

# **IWALK**

## *User Guide*

Rev 2, 10/27/2015

# 20

# Who Can Use iWALK 2.0?

## Brief

Before your injury, could you walk unassisted? Could you go up and down stairs without requiring the handrail for balance or support? If yes, then you are totally capable of using the iWALK2.0.

## How can I determine if I'm a good candidate for using the iWALK2.0?

While the iWALK2.0 hands free crutch works for most people, it isn't for everyone. Before you decide to use the iWALK2.0, carefully review the information below to determine if the iWALK2.0 is right for you and suitable for your injury.

## You can use iWALK2.0 if:

### Compliance:

- You commit to following our instructions for Fitting and Use before your first use.
- You're willing to spend at least 5-20 minutes to let your body learn and adapt to using the iWALK2.0.

### Pre-injury Ability:

- You have average strength and balance
- Pre-injury, you could walk normally without a limp, shuffle, etc.
- Pre-injury, you could go up or down stairs without requiring a handrail for balance or support.

### Capacity:

- You are between 4'10" (147cm) and 6'6" (198cm)
- You weigh 275 pounds (125kg) or less.
- Maximum thigh circumference (at top of leg) is 28" (71cm) or less.

### Other Requirements:

- Your injury is to one leg only.
- Your injury is below the knee.
- You can bend your injured leg 90 degrees at the knee. (*Casts and boots are OK*)
- You have full functionality in your uninjured leg.

## iWALK2.0 works for these common lower leg injuries:

Foot fracture, sprained ankle, broken ankle, Achilles tendon rupture, Achilles tendon injuries, bunions, tibia fracture, fibula fracture, Jones fracture, plantar fasciitis, stress fractures (lower leg), below knee amputation, foot and ankle dislocations, foot ulcers, calf muscle tear, calf muscle strain, gastrocnemius tear, almost any lower leg injury is indicated for use with iWALK2.0.

## iWALK2.0 does not work for these leg injuries:

Any injury to the knee or above. Examples – ACL tears, MCL tears, patella conditions, other knee injuries, hamstring tears and strains, groin injuries, piriformis injuries, IT band issues, iliopsoas (hip flexor) conditions, diabetic ulcers where proprioception issues adversely affect balance or any other knee or above upper leg injury.

## Age Limits

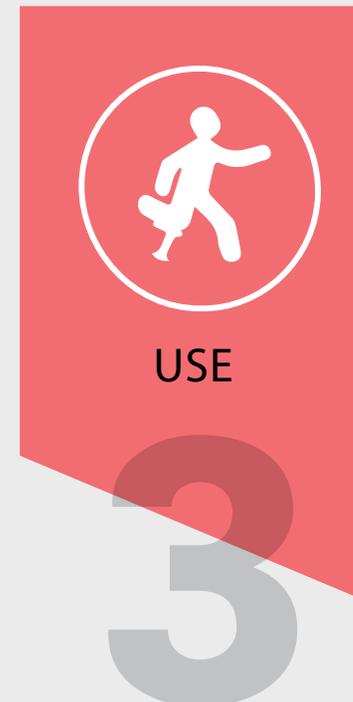
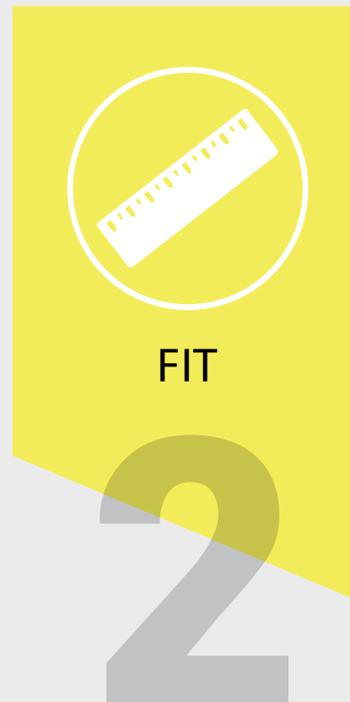
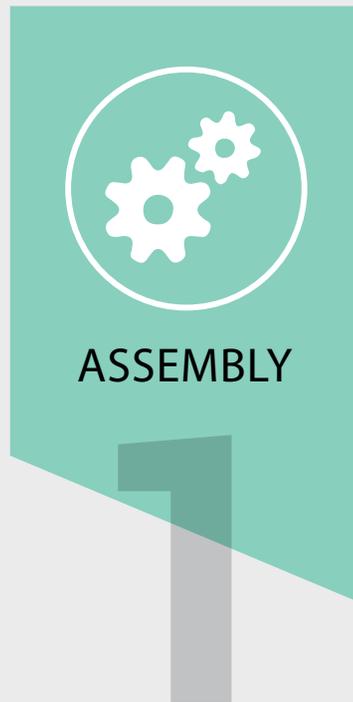
We've learned that as we age mobility capabilities vary greatly from individual to individual, so assigning age limits is too arbitrary. So instead of age limits, we've found that ability limits\* work much better.

**\*Ability Guidelines-** if you could walk with normal gait, unassisted prior to your injury, then you're a good candidate for the iWALK2.0. Further, if you could go up or down stairs without requiring a handrail for balance or support, then you certainly have the physical ability to succeed on iWALK2.0.

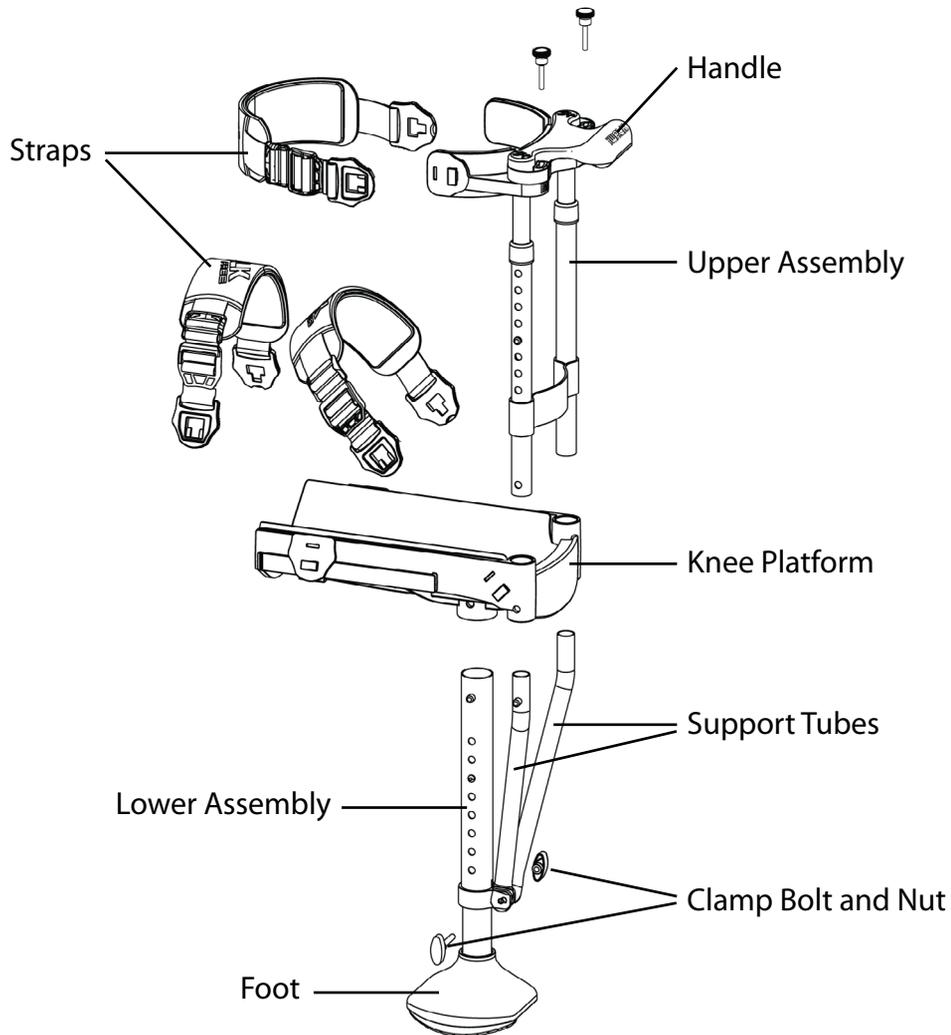
## Amputees

iWALK2.0 is becoming increasingly popular as a daily living aid and a transitory / training device for new below knee amputees. Find out more [here](#).

