This adjustable table features height, width, and tilt adjustments, castors with brakes, and is designed for bedridden individuals and wheelchair users. Includes assembly, usage, safety, and warranty information.</p>



[KMINA K10076 Electric Wheelchair User Manual](#)

Comprehensive user manual for the KMINA K10076 Electric Wheelchair, detailing components, assembly, operation, safety warnings, maintenance, and troubleshooting. Learn how to safely operate and maintain your KMINA electric wheelchair.