

KMINA 1904

KMINA PRO Model Foldable Carbon Fiber Forearm Crutches Instruction Manual

Model: 1904

INTRODUCTION

Thank you for choosing the KMINA PRO Model Foldable Forearm Crutches. These crutches are designed to provide stable and lightweight support for individuals requiring assistance with mobility. Constructed from carbon fiber, they offer durability and ease of transport. Please read this manual thoroughly before using the crutches to ensure proper setup, safe operation, and optimal performance.

SAFETY INFORMATION

- **Weight Limit:** Do not exceed the maximum weight capacity of 300 lbs (approximately 136 kg).
- **Surface Use:** Use crutches on stable, even surfaces. Exercise caution on wet, slippery, or uneven terrain.
- **Regular Inspection:** Before each use, inspect the crutches for any signs of wear, damage, or loose components. Ensure all adjustment pins are securely engaged.
- **Proper Fit:** Ensure the crutches are correctly adjusted to your height and forearm length to prevent discomfort or injury.
- **Professional Guidance:** Consult with a healthcare professional or physical therapist for proper crutch fitting and gait training.
- **Reflectors:** The crutches are equipped with reflectors for increased visibility in low-light conditions.

SETUP AND ADJUSTMENT

The KMINA PRO Model crutches are designed for easy assembly and adjustment. Follow these steps to prepare your crutches for use.

1. Unfolding the Crutches

1. Remove the crutch from its carrying bag.
2. Hold the handle and extend the lower shaft until it clicks into place. The internal elastic cord will guide the sections together.

3. Ensure the locking pin is fully engaged to secure the lower shaft.





Image: KMINA PRO Model Foldable Forearm Crutch in its folded state next to its carrying bag. This image shows the compact size of the crutch when folded, highlighting its portability.





Image: Close-up of the internal elastic cord mechanism for folding/unfolding the KMINA crutch. This detail illustrates how the crutch sections are held together and guided during assembly.

Your browser does not support the video tag.

Video: This video demonstrates the process of unfolding the KMINA PRO Model crutch and adjusting its height. It shows how the sections connect and the height adjustment mechanism.

2. Height Adjustment

The crutches feature 10 adjustment settings to accommodate users of various heights. The height can be adjusted from 29 inches (73.6 cm) to 38.9 inches (98.8 cm) from the tip to the handle.

1. Locate the adjustment pin on the lower shaft of the crutch.
2. Press the adjustment pin inward and slide the lower shaft up or down to the desired height.
3. Release the pin, ensuring it fully engages into one of the adjustment holes. Gently tug on the shaft to confirm it is locked in place.
4. When standing upright with the crutch, the handle should be at wrist level, and your elbow should have a slight bend (approximately 15-30 degrees) when gripping the handle. The forearm cuff should be positioned just below the elbow.





Image: Close-up of the height adjustment holes and pin on the KMINA crutch shaft. This image highlights the mechanism used to set the crutch to the user's preferred height.

Your browser does not support the video tag.

Video: This video demonstrates the proper way to adjust the height of the KMINA PRO Model forearm crutches to ensure a comfortable and safe fit for the user.

OPERATING INSTRUCTIONS

Using forearm crutches effectively requires practice and proper technique. Always consult with a healthcare professional for personalized guidance.

Walking with Crutches

1. Three-Point Gait (Non-Weight Bearing):

- Move both crutches forward approximately one foot.
- Swing your body forward, placing your weight through your hands on the crutch handles.
- Bring your unaffected leg forward, landing between or slightly ahead of the crutches.
- Repeat the sequence.

2. Four-Point Gait (Partial Weight Bearing):

- Move one crutch forward.
- Move the opposite foot forward.
- Move the second crutch forward.
- Move the remaining foot forward.
- Repeat the sequence, maintaining three points of contact with the ground at all times.

Sitting and Standing

- **To Sit:** Back up to a sturdy chair until the backs of your legs touch it. Hold both crutches in one hand, using the other hand to feel for the chair. Slowly lower yourself into the chair.
- **To Stand:** Position yourself at the edge of the chair. Hold both crutches in one hand. Push up from the chair with your free hand and simultaneously push down on the crutch handles. Once stable, reposition the crutches for walking.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and safe operation of your KMINA crutches.

- **Cleaning:** Wipe down the crutches regularly with a damp cloth and mild soap. Avoid abrasive cleaners.
- **Tips:** Inspect the rubber tips (ferrules) at the bottom of the crutches for wear. Replace them if they become smooth, cracked, or worn to maintain traction.
- **Reflectors:** Ensure the red reflectors on the handles are clean and visible.
- **Storage:** When not in use, store the crutches in a dry place, ideally in their provided carrying bag, to protect them from dust and damage.



Image: Close-up of the red reflector on the handle of the KMINA crutch. This image shows the integrated safety feature designed to enhance visibility.



Image: Close-up of the durable rubber tip (ferrule) at the base of the KMINA crutch. This image highlights the component that provides traction and stability.

TROUBLESHOOTING

Issue	Possible Cause	Solution
Crutch feels unstable or wobbly.	Adjustment pin not fully engaged; worn rubber tips.	Ensure the adjustment pin is securely locked. Inspect and replace worn rubber tips.

Issue	Possible Cause	Solution
Discomfort in hands or forearms.	Incorrect height adjustment; prolonged use without breaks.	Re-adjust crutch height according to instructions. Take breaks and consider padded grips if available.
Difficulty folding/unfolding.	Mechanism obstructed; internal cord tangled.	Check for any debris obstructing the folding mechanism. Gently manipulate the sections to untangle the cord if necessary.

SPECIFICATIONS

- **Material:** Carbon Fiber
- **Weight (per crutch):** Approximately 1.3 lbs (0.59 kg)
- **Maximum Load Capacity:** 300 lbs (approximately 136 kg)
- **Adjustable Height (tip to handle):** 29" - 38.9" (73.6 cm - 98.8 cm)
- **Folded Dimensions:** Approximately 21.6" (54.9 cm)
- **Model Number:** 1904
- **Manufacturer:** IMD SL

WARRANTY AND SUPPORT

For specific warranty information or technical support, please refer to the documentation included with your purchase or visit the official KMINA website. Keep your proof of purchase for warranty claims.

Contact Information: For further assistance, please contact KMINA customer service through their official channels.