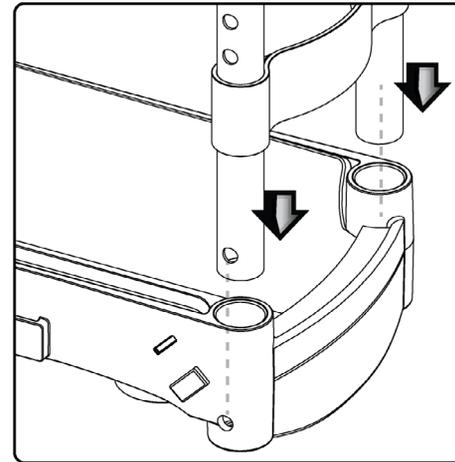
# LEARN TO USE YOUR IWALK 2.0 IN 3 EASY STEPS



# Assembly Instructions

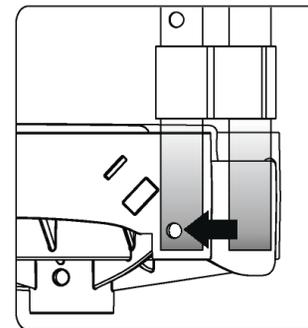


Watch the Assembly Instruction video on [iWalk-free.com](http://iWalk-free.com) website. Click on the play icon to watch the video.



**Step 1** - With the Handle facing forward, insert the Upper Assembly tubes into the sockets of the Knee Platform.

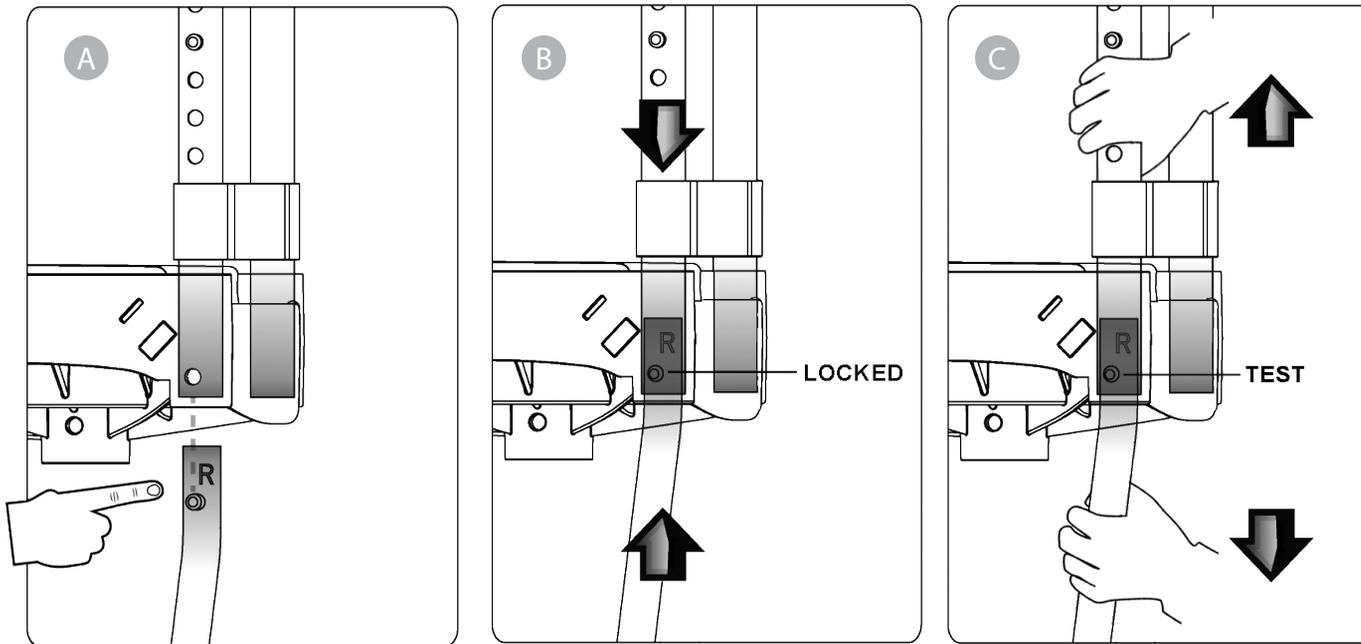
⚠ Push down firmly on the Handle to make sure both tubes are fully bottomed out in the sockets. *You may have to pull down on the left side tube in order for it to reach the bottom.*



⚠ Make sure that the holes at the bottom of the tubes align with the holes in the side of the Knee Platform. *You may need to pull down and/or rotate the left side tube for it to align.*



**WARNING** – *do not continue with assembly unless both left and right side holes have aligned.*



**Step 2** - A) Identify the Right side Support Tube by the small "R" stamped near the top.

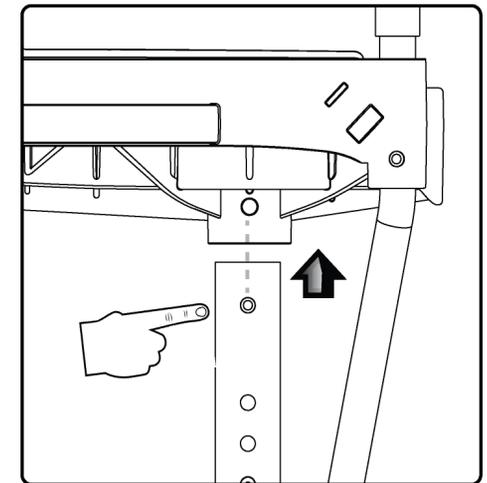
B) While pushing down on the Upper Assembly tube, press in the silver spring head and insert the Support Tube into the bottom of the Knee Platform socket until the spring head engages in the holes of the Upper Assembly tube AND the Knee Platform. All three must be locked together.

C) Test the connection by firmly grasping the Upper Assembly tube with one hand and the Support Tube with the other and forcibly try to pull them apart. If you cannot pull them apart, you have assembled the three components correctly.

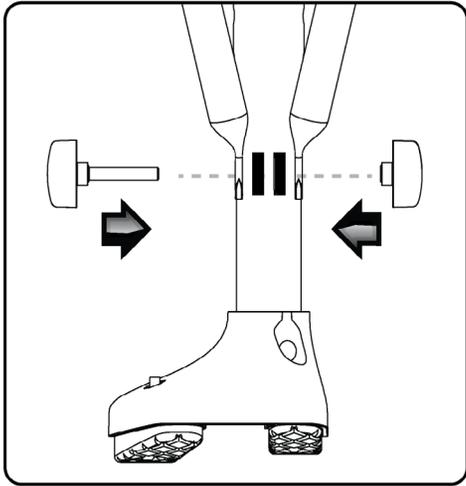
D) Insert the Left Support Tube using the same procedures. You may need to rotate the tube in order to align the hole.



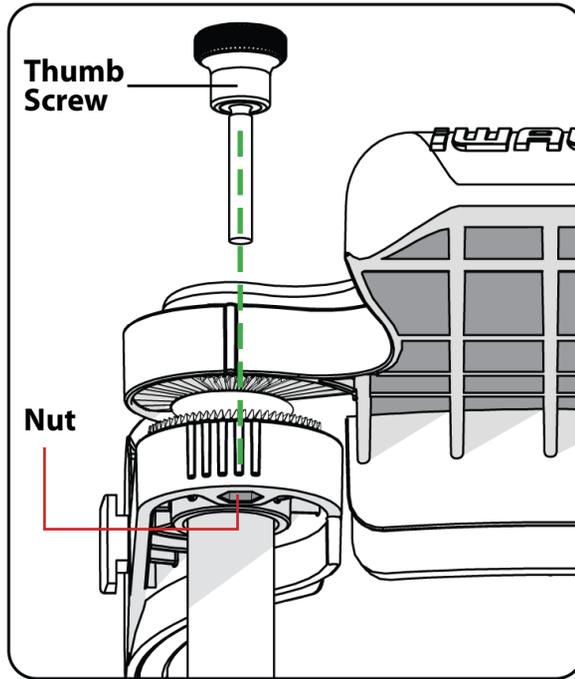
**WARNING** – Aggressively test both connections (left and right). If the Support Tube, Knee Platform and Upper Assembly tubes are not locked together, instability and injury can result



**Step 3** - Attach the Lower Assembly to the Knee Platform by pressing in the spring head at the top of the Lower Assembly tube and inserting the tube into the socket of the Knee Platform. Grasping the tube, pull down forcibly to insure that the two parts are securely locked together.

