

Double Adjustable Crutches Nationally Contracted Products (NCP) Customer Report

NHS Supply Chain: Rehabilitation, Disabled Services, Women's Health and Associated Consumables



Double Adjustable Crutches

NPC Code(s)	MPC Code(s)	Size(s)
GTB1794 GTB1793	7500303 SMM019	Height Adjustability can fall within parameters 635-960mm
GTB1795 GVB082	7500304 9731C	Height Adjustability can fall within parameters 800-1105mm



GTB1794
GTB1793
Lot 1: Double Adjustable Crutches Long - Adult



GTB1795
GVB082
Lot 2: Double Adjustable Crutches Extra Long - Adult

Indication(s) for use:	Crutches are medical devices designed to aid in ambulation, by transferring body weight from the legs to the torso and arms. They are mainly used to assist individuals with lower extremity injuries and/or neurological impairment.
User instructions:	User Instructions available along with Product Information on the NHS Supply Chain Catalogue.
Suppliers:	<p>Performance Health - Long (80%) Available at Alfreton, Maidstone, Normanton, Runcorn and Rugby regional warehouses.</p> <p>Simplymed Ltd - Long (20%) Available at Bridgwater and Bury regional warehouses.</p> <p>Performance Health - Extra Long (50%) Available at Alfreton, Bridgwater, Normanton and Rugby regional warehouses.</p> <p>Sunrise Medical Ltd - Extra Long (50%) Available at Bury, Maidstone and Runcorn regional warehouses.</p>
Sustainability:	<p>Crutches can be inspected by trusts as per local policy with replacement parts available to order.</p> <p>Aluminium frame is recyclable.</p>

Features and Clinical Benefits

- Lightweight, anodised aluminium crutches built for long-lasting performance for patients up to 125kg.
- Arm cuffs, plastic hand grips, and aluminium construction is wipe clean, easy to sanitise.
- Features a double adjustable design for custom fitting.
- Slip-resistant ferrules offer added safety while in use indoors or outdoors on concrete, polished tile, and hardwood flooring.
- Updated from feedback received by clinical staff and patients to include softer PVC handles which will improve patient comfort.

Compatibility

Product is stand-alone

Evaluated by

Organisations

The following trusts have reviewed the products: Sherwood Forest NHS Trust, University Hospitals Bristol NHS Foundation Trust and Barnsley Hospitals NHS Trust. Engagement with trusts that have used these products in practice for a prolonged period including but not limited to; Barnsley Hospitals NHS Foundation Trust, East Suffolk and North Essex NHS Foundation Trust.

Roles

- Physiotherapists
- Orthotists
- Occupational Therapists
- Nurses
- Advanced Practitioners
- Infection, Prevention and Control Specialists.

Availability

Date available:	4 May 2020
Unit(s) of issue:	Pair
Regional / national availability:	National
Product example(s) availability:	<p>Examples of the new product can be made available, one per trust, for the purposes of viewing the product that will be available to order. Please note this is an 'example' not a 'sample' and therefore the product and specification has already been CaPA (Clinical and Product Assurance team, NHS Supply Chain) assured and clinically evaluated by internal and external evaluation teams and customer representatives from the NHS.</p> <p>Please contact your Clinical Nurse Advisor (CNA) who will then liaise with the customer support team to order it. Please note, examples are expected to be available.</p>
Associated delists:	23 March 2020 GVB047, GVB048, GTB1779, GTB1754, GTB1778, GVB051.

All NHS Supply Chain Nationally Contracted Products undergo a rigorous programme of stakeholder evaluation using the Clinical and Product Assurance (CaPA) Framework, ensuring that products are safe, fit for purpose, value for money, and where possible, innovative.

To find out more information about the CaPA Framework please visit our website.

<https://www.supplychain.nhs.uk>

Further Questions?

If you have any questions regarding the Clinical and Product Assurance (CaPA) Framework, please contact capa@supplychain.nhs.uk.

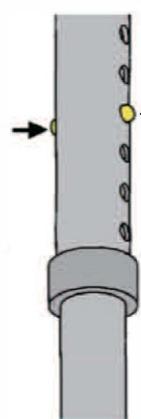
If you have any questions regarding the NCP product(s) or this NCP Customer Report, please contact CustomerServiceQueries_CategoryTower5@supplychain.nhs.uk.

Please note: The Instructions For Use included in this report are from suppliers and are correct at the time of publication.



Height Adjustment

The height of this Crutch should be adjusted to suit each user for safety and comfort.



