



**Smooth Series  
Knee Walker R250  
Operating Manual**

**ATTENTION**

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

# TABLE OF CONTENTS

<b>Table of Contents</b>	<b>1</b>
<b>Forward</b>	<b>2</b>
<b>Safety Precautions</b>	<b>3</b>
<b>Product Diagram</b>	<b>4</b>
<b>Specifications and Unpacking</b>	<b>5</b>
<b>Main Components</b>	<b>6</b>
<b>Assembly</b>	
Locking the Mainframe	7 - 8
Attaching the Front Wheels	9 - 11
Assembling the Steering Shaft	12 - 13
Attaching the Handle Bar	14
Attaching the Knee Pad Shaft	15
Attaching the Basket	16
<b>Adjustments</b>	
Adjusting the Height of the Handle	18
Adjusting the Height of the Knee Pad	19
Adjusting the Brake Tension	20
<b>Operation</b>	<b>21 - 23</b>
<b>Maintenance</b>	<b>24</b>
<b>Keep For Your Record</b>	<b>25</b>
<b>Limited Warranty</b>	<b>26</b>

# FORWARD



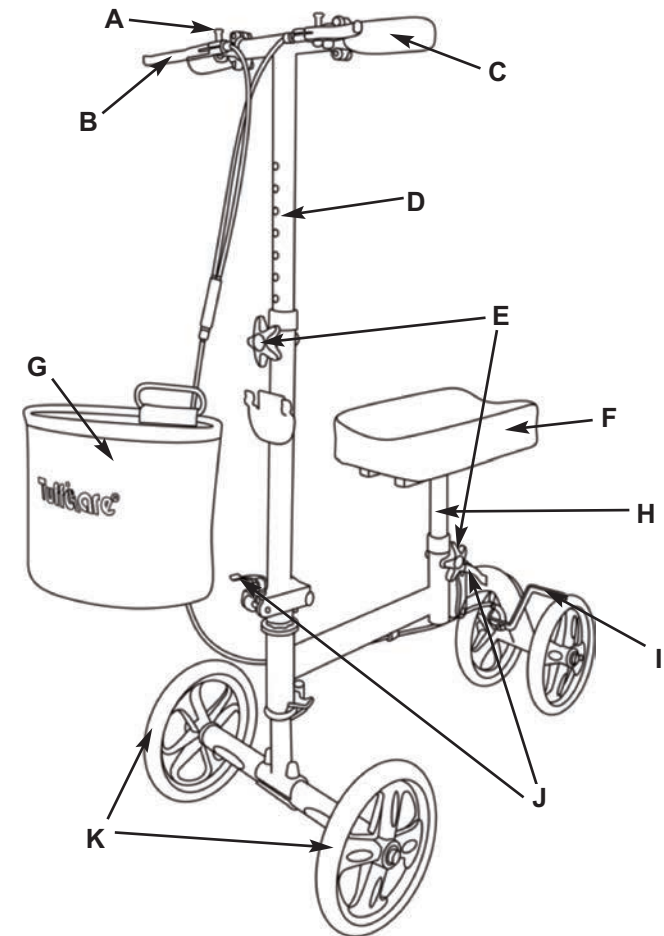
Congratulations on your purchase of a Tuffcare® Smooth knee walker! Tuffcare's economy knee walker is designed especially for patients recovering from knee surgery, ankle surgery, a broken knee, a broken ankle, or a broken leg. While unable to walk, one gains mobility and self-propel around without assistance. It's also great for building muscles during rehab recovery. Our Smooth Knee walkers are more comfortable and stable than crutches and great for indoor and outdoor use.

## SAFETY PRECAUTIONS

- ⚠ Do not operate your knee walker until you have read and fully understood 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 it could result in serious injury.
- ⚠ Maximum weight capacity for pouch is 5 lbs.
- ⚠ Watch out for: Uneven surfaces, cords, loose rugs, misc toys or tools on the ground, spilled water or oily surfaces.
- ⚠ Do not perform adjustment to the knee walker while it is in use.
- ⚠ Do not walk backwards without making sure no obstacle is behind you.
- ⚠ Do not make sharp turns.
- ⚠ Do not turn or reverse on an incline.(maximum 10% incline)
- ⚠ All wheels must be in contact with the floor at all times during use. This will ensure the knee walker is properly balanced.
- ⚠ 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.

## PRODUCT DIAGRAM

### SMOOTH SERIES KNEE WALKER R250



- |                     |                         |
|---------------------|-------------------------|
| A. Brake Lock       | B. Brake Handle         |
| C. Handgrip         | D. Steering Shaft       |
| E. Pentagram Knob   | F. Knee Pad             |
| G. Detachable Pouch | H. Seat Post            |
| I. Brake Pad        | J. Steering Column Lock |
| K. 8" Caster Wheels |                         |