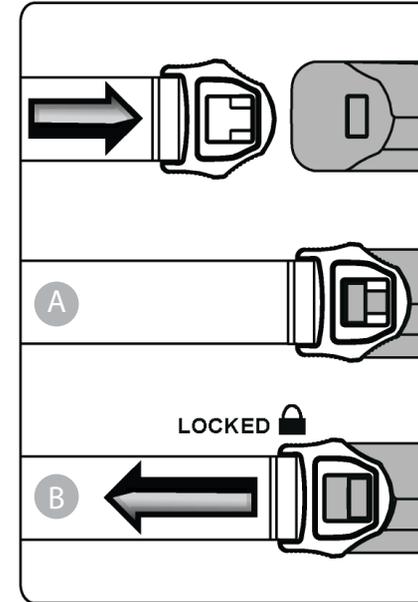


**Step 4** - The Clamp should be sandwiched between the flat ends of the Support Tubes. If not, remove and reinstall the Support Tube. Align the holes in the Support Tubes with the holes in the Clamp – you may need to gently push back on the Support Tubes to get them to align. Once aligned insert the Clamp Bolt and thread on the Clamp Nut. Do not tighten them yet.



**Step 5** - Insert the Thumb Screw into the slot on either side of the top of the Handle. Align the hole in the top of the Thigh Support with the threaded end of the Thumb Screw. Thread the Thumb Screw into the nut located on the underside of the Thigh Support (you can see it from underneath). Do not fully tighten yet, you should be able to rotate the Thigh Supports in and out.

*Note – If the Thumb Screw will not fully tighten, check the underside of the Thigh Support and make sure there is a silver nut nested in the hex shaped cavity on the underside of the Thigh Support. You can accidentally push this nut out when attempting to thread the Thumb Screw on.*



**Step 6** - Install the Strap onto the Thigh Supports by aligning the hole in the Strap T Lock buckle with the “T” shaped post on the Thigh Support. Pull back on the T Lock buckle to lock it on. Repeat for the other side of the Strap. To remove the T Lock buckle simply push forward until it releases.

The Black T Lock buckle and Gray T Lock buckles are identical except for color. The Gray T Lock buckle must be located toward the outside of your leg. The Black T Lock buckle should be positioned toward the inside of your leg.

*Note – Crutches typically ship configured for Right leg use. To change to Left leg use, remove the Strap and reverse the orientation.*

**After you have correctly assembled your iWALK2.0, proceed to the Fitting Instructions.**

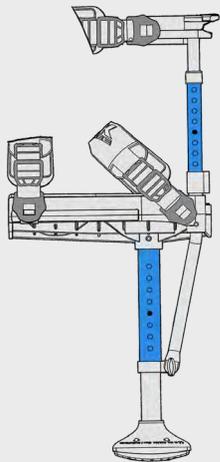
# Fitting Instructions

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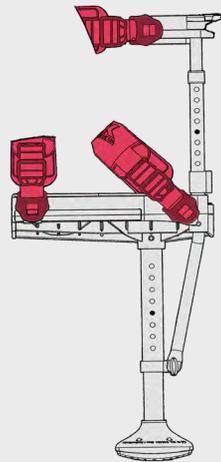
Fitting Instruction video is available on [iWalk-free.com](http://iWalk-free.com) website. Click on the play icon to watch the video.

Proper fit is **essential!** But it's also **easy**. Get these three things right and you'll be iWALKing in minutes. We'll show you how.



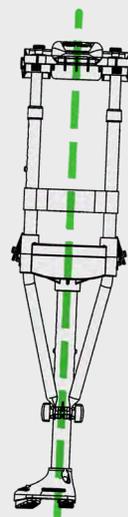
## Height

Adjust both the upper and lower section of the crutch to the correct height.



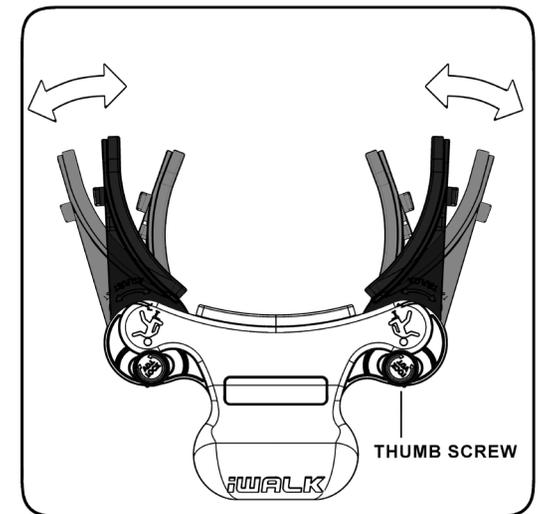
## Tight

For control and stability, you want the straps tight! Really, really tight!



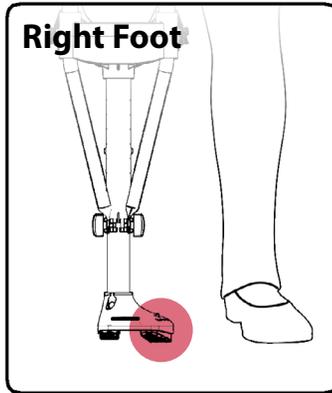
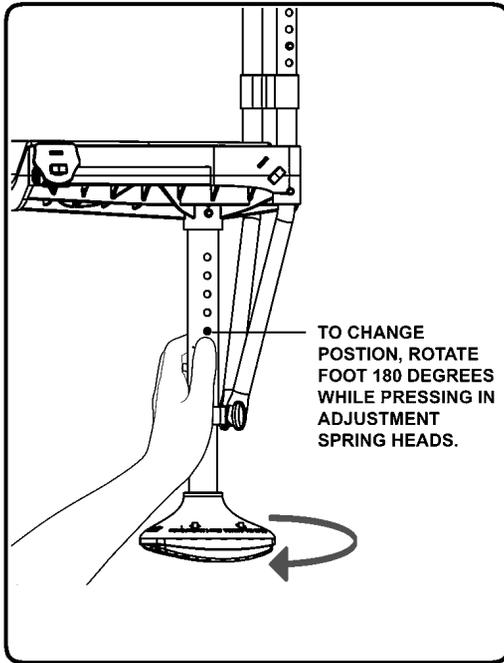
## Angled Right

Essential for quick learning, and often overlooked, the vertical angle controls where the foot will be positioned.



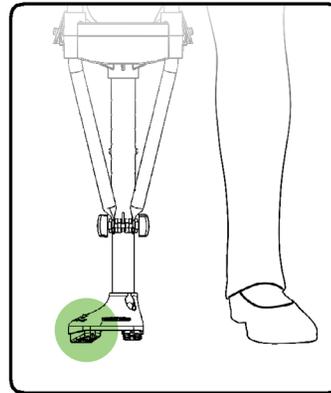
**Step 1** - Make sure that Thigh Supports can rotate freely. If necessary, loosen Thumb Screws.

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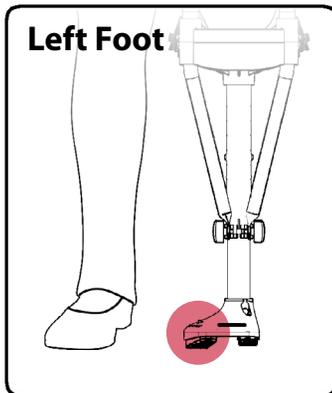


Right Foot

Incorrect

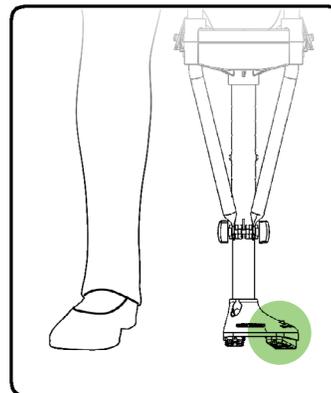


Correct



Left Foot

Incorrect



Correct

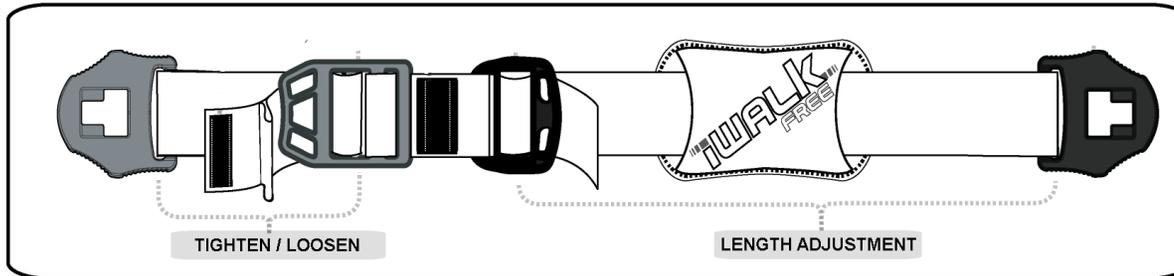
**Step 2** - Position the Foot so that the curved edge is toward the outside of your leg. To reposition the Foot, grasp foot and rotate it while pressing in on the two height adjustment spring heads located on either side of the tube above the Clamp.