How to adjust the height:

1. Push in the brass buttons on each side of the stick.
2. Extend or retract the leg to your desired height.
3. When the desired height is reached release the brass buttons until they lock into position.

Product Specification

This Crutch is constructed from strong lightweight aluminum and a plastic handgrip.

SMM019 – Handle height range 685-940mm

All recommendations should be checked with your health professionals before using this product.

Please read all instructions before use :-

A full assessment of the user's specific requirements is required before selecting crutches. A number of different gaits or walking patterns may be used depending on the individual and it is therefore important that adequate support and most importantly, safety is achieved.

A Physiotherapist should advise on the most appropriate walking pattern when using crutches. On double adjustable crutches, adjust both the cuff to handgrip and the handgrip to floor distances.

Adjustment

Normal guidance unless instructed by a physiotherapist: Adjust the handgrip so it is level with the wrist height, the cuff should be positioned just below the elbow.

Spring Pin Adjustment

- 1) Press the two buttons in.
- 2) Turn the leg slightly.
- 3) Extend or shorten the leg as required
- 4) Re-locate the buttons in the appropriate holes
- 5) Check the pins are fully located before use.

How to use Crutches

- 1 Keep the affected limb off the ground.
- 2 Move crutches forwards. Put your weight on the handles
- 3 and hop forwards

Stairs

When using the stairs, it is advisable to have someone with you until you feel safe. Hold on to at least one handrail and hold the spare crutch by the handle in the other hand.

Sitting Down

Position yourself in front of the chair ready to sit. Remove both arms from the crutches while standing on your good leg, hold your crutches in one hand, put your hand on the chair for support and sit down.

Getting Up

Crutches should be held on your good side, sit on the edge of the chair, push up with one crutch and your other hand on the chair. Once up ensure that your arm is secured inside the cuff.

Safety Advice

Apply the following precautions before use:

We recommend that our crutches should be used with the handle facing forwards.

Also ensure the brass push buttons are securely locked in the leg positions.

Ensure the ferrules have sufficient grip and beware of slippery surfaces such as wet floors, wet leaves etc. Remove or be aware of any obstacles on the floor in your path.

Never exceed the user weight limit of 159Kgs (25 stone)

Care and Maintenance

This Crutch should be regularly inspected for signs of damage or general wear and tear. We recommend that you should periodically check for elongated or stressed adjustment holes, including any bends or cracks in the tube joints.

Also check for smooth, worn or split ferrules.

Warranty Information

Your SimplyMed product is warranted to be free from defects in materials and workmanship for 1 year from the date of purchase.

This device was built to exacting standards and carefully inspected prior to shipment. This warranty is an expression of our confidence in the quality and workmanship of our products to give assurances to the customer.

In the unlikely event your product develops a fault please contact your supplier / dealer immediately.

This warranty does not cover device failure due to owner misuse or non-observation of the instructions set out in this manual. This warranty does not extend to non-durable components, such as rubber ferrules that are subject to normal wear and tear conditions which need periodic replacements.

Conforms to The Medical Device Directive
93/42/EEC 1993



SimplyMed
shaping mobility

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SimplyMed Limited WN5 8FR (UK)
www.simplymed.co.uk



User and Safety Manual for

SMM019 Double Adj Elbow Crutches



SAFE USE OF CRUTCHES BEFORE USE

Please ensure the crutches are adjusted to the correct height and ensure all pins have locked in place (you will hear a clicking noise) once the pins have fully protruded through the holes.

Please ensure there is no sign of wear and damage.

Please ensure the user does not exceed the max user weight stated overleaf.



Length Adjustment

When the crutch length is correct the user should be able to maintain an upright posture with the elbow slightly flexed. In this way body weight is taken through the crutch by pushing down on the crutch when walking.

To adjust a crutch fitted with a pin clip press the two buttons in. Push the leg in and turn slightly. Adjust the leg to the required position, then turn and relocate, ensuring buttons are protruding through the holes.

Usage

Walking

Where the affected leg cannot take any weight keep it off the ground by holding it somewhat in front with the knee slightly bent with arms through cuffs and gripping handles. Move the crutches one pace forward, slightly apart and level then move the body forwards between the crutches allowing the unaffected leg to swing through.

Where the affected leg can take some weight move the crutches one pace forward then place the affected leg on the ground with the crutches, which will support some of the body weight. Step through with the unaffected leg.

