



**Smooth Series Knee
Walker R250, R270, R290**

ATTENTION

Before using this Medical Device read this manual. If you are unable to understand, contact your equipment provider for technical support before attempting to use this product.

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Forward



Tuffcare's Smooth series knee walker is designed for ankle or lower leg individuals recovering from a broken foot, broken ankle, broken leg, foot surgery, or ankle surgery. More comfortable and stable than crutches, these affordable knee walkers are made for both indoor and outdoor use, with four wheels for easy steering and balance..

Warning

- Do not operate your knee walker until you have read and fully understand this manual.
- Do not operate your knee walker until its fully assembled and checked.
- Do not leave your knee walker unattended without locking its brakes.
- Do not stop on a grade or ramp.
- Do not store this product at extreme temperatures ($<0 \geq 40^{\circ}$).
- Do not exceed weight limit of 300 lbs or serious injury could result..

When traveling up and down on an incline:

- Do not make sharp turns.
- Do not turn or reverse on an incline.(maximum 10% incline)
- Apply the brakes while walking to maintain speed and control.

When kneeling or sitting on the Smooth Knee Walker:

- Do not kneel or sit on the walker without applying the parking brakes.
- Do not lean over your knee walker for any reason. Check before use that the product is stable, rigid and that all rivets and screws are fastened.

Unpacking

Dispose of the removed packaging at your local recycling centre. Discard the wrapper and box separately. Dispose of the end-of-life item at a clean point.

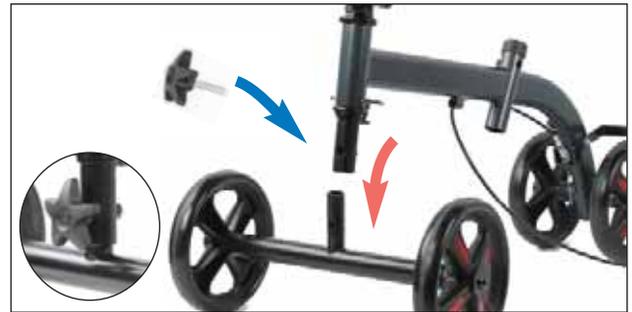


R250 Components



1. front wheel assembly
2. main frame
3. steering handle
4. knee pad assembly
5. three pentagram knobs

R250 Assembly



Insert the front wheel assembly into the bottom tube of the steering column. Align hole in wheel assembly with the post. Insert the pentagram knob screw through the holes tighten pentagram knob by turning it clockwise to secure.

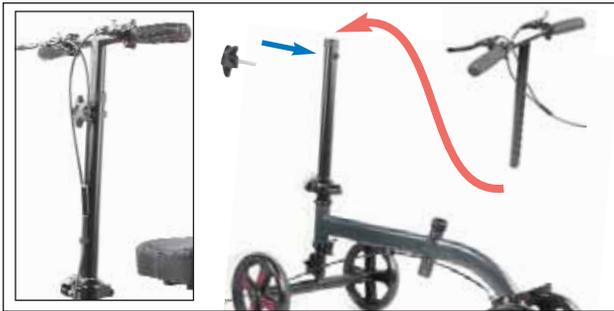


Raise the steering column to it's upright position and follow steps (1) to (6) in page 17 to lock steering column. The locking mechanism at the base of the steering column has had an added security pin to prevent it from collapsing during use.

Remove the 5 major components from packaging. Follow the four assembly steps in the next two pages to complete assembly.

5

6



Insert the steering handle into the steering column, making sure not to twist the brake cables. Align holes in tiller, then insert the pentagram knob screw through the steering tiller. Align holes in tiller to desired height tighten with pentagram knob screw and secure.



Insert knee platform post into main frame, set to desired height. Align holes in posts, then insert the pentagram knob through the main frame knee post. Tighten the pentagram knob by turning it clockwise to secure.

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R270 Components



1. front wheel assembly
2. main frame
3. basket
4. seat assembly
5. steering handle
6. calf pad
7. basket hardware
8. calf pad pentagram knob
9. three pentagram knobs
10. hex key
11. footrest pad

8

R270 Assembly



Remove the 11 major components from packaging. Follow the four assembly steps in the next two pages to complete assembly.

