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KMINA Quad Crutch User Manual

MODEL: K10065**Brand: KMINA**

1. INTRODUCTION AND OVERVIEW

The KMINA Quad Crutch is an advanced mobility aid designed to provide exceptional stability, support, and comfort for users. Engineered with a heavy-duty 4-prong base, it offers superior balance on various surfaces, making it ideal for individuals needing enhanced stability during walking or recovery.

This crutch features an ergonomic forearm support and an anatomical grip, specifically designed to reduce wrist fatigue and improve overall comfort compared to traditional crutches or canes. Its ambidextrous design allows for use on either arm, providing versatile support as needed.



Image 1.1: The KMINA Quad Crutch in use, demonstrating its stable design and user-friendly features.

2. SETUP AND ASSEMBLY

The KMINA Quad Crutch is designed for straightforward assembly and adjustment. Follow these steps to prepare your crutch for use:

- 1. Unpack Components:** Carefully remove all parts from the packaging. You should have the main shaft, the forearm support with grip, and the 4-prong base.
- 2. Assemble the Base:** Attach the 4-prong base to the lower section of the main shaft. Ensure it clicks

securely into place.

3. **Adjust Height:** The crutch is adjustable for users over 5 ft 1 in (155 cm). To adjust the height, locate the adjustment button on the shaft. Press the button and slide the lower section of the crutch up or down until the desired height is reached. Ensure the button locks securely into one of the pre-drilled holes.



Image 2.1: Adjusting the crutch height by pressing the button and sliding the shaft.



Image 2.2: Detail of the secure locking mechanism for height adjustment.

Proper Height Setting: For optimal support and comfort, the top of the crutch handle should align with your wrist when your arm is relaxed at your side. The forearm cuff should be positioned approximately 1-2 inches below your elbow.

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Video 2.1: Official KMINA video demonstrating the assembly and proper use of the 4-Legs Crutch, including height adjustment.

3. OPERATING INSTRUCTIONS

Using your KMINA Quad Crutch correctly is essential for safety and effective mobility. Always ensure the crutch is properly adjusted to your height before use.

- **Walking with the Crutch:** When walking, move the crutch forward first, then step with your affected leg, followed by your unaffected leg. Maintain a steady rhythm. The 4-prong base provides enhanced stability, allowing for confident movement.
- **Weight Distribution:** Lean slightly forward and allow the crutch to bear a portion of your weight. The ergonomic grip and forearm support are designed to distribute pressure comfortably.
- **Ambidextrous Use:** The crutch can be used on either the left or right side, depending on your support needs. For general support, use the crutch on the side opposite your affected leg.