*Note - The Clamp Nut and Bolt need to be loose in order to adjust the Foot position*



Improper orientation of the Foot causes instability which could result in a fall and/or injury.

**Step 3** - It's important to understand how the Straps work before you begin using them. The Straps consist of two different sections; the Length Adjustment section and the Tighten / Loosen section.

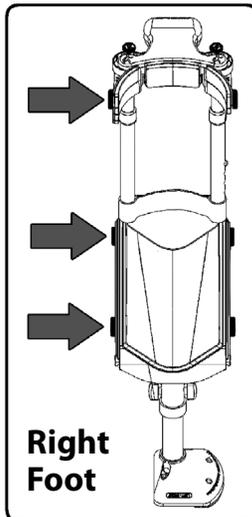
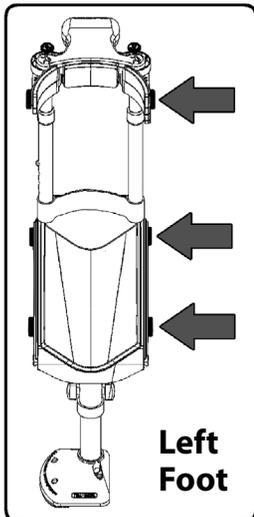


### Tighten / Loosen

Identified by the Gray buckles on either end, this section is used only **to achieve proper final tension for walking and to loosen to allow easy removal of straps.** It is not used for adjusting the length of the strap.

### Length Adjustment

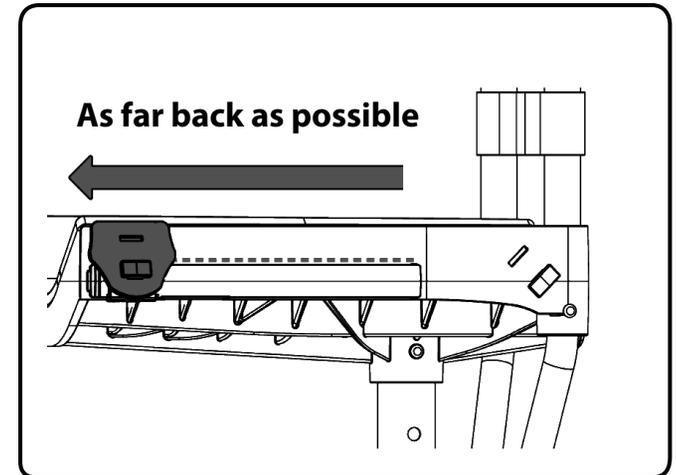
This section is identified by the two Black buckles on either end. This section is used only **to adjust the length for sizing the strap to your leg circumference.** It is **not** used for tightening / loosening. After you achieve the correct length, you don't need to adjust this section again.



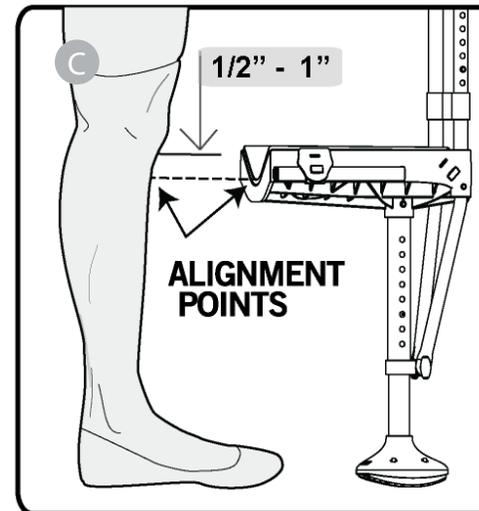
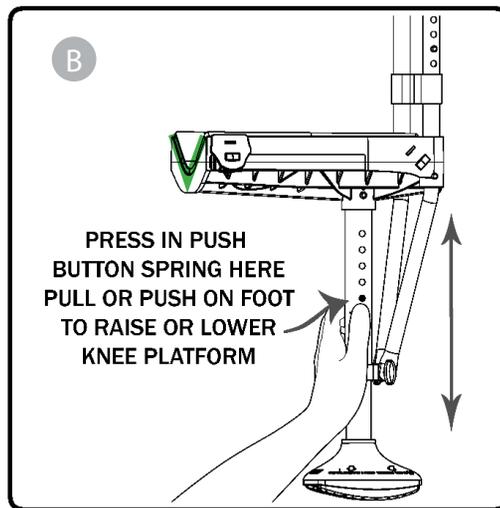
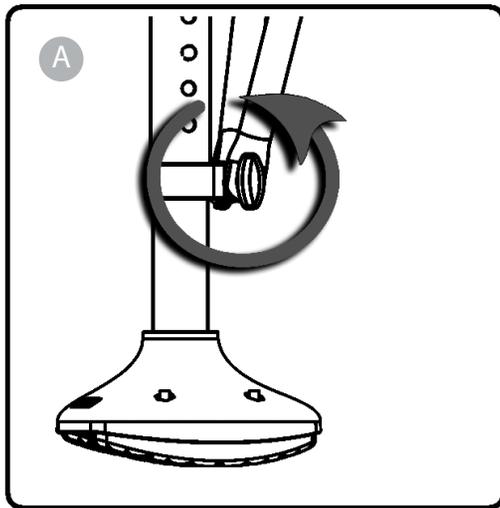
A) Fully extend the Length Adjustment section and the Tighten / Loosen section to their longest settings on all three straps.

B) Install the Black T Lock buckles onto the crutch on the inner leg side. Do not install the Gray buckles yet - leave the straps hanging for now.

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**Step 4** - Slide the Strap mounts to the back of the Knee Platform. Strap mounts can slide forward if alternate positioning is needed.



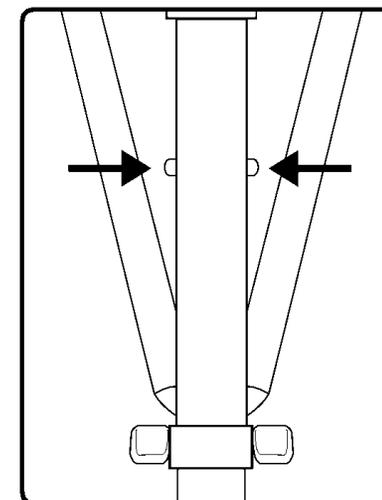
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**Step 5** - The “V” at the bottom of the Knee Platform should align with a point ½” – 1” below the bottom of your kneecap. This will result in your iWALK leg being slightly shorter than your human leg. If in doubt about the correct height setting, it’s better to adjust the crutch slightly too low than too high.