## SPECIFICATIONS

**Overall Height: 32 to 40 inches**

**Overall Length: 31 inches**

**Overall Width: 17 inches (Front), 8 inches (Rear)**

**Knee Pad Height: 17.5 to 22.5 inches**

**Folded Dimensions: 16.5 x 36 x 24 inches**

**Casters: 8 x 1.25 inches (Front), 8 x 1.25 inches (Rear)**

**Knee Pad size: 12 x 7 x 2.5 inches**

**Brake Handle: Dual brake with Parking Feature**

**Brake Type: Dual Rear Lever Brake**

**Material: Cold Roll Steel**

**Product Weight: 19.15 lbs**

**Weight Capacity: 300 lbs**

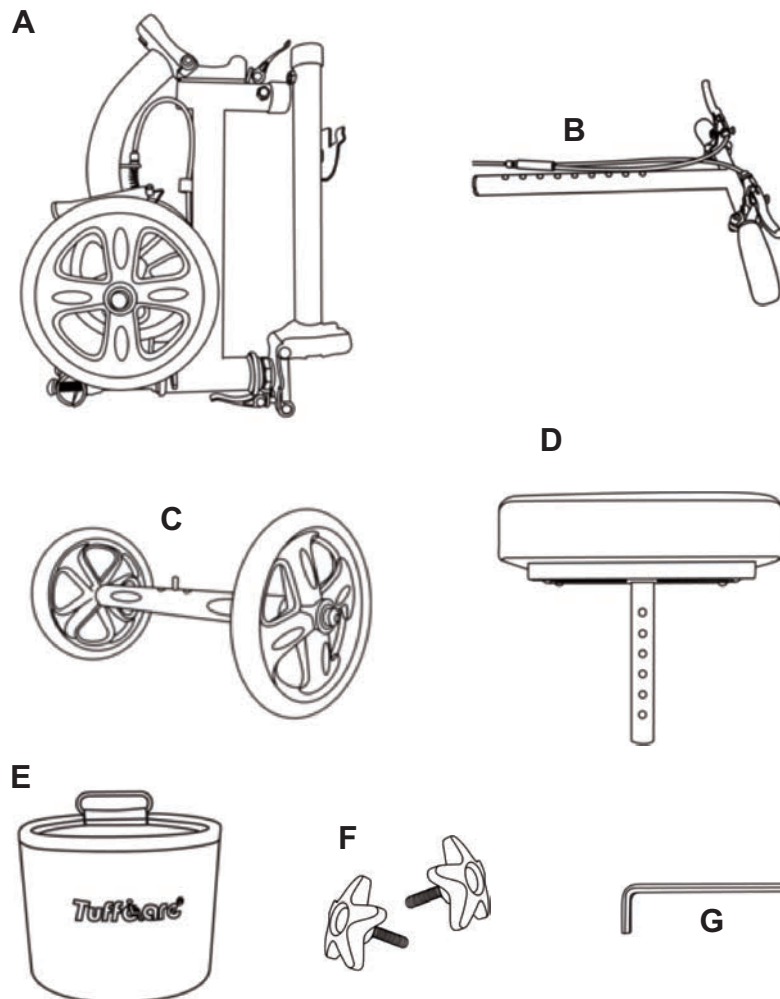
## UNPACKING

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

⚠ When cutting the zip ties, be cautious not to damage the braking wires.

⚠ Inspect for any damage and check for hardwares listed on page 4 and 5 according to the device model.

## MAIN COMPONENTS



**A. Main Frame**

**C. Front Wheel Assembly**

**E. Detachable Pouch**

**G. Allen Wrench**

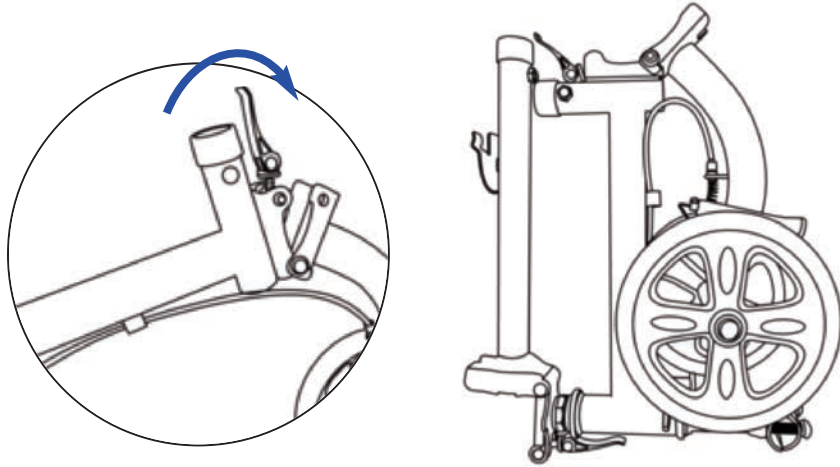
**B. Steering Column**

**D. Knee Pad with Post**

**F. 2 Pentagram Knobs**

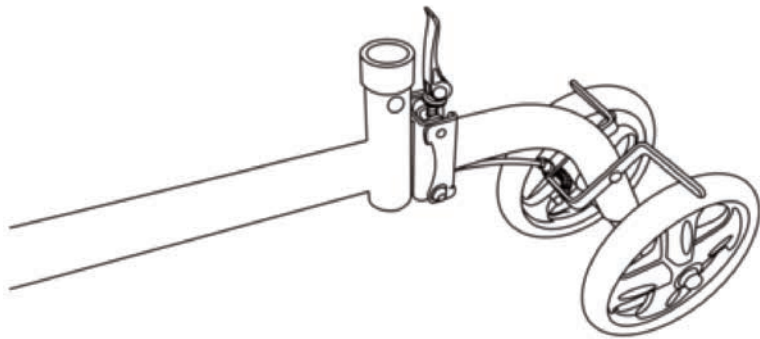
# ASSEMBLY

## LOCKING THE MAIN FRAME

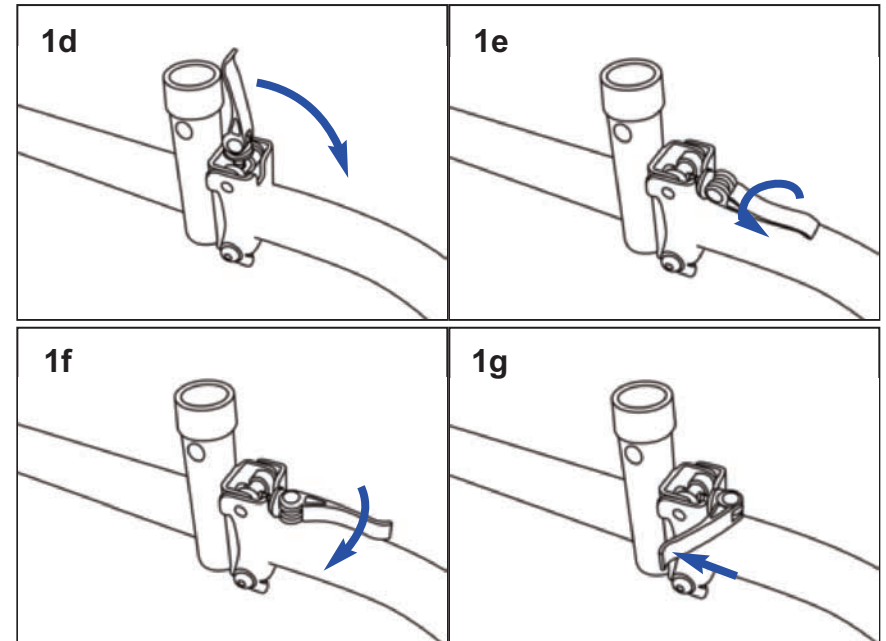


**1a.** Remove all packing materials and set the knee scooter standing along the rear wheels and the leg rest bar.

**1b.** Lift up the front frame in order to connect with the rear frame. Be cautious not to place your hand or any object between the two frame pieces.



