

<b>Model Nos:</b>	7344C	7345C	7346C	7347C	7321C
	7341C	7343C	7331C	7351C	7353C
	7323C	7325C	7333C	7335C	
	7253C (Wheels only)				

**Maximum User Weight:** 160kg (25st)  
(Do not exceed this weight)

### WARNING

For safety, these precautions must be taken when using these products.  
Before each use make sure:

Walker is adjusted to correct height.

Locking mechanisms and spring buttons are fully engaged.

Walker sits level and all legs are adjusted to the same height.

Ferrules are in good condition - replace if necessary.

Do not exceed the maximum weight limit for the frame.

Use only Coopers/Sunrise parts or accessories.

When using accessories such as bags, baskets etc, ensure these are fitted safely and are not overloaded.

### USING THE STANDARD WALKING FRAME

Please read all instructions before use.

#### PLEASE NOTE:

These are our recommendations but should be checked with your physiotherapist.

When the frame is adjusted correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the frame by pushing down on the frame when walking.

### ADJUSTING THE HEIGHT OF ALL FRAME TYPES

In order to ensure the frame is the correct height for the user, it will need to be adjusted accordingly (your frame will either have a horse shoe clip or spring pin and can be adjusted as shown in Fig 1 or 2).

#### **WARNING**

When adjusting frames fitted with wheels it is advisable to set the rear legs one position higher than the front wheels.

This is to compensate for the increased height of the wheels at the front which can adversely affect the stability of the frame and the slope of the handles.

#### **Horseshoe Clip Adjustment**

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.
5. Repeat for other legs.

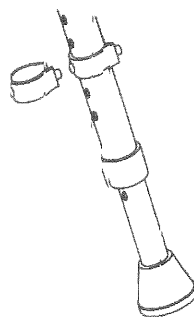


FIG. 1

#### **Spring Pin Adjustment**

1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located before use.
6. Repeat for other legs.

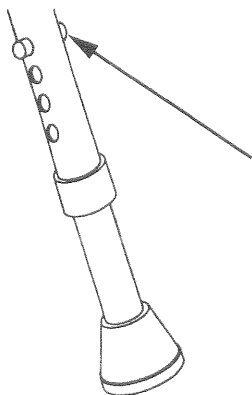


FIG. 2

### USING ALL FRAME TYPES

#### Walking

1. Place the frame one step ahead and walk towards it using the **affected** leg first, followed by the other leg, which should then step through. **Do not walk too far into the frame area.**
2. When steady, lift the frame forward a short distance (if using a wheeled frame, **push** it forward) and repeat this process (Fig 3).

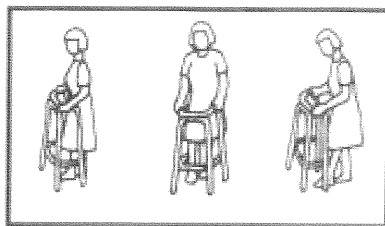


FIG. 3

#### Chairs

##### Getting into and out of

1. Position the frame in front of the chair.
2. Get up by pushing on the arms of the chair and transfer hand to frame when fully standing.
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs.
4. Place hands gently on the chair arms, bend slightly forward and sit down gently (Fig 4).

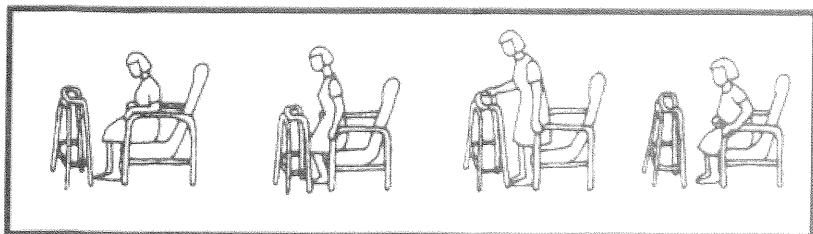


FIG. 4

### GENERAL SAFETY

- 1 Use a chair with high seat and arms to help you sit and stand up with ease.
- 2 Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
- 3 Ensure lighting in hallways and stairways is adequate.
- 4 Wear flat supportive shoes.
- 5 Avoid wet floors.
- 6 Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- 7 Do not store this product in temperatures below freezing.
- 8 Take special care if carrying a bag or similar package.
- 9 All equipment should be regularly inspected for any damage or significant signs of wear.

#### Check for:

Bent or damaged tubes or cracks at the tube joints.

Both buttons of the spring clips are present or horseshoe clips are not loose or worn.

Elongated adjustment holes.

Loose handles.

Smooth, worn or split ferrules (rubber tips).

Replace where necessary.

- 10 Regular cleaning with a mild disinfectant is recommended. **DO NOT** use bleach or any solvents (such as lighter fluid).



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Conforms to  
The Medical Device Directive 93/42/EEC 1993