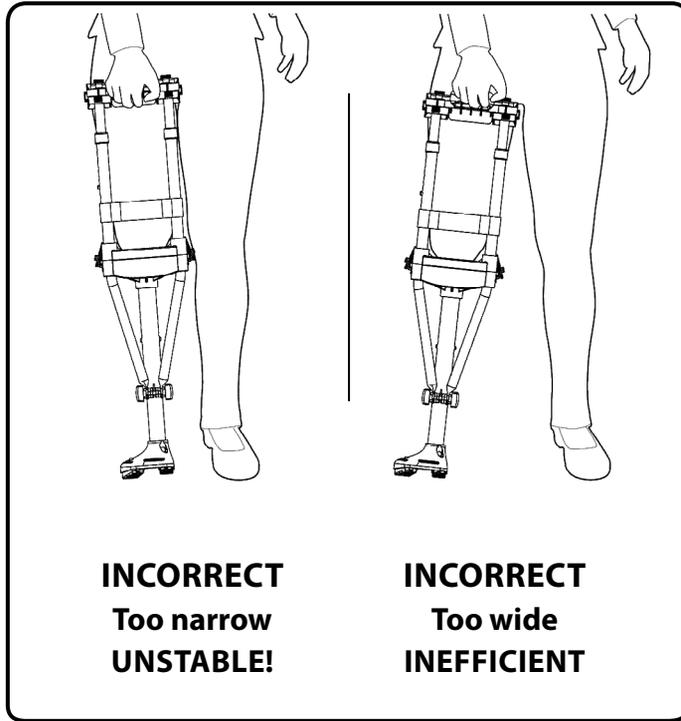
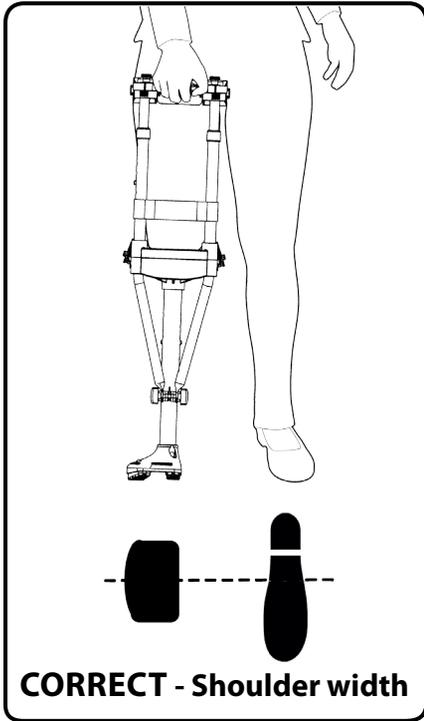
To adjust the height:

- A) Loosen the Clamp Nut and Bolt.
- B) Press in the two silver spring heads. Grasp the foot and rotate slightly back and forth while pulling or pushing to the desired length. When both spring heads are fully engaged in their new position, tighten the Clamp Nut and Bolt.
- C) Confirm correct height setting before proceeding.

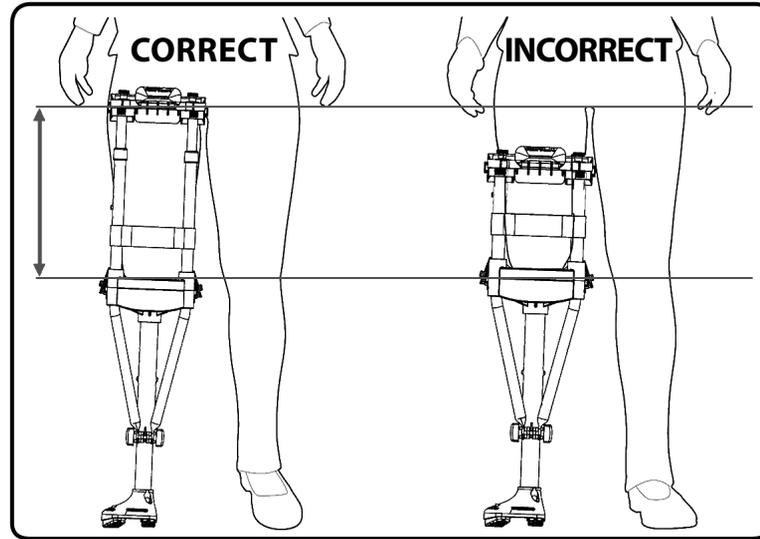
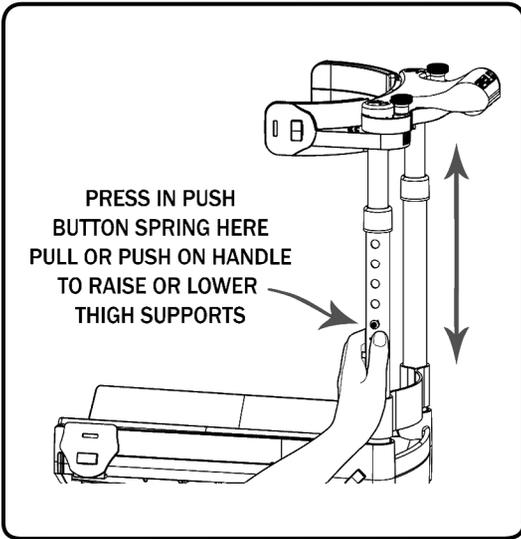
*Note – After you gain basic proficiency, you will adjust the Knee Platform height to achieve equal leg length.*



Before putting weight on the crutch, make certain that both spring heads are fully engaged (“popped out”) in the adjustment holes. Failure to do so could result in a fall and / or injury.

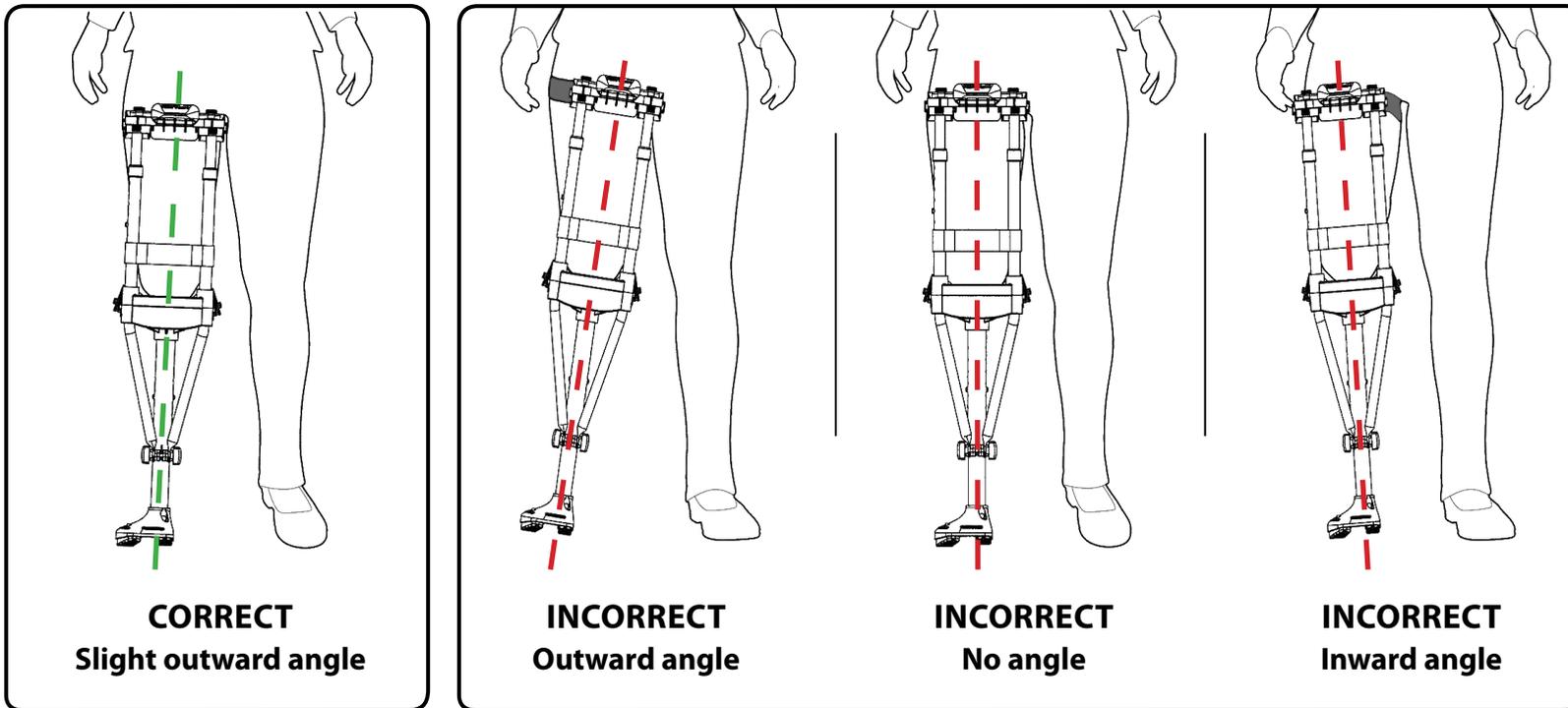


**Step 6** - Grasping the Handle, kneel on the crutch with the crutch Foot and your human foot side by side, shoulder width apart.  
*Note - proper foot position is very important for proper fitting.*