**1c.** Fully straighten the frame, pushing the end into the column lock until the hinge pin clicks in place.

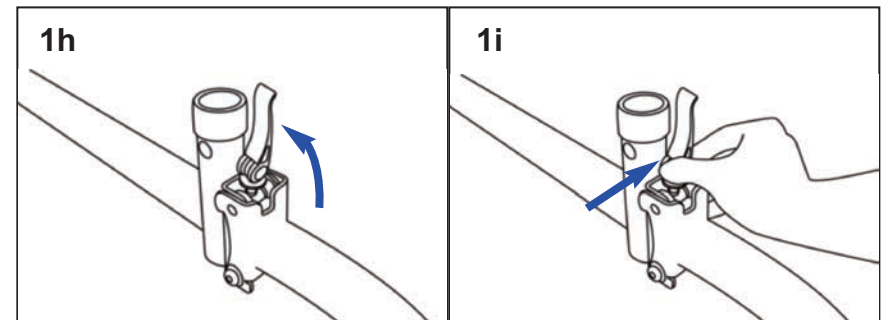


**1d.** Ensure the frame is fully extended and the locking pin is locked into place.

**1e.** Slide the frame lever onto the slot in the other direction to the back side of the frame.

**1f.** Rotate the frame lever so it is pointing sideways.

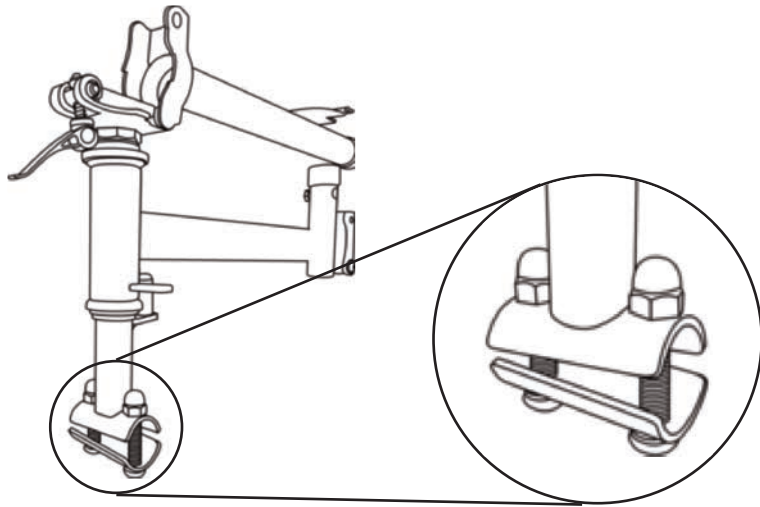
**1g.** Press the lever firmly down until it is locked in place. No rattling should occur at the locking mechanism at this time.



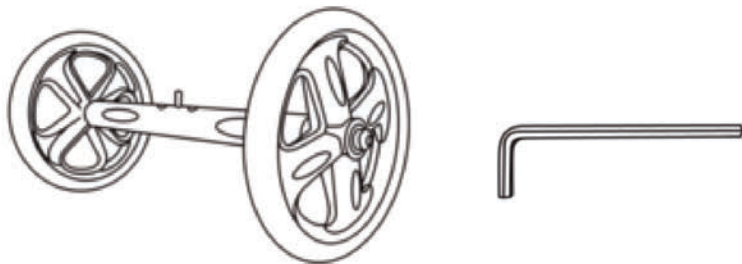
**1h.** To fold the frame, reverse the procedure in opposite order.

**1i.** Squeeze the frame lever and the side of back frame to disengage the frame locking pin.

## ATTACHING THE FRONT WHEELS



**2a.** Locate the front wheel mounting bracket at bottom of the front post of the mainframe.

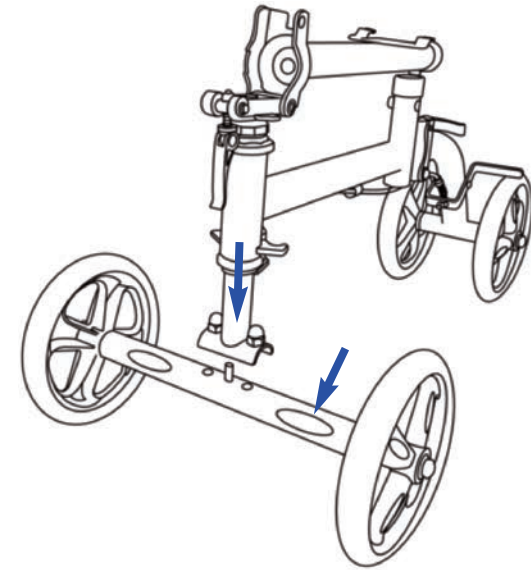


**2b.** Locate the front wheels assembly from the package.

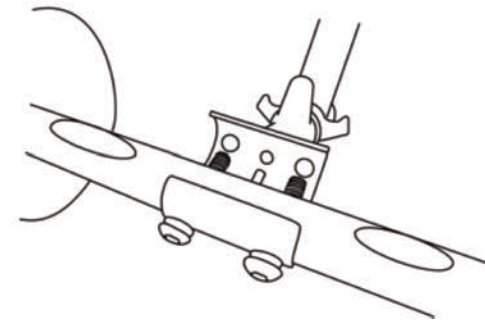
**2c.** Locate the allen wrench in the tool kit. This will be used to remove the screws to attach the front wheels.



