

# HEIGHT ADJUSTMENT

The height of the cane is considered precise when the top of the handle is even with the wrist.

This measurement usually results in a slight bend in the elbow when the user is holding the device in their hand. This is a proper adjustment for someone using a single cane looking to offset their body weight from their affected leg.

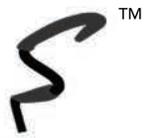


When using the device to offset less weight. It is possible to adjust the cane slightly higher and achieve a longer stride, as long as the user's shoulder does not rise through the end of a stride.

To adjust the cane, loosen the bolt between the upper and lower tubes. Press the lock button on the back of the lower tube. Adjust the height to the proper level to be sure the lock button "pops" into the nearest adjustment hole. Recheck for fit as described above. Once the proper adjustment is achieved, tighten the bolt.

# EASY HANDLING

When not in use, you can hook the cradle over your arm to freely perform tasks with your arms. You can also hang it on any ledge with the top hook of the cane.



# USER GUIDE



[www.strongarmcanes.com](http://www.strongarmcanes.com)



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# STRONGARM<sup>®</sup>

Comfort Cane

The StrongArm Cane is the next-generation walking device that will change your life. Our innovative design shifts weight from the wrist to the forearm, providing optimum stability and control. This one-of-kind design is sure to give you support and confidence every step of the way. We're committed to making canes that take away the pain and strain. On behalf of the team at StrongArm, we would like to thank you for your purchase and hope you enjoy our product.

## HOW TO USE

### Single Cane:

Hold your StrongArm Cane in the opposite hand of your affected leg. This will help keep your body weight centered in order to relieve pressure.



Place your forearm into the cradle found at the top of the device. Let your palm rest on the top of the handle, once comfortable, use your fingers and thumb to grip the handle in a sturdy hold.

Be careful not to rotate your palm either direction as this can cause strain on the wrist. When grasping the cane, make sure to do so evenly with your thumb and index finger. Make gentle contact with the ring-shaped stop of the handle-- this properly aligns the forearm in the cradle.



Now it's time for your first step. To move properly, start by taking a step with your good leg. Then, take your second step with your affected leg while simultaneously stepping with the Strongarm cane. (Place the end of the cane even with the ball of your foot just forward of the arch.)



Be sure to maintain straight upright posture with shoulders squared. Once you finish the stride, point your elbow to the rear and lift your shoulders as to eliminate undesirable stress on the upper body.

### Pair of Canes:

For increased overall support use two StrongArm canes. Grasp the cane as directed in the previous instructions. Begin your walking motion by placing the tips of the canes out in front (the distance you would normally step) and 7.62 cm wider on either side of your hips.



## CARE INSTRUCTIONS

We want the cane to last you as long as possible. To do so, clean your grip and forearm cushion with a mild soap solution. Do not use any alcohol or harsh solvents which may damage the grip. Once cleaned, rise and let it fully dry before use. Store in a cool dry place. Avoid long-term exposure of the grip and cushion in sunlight. If there are any signs of material degradation, replace the cushion or grip. The tip should also be replaced if the bottom shows uneven wear in excess of (1.5 mm).

[www.strongarmcanes.com](http://www.strongarmcanes.com)

## STAND ASSIST

The StrongArm isn't just for walking, it also helps provide support when standing. To begin, move to the edge of your seat and place the cane in between your legs. Place the tip of the cane below your center of gravity to the point where the handle is at your chest or lower.



Position the handle sideways of your body. Then, grasp the cradle with 1 hand and the handle with the opposite.



Bend your body forward over your legs till your center of gravity is over your feet. Stand and straighten using your arm and leg muscles. Once standing, reposition the device so that you are holding the device in the correct starting position.



## SPECIFICATIONS

Height Adjusts 73.66 cm - 96.52 cm

Cradle Opening 9.14 cm

Maximum User Weight 226.80 kg