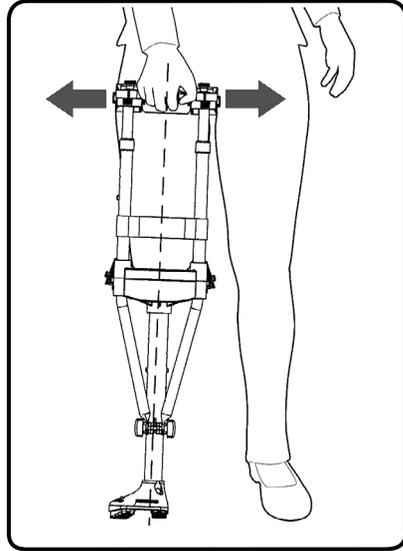
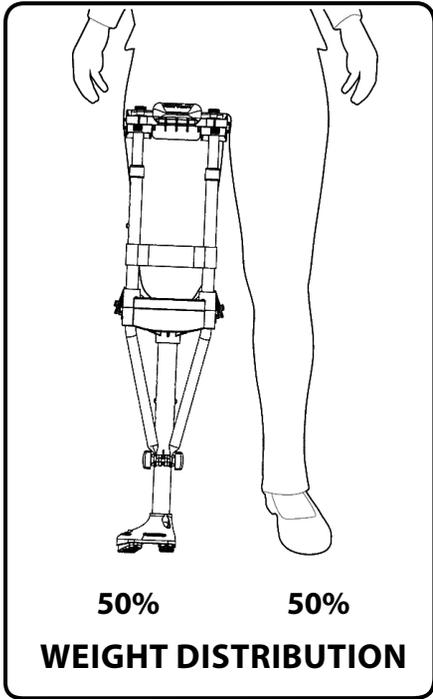


**Step 7** - Press the push button spring head and pull up on the Handle until the Thigh Supports are as high as possible on your leg.

 Positioning the Thigh Supports below the top of the leg will reduce stability of the crutch.

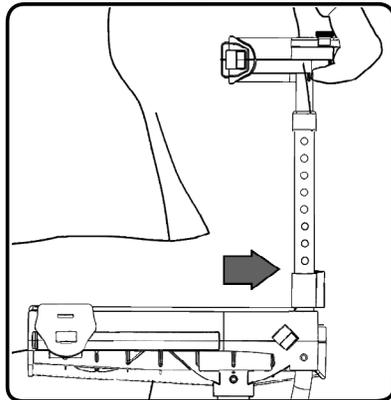


**Step 8** - When properly fitted, the crutch should be angled slightly outward as shown above. Achieving the correct angle is automatic if you follow our instructions. The goal is to position the crutch so that the Foot is just outboard of where your human foot would have been.



*Hint - you can move the handle laterally across your leg to help achieve the correct angle.*

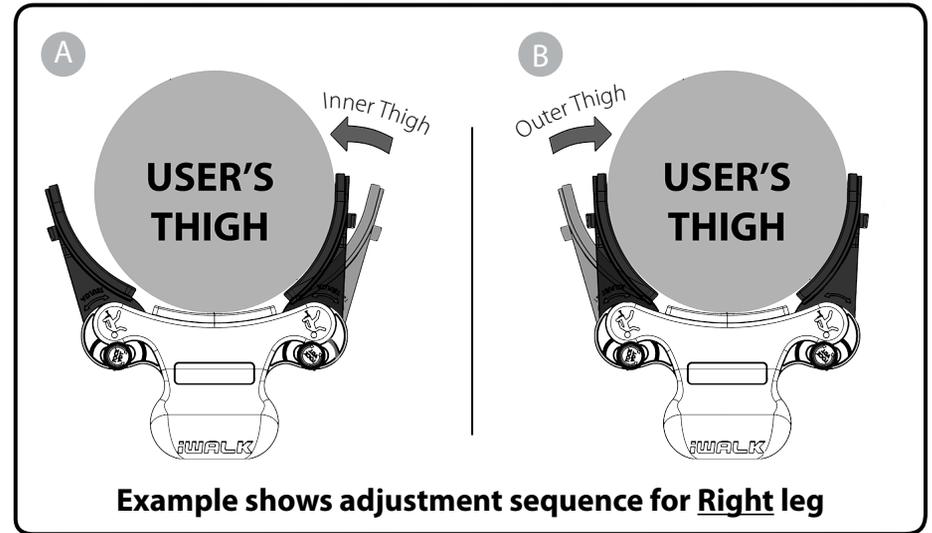
**Step 9** - On a hard, level surface, grasping the Handle and correctly positioned with feet side by side, shoulder width apart, kneel on the crutch so that you have equal weight on both legs. The crutch should automatically assume a slight outward angle.



*Note - Position your knee as far forward as possible*

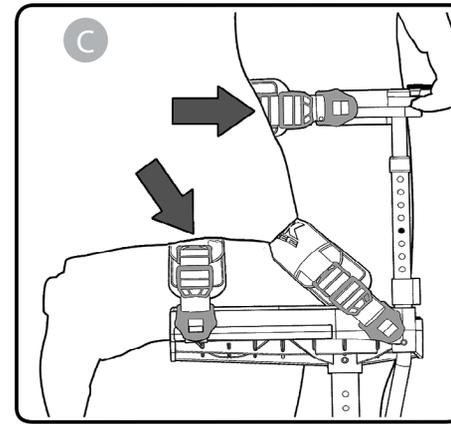
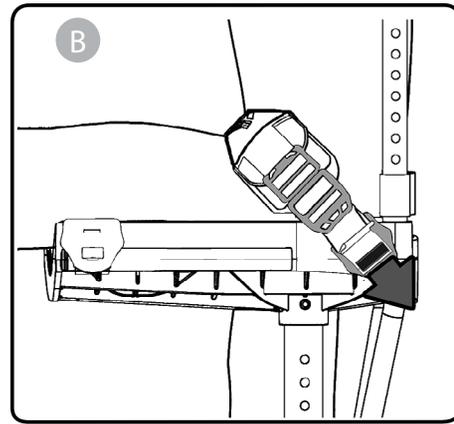
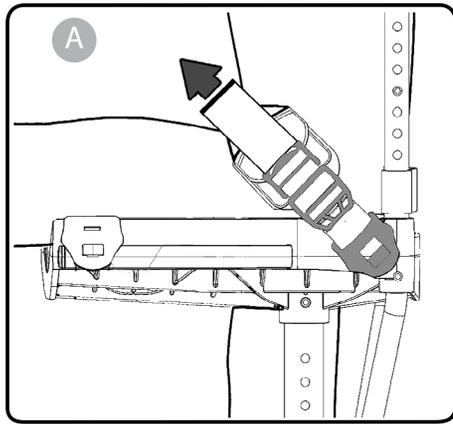


*Make sure your knee is as far forward on the Knee Platform as possible.*



**Step 10** - A) Rotate the Inner Thigh Support until it contacts your inner thigh, then rotate it another inch or so. Lock in this position by tightening the Thumb Screw. Test to make sure the Thigh Support is locked down – you should not be able to rotate it by hand.

B) Next rotate the Outer Thigh Support until it contacts your outer thigh. Lock in this position by tightening the Thumb Screw. Test to make certain the Thigh Support is securely locked into position.



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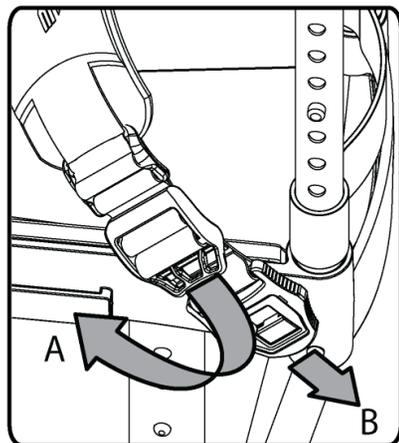
**Step 11** - A) Drape the knee Strap over the back of your knee and connect the Gray T Lock buckle to the T post on the Knee Platform. Pull on the Length Adjustment side of the Strap until the Strap is very snug (you may need to temporarily reposition the pad to gain access to the adjustment buckle). Note - once you achieve the correct length, you do not need to adjust this section again.

B) Cinch the Strap tight by pulling down on the tail of the Tighten / Loosen end of the Strap. You want this to be extremely tight - you should not be able to slip a finger between your leg and the Strap.

C) Repeat the procedure for the upper thigh Strap and the calf Strap. All three Straps should be adjusted and tightened. Reposition the comfort pads so they are centered on the back of your leg.