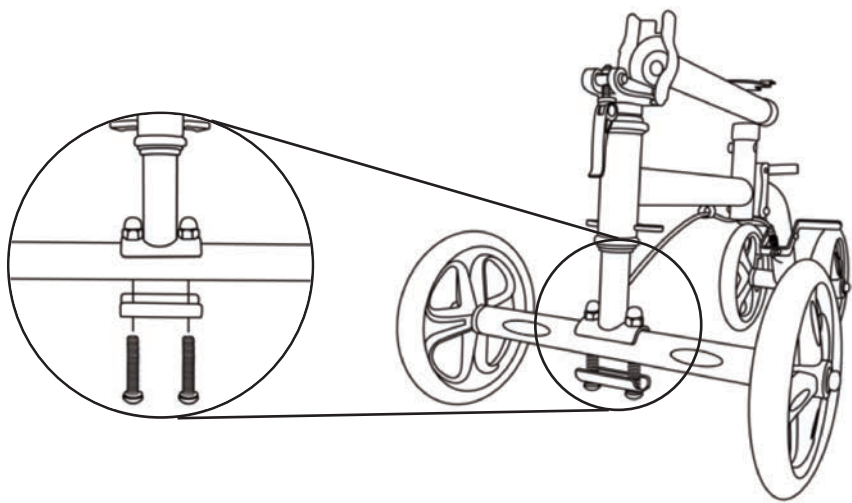
**2d.** Remove the lower mounting plate by loosening the bolts using the allen wrench.



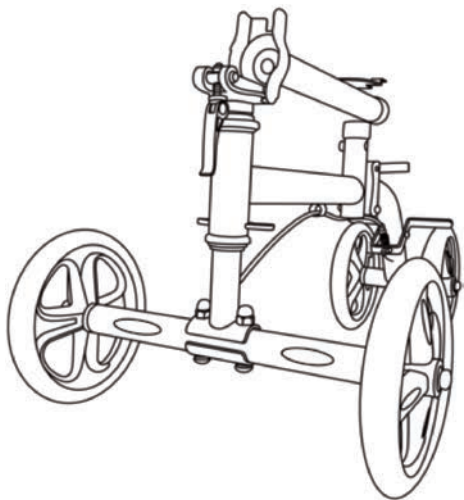
**2e.** Ensure that the reflectors on the wheel assembly face straight ahead before installing the front post. Place the front post of the mainframe on top of the front wheel assembly.



**2f.** Align the central dowel pin on the wheel assembly with the bottom of the front post's center hole.

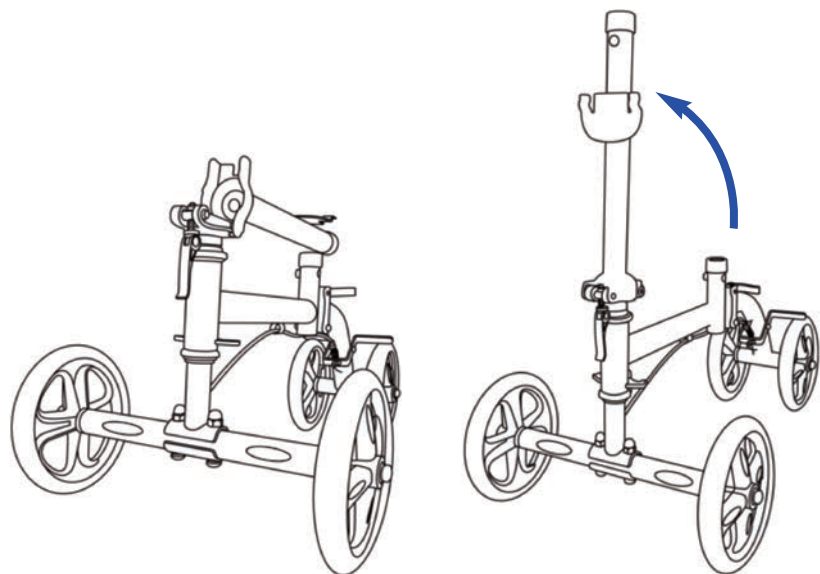


**2g.** Align the screw holes between the front post's mounting plate, the front wheels, and the bottom mounting plate. Insert the screws and washers through the aligned screw holes from underneath the front wheels to connect the bottom mounting plate, the front wheels, and the front leg together.

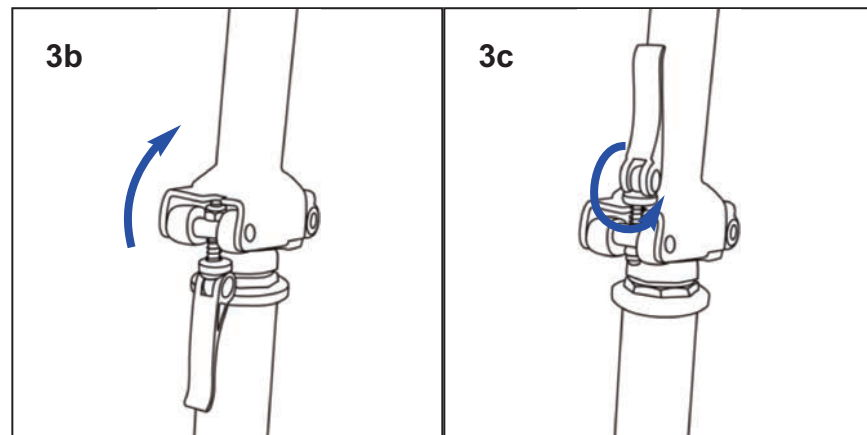


**2h.** Tighten the 2 screws using the included allen wrench. The center bar of the front wheels assembly should be secured and free of movements.