9

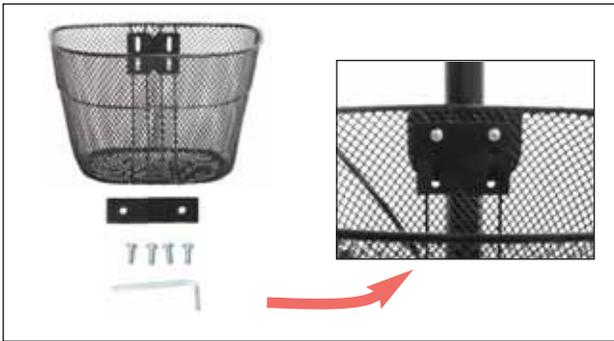


Insert the front wheel assembly into the bottom tube of the steering column. Align hole in wheel assembly with the post. Insert the pentagram knob screw through the holes tighten pentagram knob by turning it clockwise to secure.



Raise the steering column to it's upright position and follow steps (1) to (6) in page 17 to lock steering column. The locking mechanism at the base of the steering column has had an added security pin to prevent it from collapsing during use.

10



Attach basket by lining up the bracket on basket with the screws on the knee walker. Secure by turning clockwise with the hex key provided



Insert seat platform post into main frame, set to desired height. Align holes in posts, then insert the pentagram knob screw through the main frame seat post. Tighten the pentagram knob by turning it clockwise to secure.

11



Slide the calf pad onto the side where the injury leg is located. Align the hole in footrest post with the oval space at the back part of the calf pad. Insert the large pentagram knob screw through the oval space into the hole tighten pentagram knob by turning it clockwise to secure.



Slide the round footrest pad onto the opposite side of the injury leg. Use the footrest pad when leg not paddling.

12



R290 Components



1. main frame
3. knee pad assembly



2. steering handle
4. 2 pentagram knobs



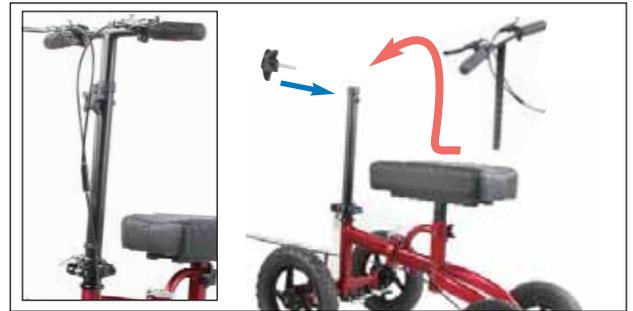
R290 Assembly



Remove the 4 major components from packaging. Follow the four assembly steps in the next two pages to complete assembly.



Raise the steering column to its upright position and follow steps (1) to (6) in page 17 to lock steering column. The locking mechanism at the base of the steering column has had an added security pin to prevent it from collapsing during use.



Insert the steering handle into the steering column, making sure not to twist the brake cables. Align holes in tiller, then insert the pentagram knob screw through the steering tiller. Align holes in tiller to desired height tighten with pentagram knob screw and secure.



Insert knee platform post into main frame, set to desired height. Align holes in posts, then insert the pentagram knob screw through the main frame knee post. Tighten the pentagram knob by turning it clockwise to secure.



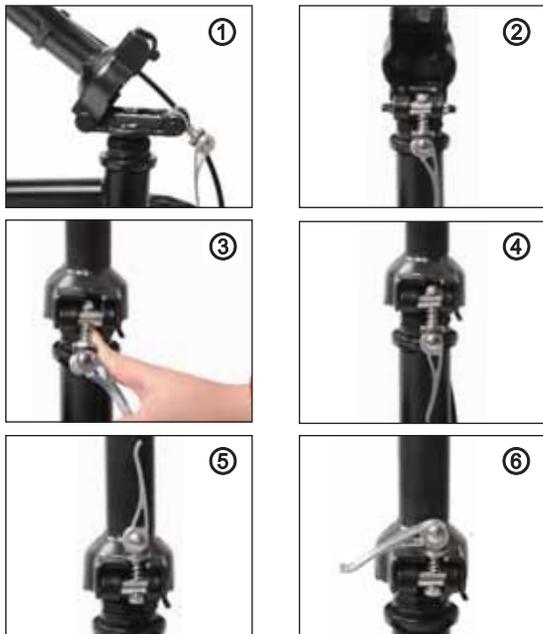
Fold the main frame in the middle for easy transport or space saving storage.

