

Putting the spring back in your step!

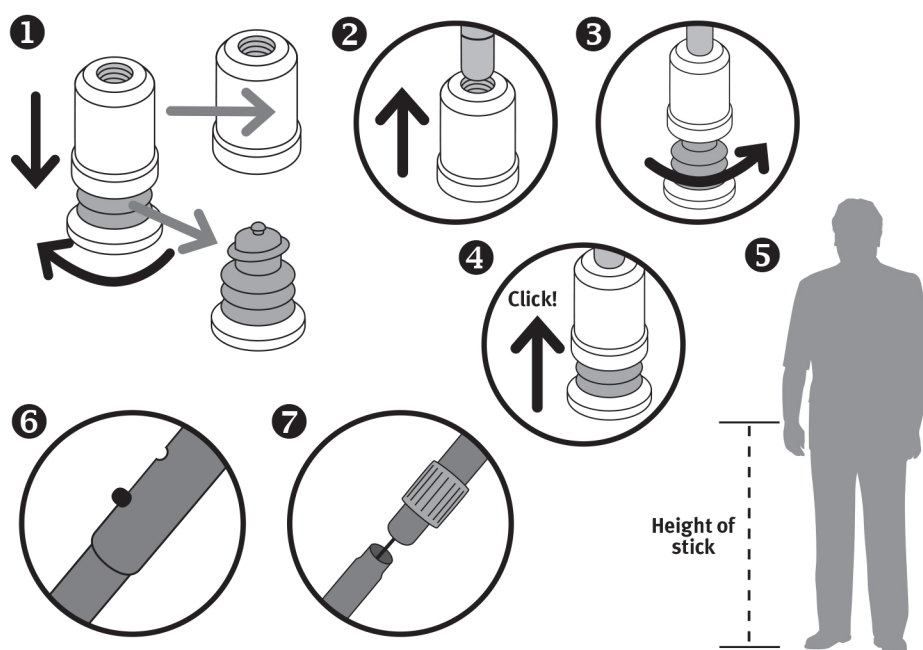
Flexyfoot sticks are walking aids designed with an integral Flexyfoot ferrule. Please read these user instructions before use and retain them. For more information visit [www.flexyfoot.com](http://www.flexyfoot.com).

### Using a Flexyfoot stick

There are two types of Flexyfoot walking stick: telescopic and folding. Both will need adjusting to the correct height before you use them. To reduce postage costs for you, we send the telescopic stick out without the Flexyfoot fitted. Please fit the Flexyfoot before adjusting the stick height.

### Fitting Flexyfoot to your telescopic stick

① Undo the 'foot' from 'collar'. ② Push the stick into the 'collar'. ③ Refit the 'foot' by screwing it into the 'collar' ④ Check the 'foot' is fitted correctly (it should freely rotate in either direction and click when pushed home).



### Adjusting your telescopic stick

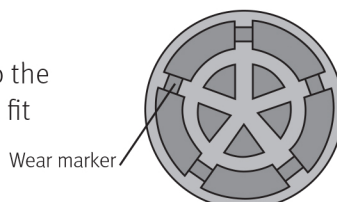
⑤ Adjust the height of your stick (measure from your wrist bone to the ground when standing upright in your regular shoes with your hands by your side).  
⑥ Ensure that the pin is fully engaged with the hole that is the correct height for you – it should protrude from the hole so that the stick is locked.

### Adjusting your folding stick

The folding stick is supplied with Flexyfoot fitted. ⑦ Assemble the stick by simply slotting the parts together. Adjust the height per as the telescopic stick (⑥).

### Replacing the 'foot'

Replace the 'foot' when the tread is worn down to the 'wear marker' or damaged. Remove the 'foot' and fit replacement as above (③ & ④).



### Maintenance

Periodically check the following and stop using and immediately replace the collar or foot if:

- The fit of the collar to the aid is loose, stop using if the fit is not tight.
- The tread is worn down to the markers or is damaged or split.
- The bellows is damaged and is not functioning correctly.

### Cleaning

Can be cleaned with soap and water.

### Warnings

- Flexyfoot can be used inside and outside and is suitable for most environments. The level of grip will depend on several factors: the environment, the user, the type of aid and how they use the aid. In wet conditions as well as snow and ice the grip will naturally be reduced. Extra care should be taken.
- Check the condition of foot and collar as per the maintenance schedule.
- Do not use if you cannot fully insert the aid into the collar or if the fit to the collar is loose and can be easily removed.

### Replacements

Flexyfoot is made up of two separate parts to allow you to renew the 'foot' section when worn without replacing the whole Flexyfoot. Order replacement 'feet' from your retailer or local distributor. For a list of distributors or to order online please visit [www.flexyfoot.com](http://www.flexyfoot.com). Or telephone Freephone 0800 0285 888 (UK) or +44 1483 722686 (International).