*Making the crutch an integral part of your leg makes it much easier to learn. To have best control of the crutch, make sure you adjust the straps extremely tight!*



**Step 12** - To remove the crutch, you need to loosen the Straps first. Starting with the calf Strap, lift the lip of the Gray Tensionlock buckle. This will loosen the Strap enough that you can push forward on the Gray T Lock buckle. Next, do the upper thigh Strap, and do the knee Strap last.



*To maintain stability, hold onto the Handle while removing the Straps.*

# Use Instructions



Fitting Instruction video is available on [iWalk-free.com](http://iWalk-free.com) website. Click on the play icon to watch the video.

# 3

Learning to iWALK is easier than you think. That's because from the hip to the knee, your leg is pretty much doing the same thing it's always done. The adaptation from normal gait to iWALK gait is small, and once your body recognizes it, you will instantly be able to iWALK. We call this the Eureka moment, and when it happens, you will immediately walk with confidence and efficiency. The trick is to get you to that point as quickly as possible. We'll show you how.

## Before you start:

### Fit

Proper fit is ESSENTIAL.

1. You want the iWALK to become an integral part of your leg, so you can mitigate any movement between your leg and the iWALK.
2. You want the iWALK Foot positioned approximately where your human foot would have been. See Steps 8 through 10 in the Fitting section.
3. You want the height to be correct. See steps 5 through 7 in the Fitting section
4. Review the FITTING section to make sure you have it right. Properly fitted, the iWALK is very easy to learn.

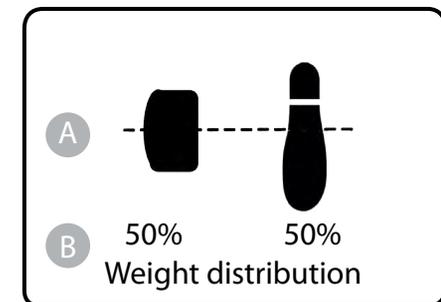
### Environment

Find a hard, level surface that allows you to walk in a straight line for as far as possible. There should be no obstacles to navigate. Avoid uneven surfaces or padded carpets when learning. An ideal environment would allow you to take at least 20 steps before turning. A hallway or long balcony are examples of good environments for learning to iWALK.

### Starting Position

Before you start walking, you always want to be in the starting position, which is:

- A) Feet side by side, approximately shoulder width apart
- B) Weight evenly distributed on your human leg and your iWALK leg.

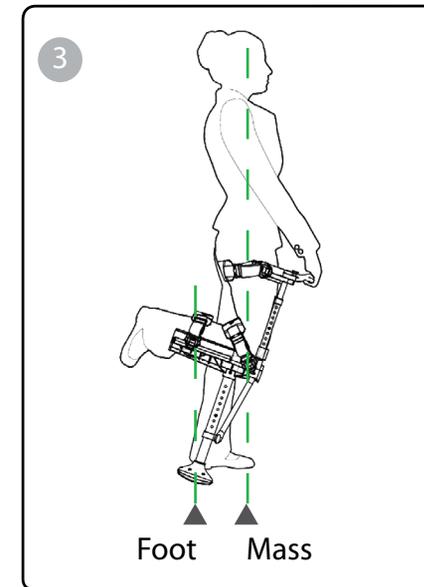
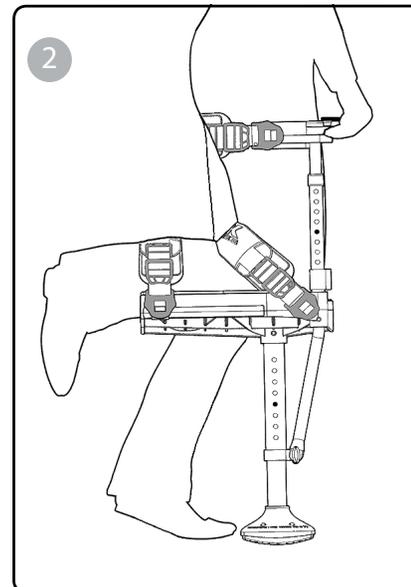
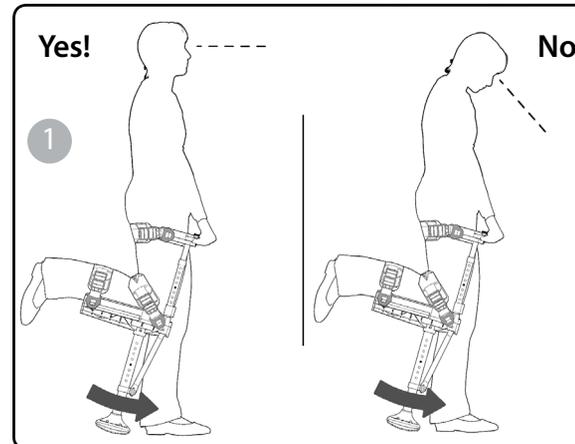


### Walk As Normal As Possible

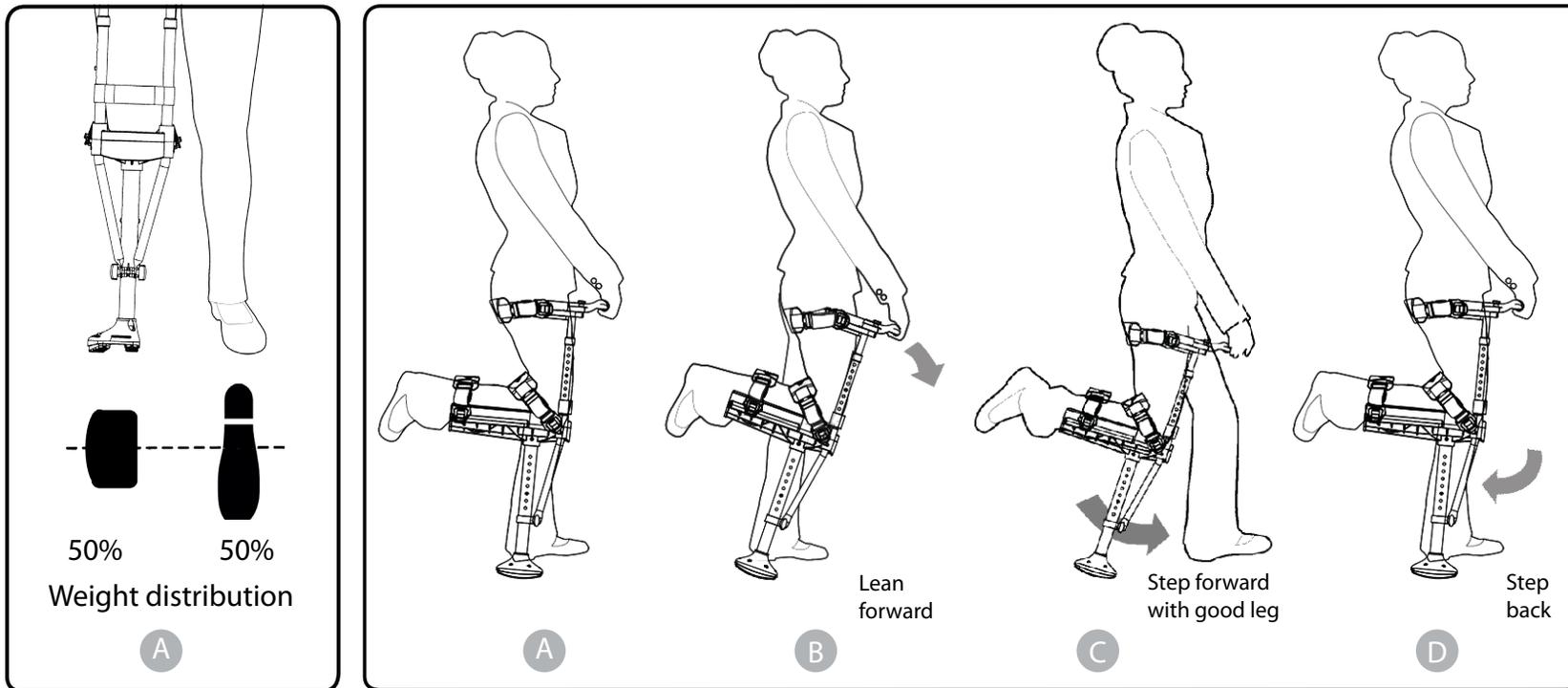
The iWALK is easy to learn and very efficient because it uses most of the natural instincts you already use for walking. The more you try to walk normally, the better it will work. The adaptation from normal gait to iWALK gait is minor, so your body already knows how to walk on it. Try not to over adapt or over think it.