To Raise the Steering Column -

Push the steering column upward until it is in the full upright position(1,2). Push the lever to the left(3) and downward at the same time to disengage the pin(4) And push the steering column upward until it is in the full upright position. Pull the locking mechanism up so that the circular pad rests on top of the steering column folding hinge cutout(5). Push the lever down so the end of the lever is pointing towards the ground to lock the steering column in the upright position(6).

To Lower the Steering Column -

Reverse the procedure in opposite order from (6) to (1).

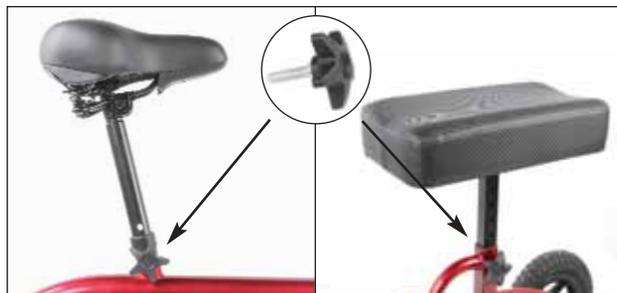


17



To Adjust Height of Handlebars

Handlebars should be set at wrist level to keep your back straight. Turning the pentagram knob counter clockwise to remove, extend the steering shaft up or down to desired height. Align holes in tiller, then insert the pentagram knob screw through the steering tiller. Tighten pentagram knob by turning it clockwise to secure.



To Adjust Height of Seat or Knee Platform

Turning the pentagram knob counter clockwise to remove, extend the platform post up or down to desired height. Align holes in posts, then insert the knob screw through the seat post holes. Tighten pentagram knob by turning it clockwise to secure.

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Brake Adjustment The tightness can be adjusted with the nuts at either end of the brake cable. Turning the screw clockwise will loosen the brake and turning the screw counter clockwise will tighten it. The pressure of the brake



mechanism on the brake wheel should be enough so that, when the hand lever is in the fully squeeze position, the brake wheel does not turn but is not too tight.



R250

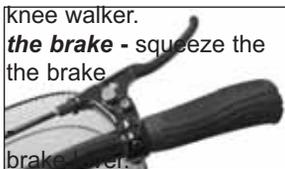


R270



R290

Braking The brake is engaged by holding the brake lever on the handlebar. The braking wheel must be in contact with the floor and the brake works best with weight on the



knee walker.
the brake - squeeze the
the brake
brake lever.

Set

brake lever and on
lever holder.

To unlock the brake
squeeze the



Operation

1. When mounting/dismounting, always make sure the brakes are engaged. You should stand naturally with your injured leg supported on the knee rest at a 90-degree angle..

2. Your hips should be even, and your uninjured foot placed flat on the floor. The handlebars should be set at a comfortable distance in front of your body, normally about waist height. You should not be hunched over the unit, but in your normal, upright posture.

3. Before mounting the knee walker, ensure the hand brakes are fully engaged, to prevent it from rolling, then with both hands firmly on the handlebars, mount the knee scooter from one side and place the knee of your injured leg on the knee rest.

4. Once balanced, disengage the hand brakes and use your other leg to propel you (much like a child's scooter). Go slowly to start and progress up to a normal walking speed. Use your best judgement and be cautious on inclines and uneven sidewalks.

Maintenance

With routine use, nuts and bolts on the steering column, knee platform, can become loose. To ensure safe continuous operation of the Smooth knee walker, it is important to periodically inspect the product for loose nuts and bolts and re-tighten as appropriate.

Always test the brakes by both walking and squeezing the brakes and by stopping, pushing down on the brakes to a locked position, and then trying to push the knee walker. If the brakes do not lock the wheels, the brakes need to be adjusted. If adjustment does not tighten the brakes, DO NOT use the knee walker.

Use soapy water and a soft cloth to clean the surface of the walker. Wipe off any moisture after cleaning. Using abrasive clothes or other products can cause grates.

Keep For Your Records

Name of dealer where you purchased:

Dealer's phone number where you purchased

Serial number (if applicable):

Please keep this information for your records to help us in assisting you if you need a part replaced.

Thank you.

West Coast Distribution

Tel 800-367-6160

East Coast Distribution

Tel 800-548-6596

WWW.TUFFCARE.COM