## ASSEMBLING THE STEERING SHAFT

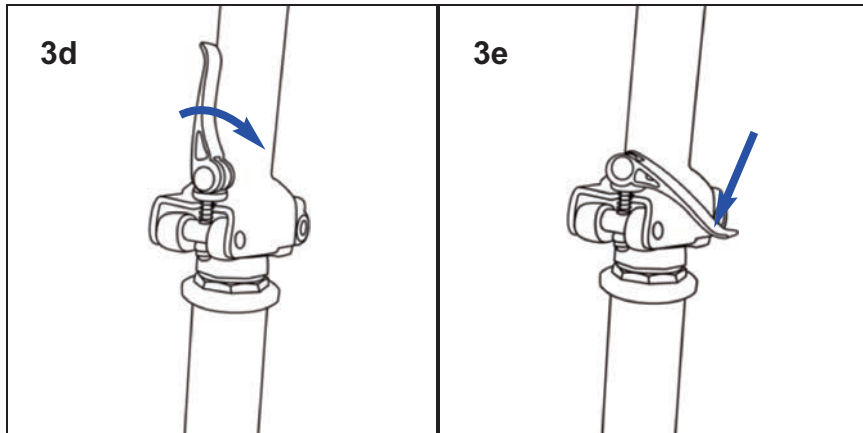


**3a.** Locate the front column lock and lift and straighten the steering shaft until the lock clicks in place.



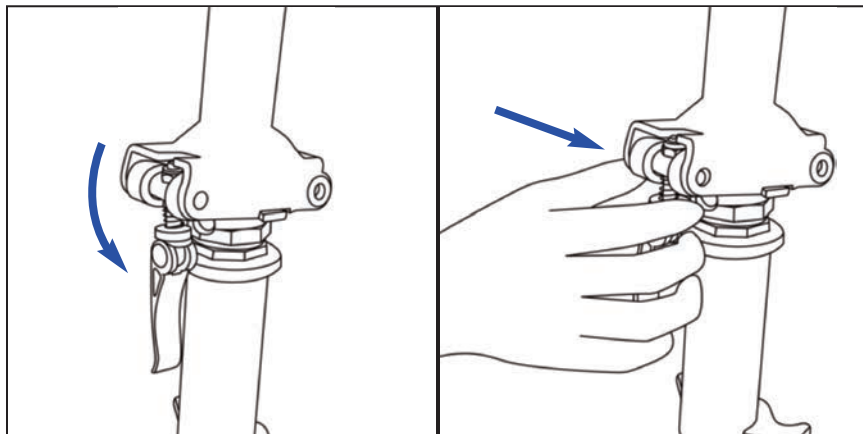
**3b.** Push the steering column upward until it is in a fully upright position.

**3c.** Rotate the steering column lever from bottom of the column to the top side.



**3d.** Pull the locking mechanism up so that the circular pad rests on top of the steering column folding hinge cutout.

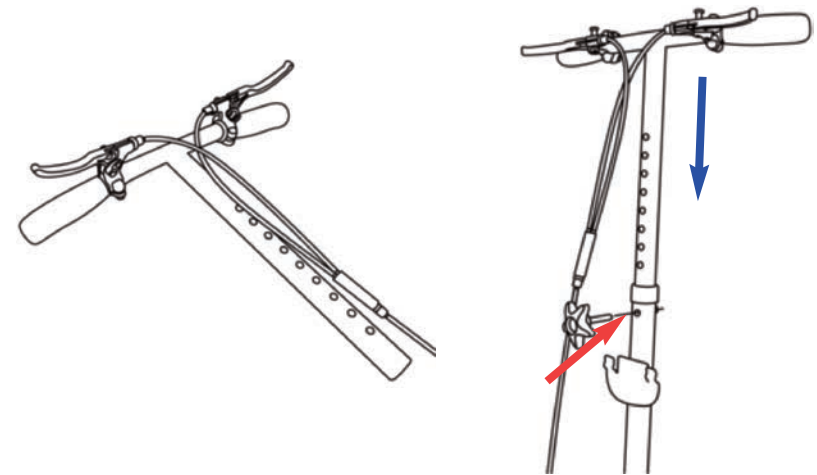
**3e.** Push the lever down so the end of the lever is pointing towards the ground to lock the steering column in the upright position.



**3f.** To fold the scooter, lift the column lock and pull the lock lever all the way out of the pocket.

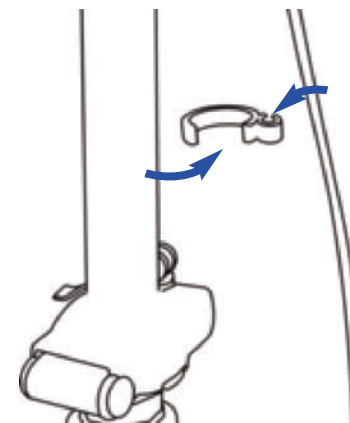
**3g.** Squeeze the lever outwards to release the hinge pin out away from the slot. Push the lock to the side to detach the front column lock and the steering shaft.

## ATTACHING THE HANDLE BAR



**4a.** Locate the handle bar. This should be attached to the mainframe by the brake wires.

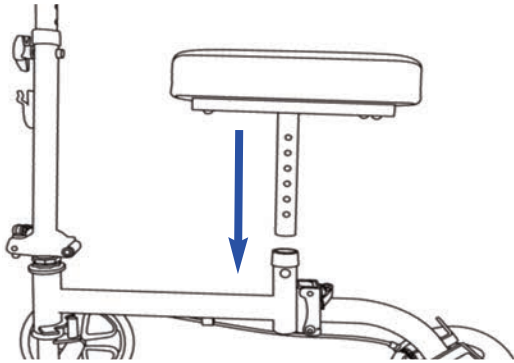
**4b.** Insert the end of the handle bar into the steering shaft, extend the steering shaft up or down to desired height. Align holes in tiller, then insert the pentagram knob screw through the steering tiller. Then, tighten pentagram knob by turning it clockwise to secure. Handlebars should be set at wrist level to keep your back straight.



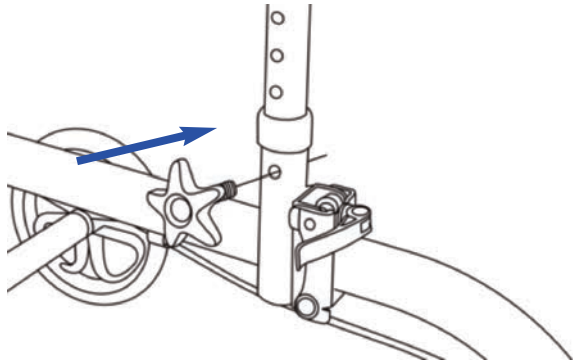
**4c.** Use the included wire clip to secure the loose brake cable.