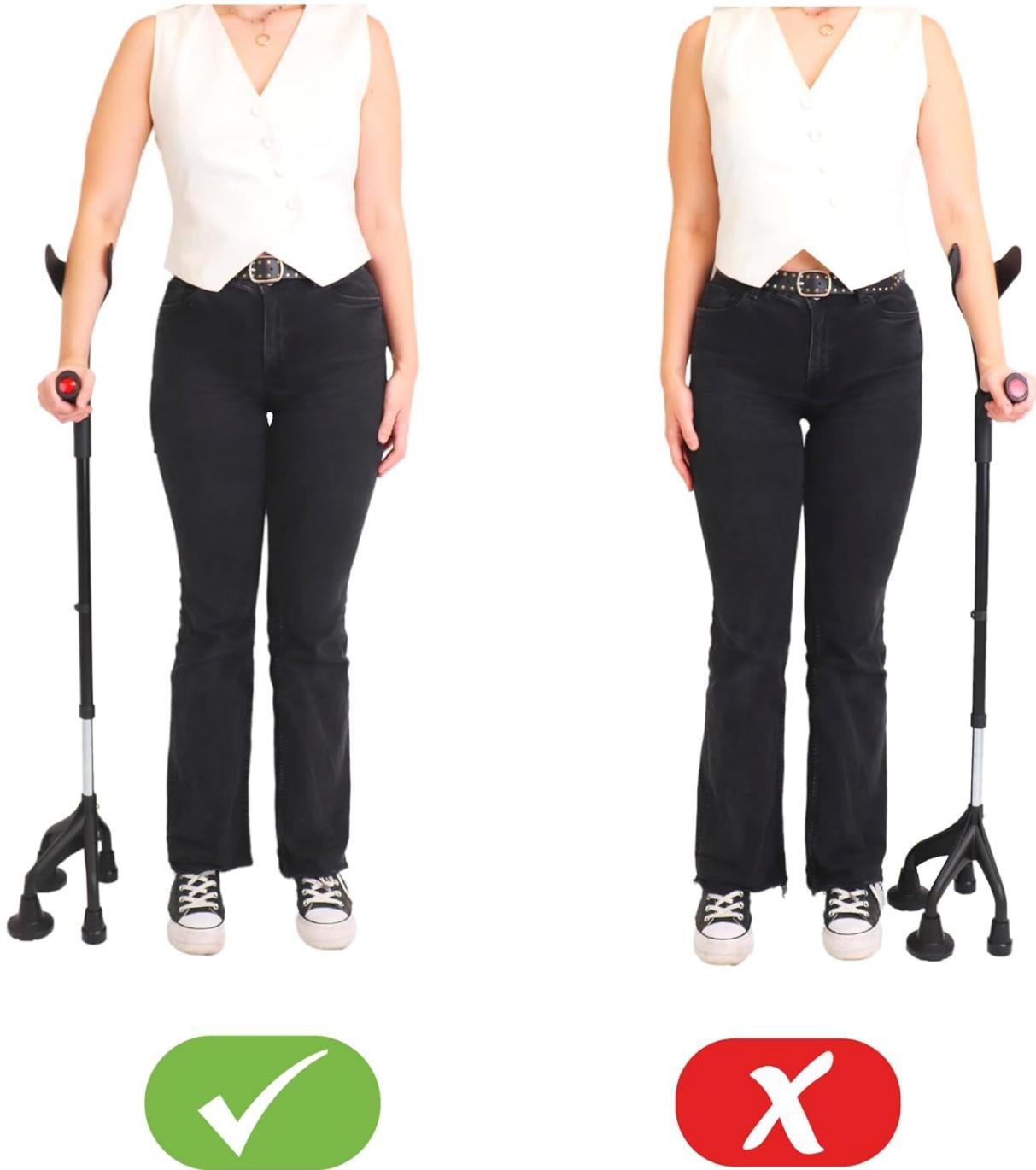


Image 3.1: Correct usage of the KMINA Quad Crutch, demonstrating proper posture and arm position.



Image 3.2: Illustration of incorrect crutch usage, highlighting common mistakes to avoid for safety and comfort.

The unique 4-prong base is designed to provide maximum contact with the ground, enhancing stability even on uneven surfaces. This feature is particularly beneficial for users seeking extra confidence in their mobility.



Image 3.3: Detailed view of the stable 4-prong base, designed for superior ground contact and balance.

4. MAINTENANCE AND CARE

To ensure the longevity and safe operation of your KMINA Quad Crutch, regular maintenance is recommended:

- **Cleaning:** Wipe down the crutch regularly with a damp cloth and mild soap. Avoid abrasive cleaners or solvents that could damage the finish or materials.
- **Inspection:** Periodically check all components for signs of wear, damage, or looseness. Pay close attention to the rubber tips on the 4-prong base, the height adjustment mechanism, and the forearm cuff.
- **Storage:** Store the crutch in a dry place away from extreme temperatures.

If any part appears damaged or worn, discontinue use immediately and contact customer support for replacement parts or professional assistance.

5. TROUBLESHOOTING

If you encounter any issues with your KMINA Quad Crutch, refer to the following common troubleshooting tips:

| Problem | Possible Cause | Solution |
|----------------------------------|---|---|
| Crutch feels unstable or wobbly. | Height not properly locked; worn rubber tips on base. | Ensure height adjustment button is fully engaged. Inspect and replace worn rubber tips if necessary. |
| Discomfort in wrist or forearm. | Incorrect height adjustment; improper grip. | Re-adjust crutch height as per "Setup and Assembly" section. Ensure your grip is firm but relaxed, and your forearm is properly seated in the cuff. |
| Difficulty moving the crutch. | Crutch too heavy for user's upper body strength. | This crutch is designed for users with moderate to high upper body strength due to its sturdy construction. If persistent difficulty occurs, consult a healthcare professional for alternative mobility aids. |

For issues not listed here, please refer to the official user guide or contact KMINA customer support.

6. SPECIFICATIONS

- **Model Number:** K10065
- **Brand:** KMINA
- **Weight:** Approximately 4.45 Pounds (2.02 kg)
- **Adjustable Height Range:** Designed for individuals over 5 ft 1 in (155 cm)
- **Base Type:** 4-Prong Quad Base
- **Ergonomics:** Forearm support with anatomical grip
- **Origin:** Made in Europe
- **Package Dimensions:** 30.71 x 9.84 x 7.09 inches
- **ASIN:** B0DLX2QG DY

7. WARRANTY AND SUPPORT

KMINA products are manufactured with high-quality standards. For detailed warranty information, please refer to the documentation included with your purchase or visit the official KMINA website.

For further assistance, technical support, or to order replacement parts, please contact KMINA customer service. You can also find additional resources and a downloadable PDF version of the user manual via the link below:

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