

### **Adjust Height:**

- 1) Press both push-buttons.
- 2) Slightly rotate leg extensions.
- 3) Slide up or down until the desired height is reached.

### **Adjust Handgrip:**

Adjust to provide an approximate  $10^{\circ}$  bend at the elbow.

- 1) Unscrew wing nut from side of handgrip.
- 2) Remove pin and adjust handgrip up or down to desired level.
- 3) Replace pin through handgrip and secure wing nut.

**Safety Check:** Ensure that both push-buttons are locked firmly in place and the handgrip wing nuts are securely tightened. With crutches positioned according to the diagram below, the user should be able to comfortably lean forward while resting on the underarm supports.

---