## ATTACHING THE KNEE POST TO THE MAINFRAME

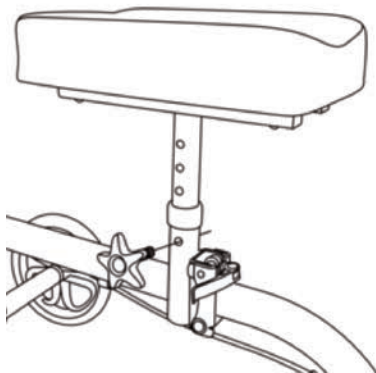


**5a.** Insert the knee post into the mainframe of the knee walker, move post up or down to desired height



**5b.** Align hole in the knee post with hole on the mainframe, insert pentagram knob through holes and tighten.

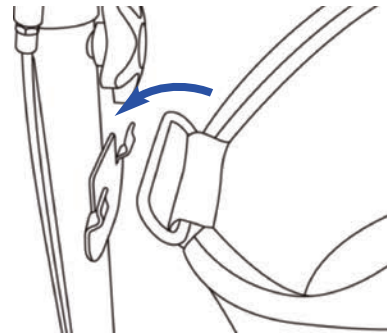
**5c.** Make sure the knob is screwed in tightly to ensure security of the knee pad in the scooter.



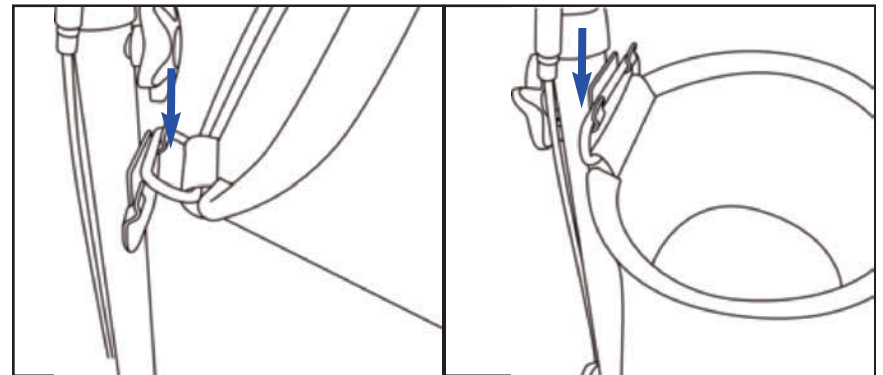
## ATTACHING THE POUCH



**5a.** Locate the basket for the knee scooter from the package.



**5b.** Align the basket with the plate located on the front of the steering cast



**5c.** Push one side of the metal rod of the basket into the steering shaft plate. Push the other side of the rod to secure.

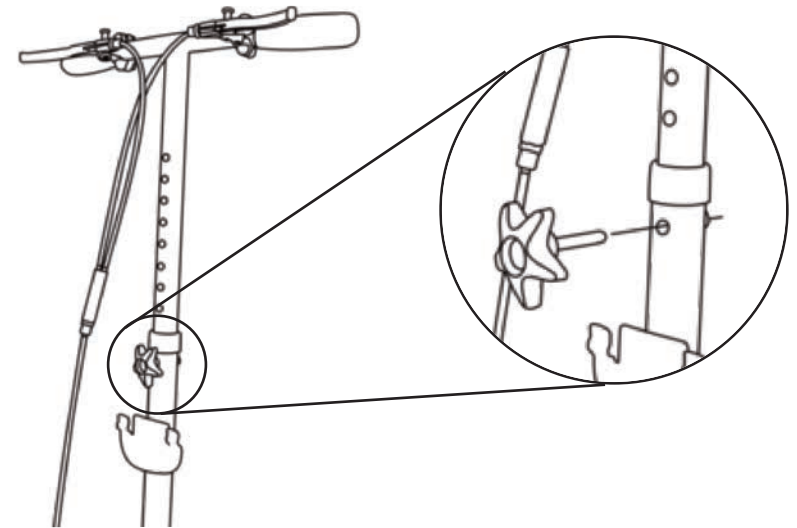
# ADJUSTMENTS



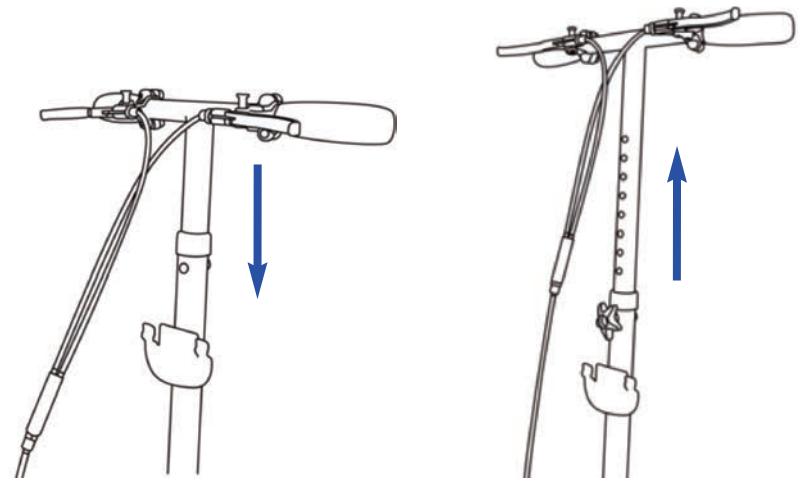
1. Stand up straight while holding onto the handles. Next, bend your injured knee 90 degrees. Measure the distance from the bottom of your bent knee to the floor, adjust the height of the knee pad to match the same distance.

2. The proper handlebar height should be about the same height as your waist. Unlock the handlebar height adjustment knob and set the height accordingly.