### Avoid The Common Mistakes

1. Look up. A human head weighs over ten pounds, so rocking it forward to watch the ground throws off your natural balance. Also, you don't normally look down while walking, so don't do that when iWALKing. Hint - look at an object in the distance and keep your eyes locked on it.
2. Commit your weight to the crutch. When you are bringing your good foot from back to front (swing gait), all of your weight will be on your iWALK crutch. Most beginners rush to get their good foot back down, but this makes it harder to learn. Trust the crutch, commit all your weight to it, just as you would your normal leg.
3. Maintain forward momentum - When we walk, we put our body mass in front of our feet. We're actually falling forward, but we don't fall because we instinctively catch ourselves by stepping forward. iWALK crutch exploits these instincts. If you don't commit to moving your body forward, ahead of your feet, you can't walk.



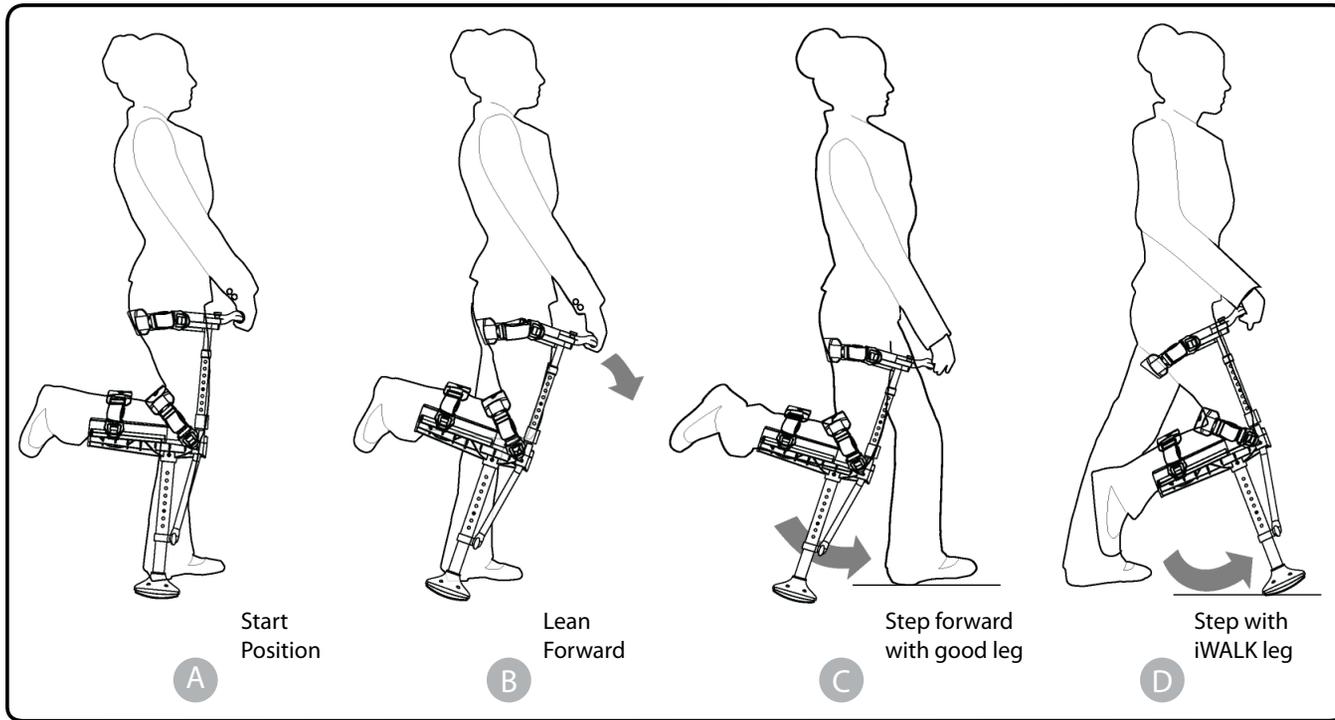
## Let's get started:



### Step 1 - Practice:

- A) Position yourself in the start position, feet side by side, shoulder width apart, weight distributed 50 / 50.
- B) Grasping the Handle, lean the crutch forward while you simultaneously bring your upper body forward of your feet.
- C) You will instinctively step forward with your good foot. Take this step, but don't step forward with the crutch foot yet.
- D) Stop, step back and return to the starting position

Repeat this exercise at least four times, until you are very smooth stepping forward and stepping back.

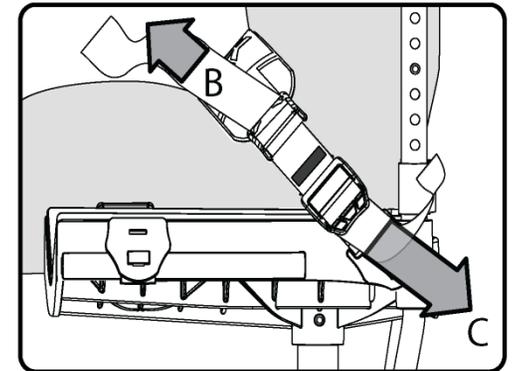


### Step 2 - Start Walking:

- A) Position yourself in the starting position.
- B) Following the same routine as you did in practice, this time, continue walking with your crutch leg.
- C) Maintain momentum as long as your environment allows - try to keep iWALKing without stopping.
- D) If you stop, return to the start position before resuming. Follow the same routine to start iWALKing again.

Tip - Keep walking and you will rapidly improve as your body recognizes the gait adaptation. As soon as possible, let go of the handle and let your arms swing naturally. Most people will be hands free in the first couple minutes.

# 3



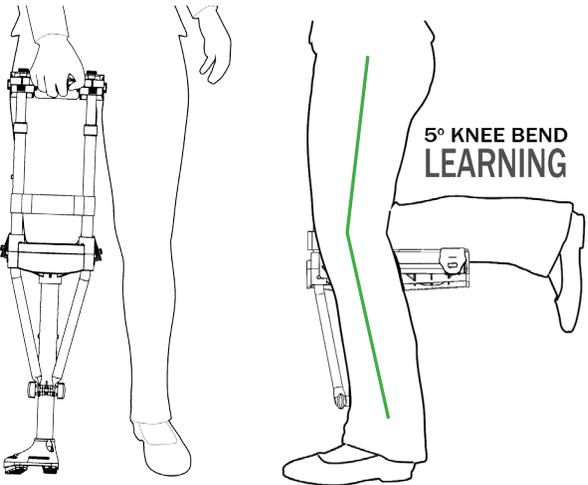
### Step 3 - Tighten The Straps:

Check the Straps to make sure they remain fully tensioned and adjust if necessary.

## Step 4 - Change Settings

Thus far you have been in the learning settings. After basic proficiency is obtained, change to the maximum efficiency settings. This will provide equal leg length and reposition the foot to where your human foot would be. Walking will become easier, more efficient and feel more natural.

**PHASE 1**  
Learning Settings  
Initial 3 to 5 minutes. Temporary setting



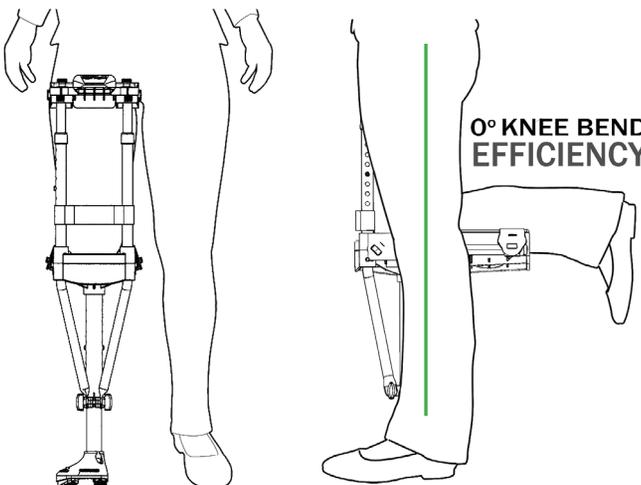
**5° KNEE BEND LEARNING**

5° Knee bend

5° Angle

iWALK leg is shorter than human leg

**PHASE 2**  
Maximum Efficiency Settings  
Minor adjustments that allow maximum walking efficiency.



**0° KNEE BEND EFFICIENCY**

No knee bend

0°-2° Angle

Both legs are equal length



### Still have questions?

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Video tutorials available:

[www.iwalk-free.com/Instruction-videos](http://www.iwalk-free.com/Instruction-videos)

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