## ADJUSTING THE HEIGHT OF THE HANDLE

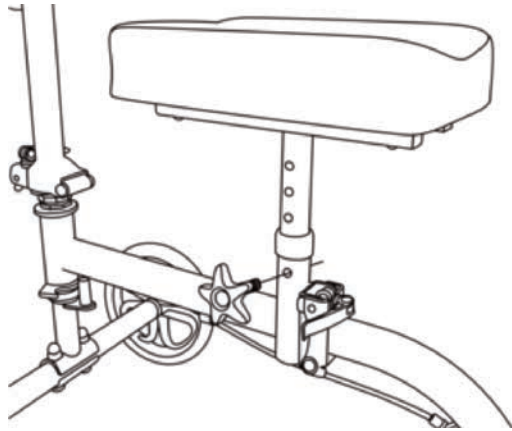


Locate the pentagram knob connecting the handle to the steering shaft and remove it from the steering shaft.

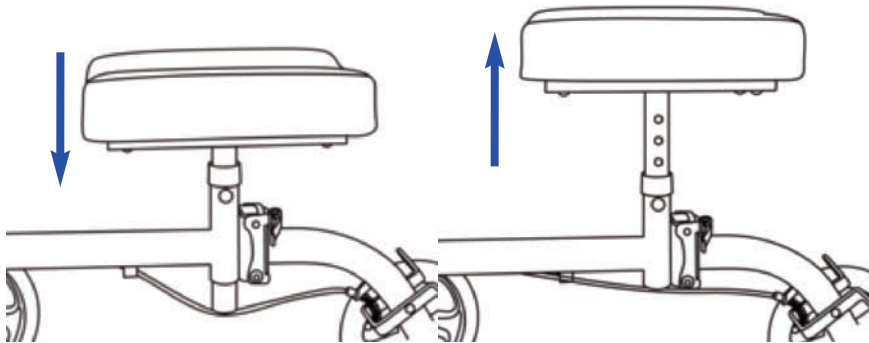


The handle of the knee scooter has multiple holes for height adjustment. Adjust the handle of the scooter to the preferred height by pushing it down pulling it out and secure with the pentagram knob.

## ADJUSTING THE HEIGHT OF THE KNEE PAD

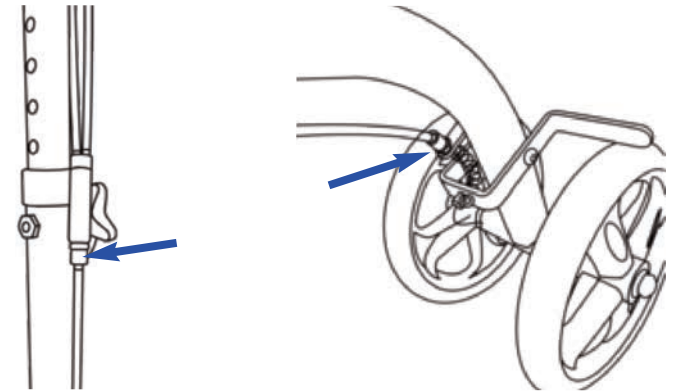
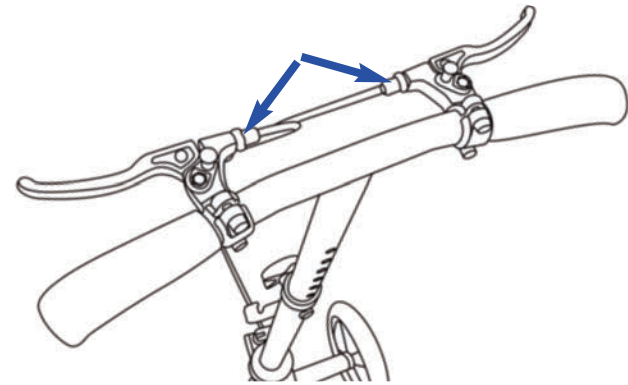


Locate the pentagram knob connecting the knee post to the mainframe and remove it.



The knee post has multiple holes for height adjustment. Adjust the knee post to the preferred height by pushing the knee post down or pulling it out and secure with the pentagram knob.

## BRAKE TENSION ADJUSTMENT



The tightness can be adjusted with the nuts at either end of the brake cable. When adjusting the brake from the brake handle, both sides of the handles should be adjusted to the same tension because they operate the same drum pad.

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 squeezed position, the brake wheel does not turn but is not too tight.

# OPERATION

1. Before mounting the knee scooter, ensure the hand brakes are fully engaged, to prevent it from rolling. Find support with your hands holding on to the handle bars and stand with your uninjured leg, Grab onto both the handlebars before you "step-on" your knee walker. Doing so assures that the model is stable and provides you with something to hold securely.

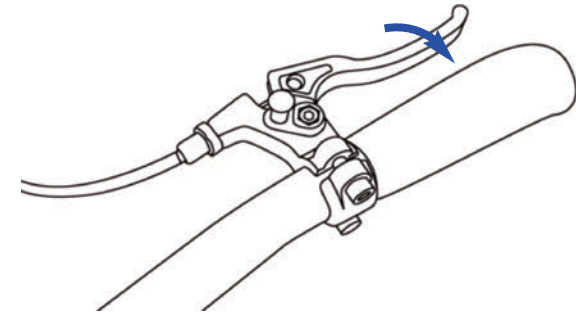
2. While still grabbing onto the handlebars, mount your injured leg to the knee rest - while keeping your uninjured leg on the ground beside the knee walker. You should be standing with your posture upright and comfortably on your good leg. You should not be hunched over the unit, but in your normal, upright posture. Any issue regarding adjustment can be found at the **Adjustment** section of this manual.

3. Once balanced, disengage the hand brakes and use your good 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.

4. Slow down when navigating tight corner or turning. When turning on the same side as your propeling leg, it is common to hit the rear wheel if not careful. Slow down and extend a wider stride movement until the turn is made. When doing a U-turn in a narrow space, always slowdown and be aware of your surrounding. Follow the three point turn technique (forward, back, forward) same function as a normal scooter or driving a car.

5. To dismount the knee walker. Bring the knee walker to a even surface, ensure the hand brakes are fully engaged to prevent it from rolling. With your hand holding on to a support, stand up on the good leg and carefully swing your injured leg over the knee pad.

## USING THE BRAKES

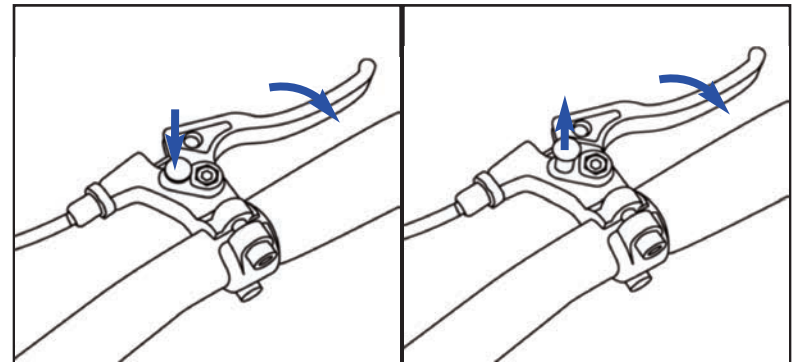


### Brake Operation

The brake is engaged by holding down the braking lever on the handlebar. The braking wheel must be in contact with the floor and the brake works best when weight is applied on the knee scooter.

## USING THE BRAKE LOCKS

Smooth Knee Scooter comes equipped with a brake lock or parking brake located between the lever and handle bar.



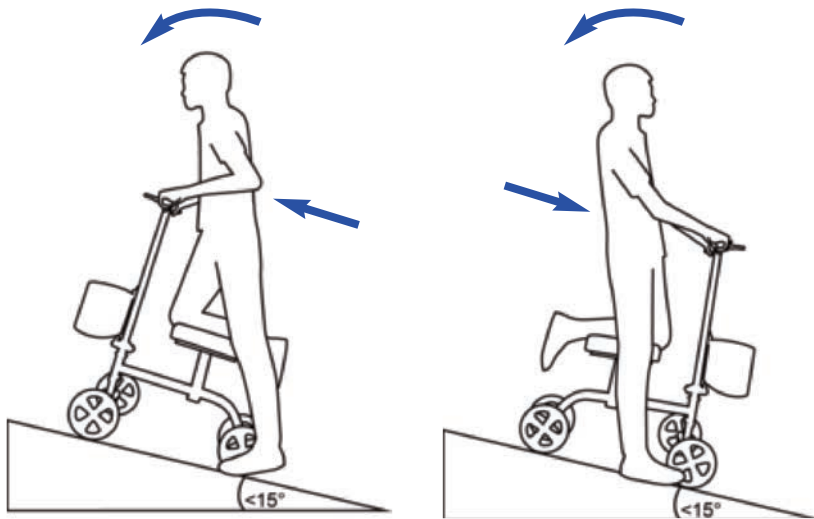
**Setting the locking brake:** squeeze the brake lever and press down the button to engage parking.

**Releasing the brake:** squeeze the brake lever and the lock button will release on its own.

## OPERATING THE SCOOTER ON SLOPES

### **⚠ WARNING**

Do not use the scooter on slopes steeper than 15°



When ascending a small incline, lean forwards and push yourself up with your good foot. This should be completed using short, quick steps. Make sure to use the scooter brake in between each push to stop the scooter from rolling back.

When descending a small incline, lean backwards and hold the scooter brake as you slowly roll down. Use short and quick steps as you descend.

## MAINTENANCE

### **DETECTING WEAR AND DAMAGE**

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 inspect the product EVERY MONTH for loose nuts and bolts and re-tighten as appropriate.

### **CHECK BRAKE FOR FUNCTIONING**

Always test the brakes EVERY MONTH 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.

### **LUBRICATING THE WALKER**

A light grease lubricant may be applied to the ball bearing and swivel of the casters every three months.

### **CLEANING THE WALKER**

Use soapy water and a soft cloth to clean the surface of the scooter. Wipe off any moisture after cleaning. Using abrasive clothes or other products can cause grates. Make sure that the wheels are free of hair, lint, and other debris.

### **PERFORMING REGULAR MAINTENANCE**

Regular maintenance of the walker and accessories is required to ensure proper operation. The casters and axle bolts are also require check-ups for proper tightness.

# **LIMITED WARRANTY**

The warranty below has been drafted to comply with Federal Law applicable to products manufactured after July 4, 1975. This warranty is extended only to the original purchaser/consumer (or dealer non-consumer who does not buy for resale).

Tuffcare® warrants that it's Smooth Series knee walkers will be free from defective workmanship and materials for one year following the date of original manufacture with the following exceptions: All welds are warranted for the life of the scooter. Tires on the scooters are warranted for 6 month. The warranty period commences on the original manufacture date. If within such warranty period any such product proven to Tuffcare® satisfaction to be defective, such product will be repaired or replaced at Tuffcare® option.

Tuffcare® sole obligation and your exclusive remedy under this warranty shall be limited to such repair and/or replacement. This warranty does not include any labor charges incurred in replacement parts installation. Freight charges to the factory are at the expense of the consumer or seller. Return freight charges will be prepaid by Tuffcare®. For warranty service, please contact the authorized dealer from whom you purchased your Tuffcare® products. In the event that you do not receive satisfactory warranty service, please write directly to: Tuffcare®: 4977 La Palma Ave, Anaheim, California, 92807. DO NOT RETURN PRODUCTS WITHOUT PRIOR AUTHORIZATION.

LIMITATIONS AND EXCLUSIONS: The foregoing warranty shall not apply to products subjected to negligence, abuse, misuse, improper operation, improper maintenance, improper storage or damages beyond Tuffcare® control. The evaluation will be solely determined by Tuffcare®. The warranty shall not apply to problems arising from normal wear, or failure to follow instructions, or if parts are not manufactured by Tuffcare®, or do not comply with original equipment specifications that are added to Tuffcare® product.

THE FOREGOING WARRANTY IS EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND SHALL NOT EXTEND BEYOND THE DURATION OF THE EXPRESS WARRANTY PROVIDED HEREIN. TUFFCARE® SHALL NOT BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES WHATSOEVER.

This warranty gives you specific rights and you may also have other legal rights which vary from state to state. Some states do not allow the exclusion or limitations of incidental or consequential damage, or limitation on how long an implied warranty

## **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**

**East Coast Distribution**

**Tel 800-367-6160**

**Tel 800-548-6596**