Getting up and sitting down chairs

The crutch should be near the chair or held in one arm. Lean forward, push up on one crutch and the opposite arm of the chair to assist in standing. Once standing up ensure the arm is secure inside the cuff.

When returning to the chair, turn round, feel the chair behind the legs. Remove both arms from the crutches, hold them in one hand or place them near the chair. Place hand(s) gently on the chair arms, bend forward and lower gently into the chair.

Walking up and down stairs

Hold onto a handrail if at all possible. Hold the spare crutch together with the handle of the remaining crutch. The crutch goes on the same step as the affected leg. The unaffected leg should lead when going upstairs, and the affected leg leads when coming down.

Warranty Information

The Days range of elbow crutches are warranted for one year from the date of purchase against faulty workmanship or materials. Please contact your supplier/dealer.

Safety and Maintenance Information

Do not put any force on the cuff. The cuff is for stability when using the crutch and is not load bearing. It should not be used to lever or aid rising from a seated position or ascending/descending from a flight of stairs.

If the crutch is dropped or slips from the hand accidentally, please examine the plastic components (handle cuffs) for any signs of cracks which may have occurred before using.

Please check the ferrules for wear and tear regularly. On a monthly basis please check screws on the handle are secure. If tightening is required, ensure the screws are not over-tightened.

All crutches are designed for minimum maintenance. Manufactured from anodised aluminium tubing they require the occasional wipe-over with a soft cloth. Do not use harsh abrasive materials!

If disinfection is required, clean as above and wipe over with a solution of 1,000 parts per million available chlorine disinfectant (haz tabs/precept), rinse and dry. Decontamination process that involves immersion is not recommended.

Do not store in sub-zero temperatures.

Weekly check for elongated or stressed adjustment holes, bent sections or split handles. Discard the product if any of these faults are found. Split, worn or loose ferrules must be replaced. Check for rust on the adjustment spring buttons. Replace any with rust.

Avoid wet floors, outdoor hazards such as wet leaves and ice. Wear flat supportive shoes. Do not exceed the maximum user weight stated on the product label.



Item Number	Description	Handle Style	Handle to Armband	Handle to Ground	Max User Weight
7500254	Double Adjustable Forearm Crutch - Small PAIR	PVC	235-312mm	443-696mm	127kg/20st
7500255	Double Adjustable Forearm Crutch - Medium PAIR	PVC	235-312mm	538-792mm	127kg/20st
7500256	Double Adjustable Forearm Crutch - Large PAIR	PVC	235-312mm	639-920mm	127kg/20st
7500257	Double Adjustable Forearm Crutch - Extra Large PAIR	PVC	235-312mm	814-1094mm	127kg/20st
7500301	Double Adjustable Forearm Crutch - Small PACK OF 10	PVC	235-312mm	443-696mm	127kg/20st
7500302	Double Adjustable Forearm Crutch - Medium PACK OF 10	PVC	235-312mm	538-792mm	127kg/20st
7500303	Double Adjustable Forearm Crutch - Large PACK OF 10	PVC	235-312mm	639-920mm	127kg/20st
7500304	Double Adjustable Forearm Crutch - Extra Large PACK OF 10	PVC	235-312mm	814-1094mm	127kg/20st

These user instructions are available in large print, please contact Performance Health Customer Services for a copy.
Please retain these instructions for future reference.

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Days® is a registered trademark of Performance Health International Ltd.

SAFE USE OF CRUTCHES BEFORE USE

Please ensure the crutches are adjusted to the correct height and ensure all pins have locked in place (you will hear a clicking noise) once the pins have fully protruded through the holes.

Please ensure there is no sign of wear and damage.

Please ensure the user does not exceed the max user weight stated overleaf.



Length Adjustment

When the crutch length is correct the user should be able to maintain an upright posture with the elbow slightly flexed. In this way body weight is taken through the crutch by pushing down on the crutch when walking.

To adjust a crutch fitted with a pin clip press the two buttons in. Push the leg in and turn slightly. Adjust the leg to the required position, then turn and relocate, ensuring buttons are protruding through the holes.

Usage

Walking

Where the affected leg cannot take any weight keep it off the ground by holding it somewhat in front with the knee slightly bent with arms through cuffs and gripping handles. Move the crutches one pace forward, slightly apart and level then move the body forwards between the crutches allowing the unaffected leg to swing through.

Where the affected leg can take some weight move the crutches one pace forward then place the affected leg on the ground with the crutches, which will support some of the body weight. Step through with the unaffected leg.

Getting up and sitting down chairs

The crutch should be near the chair or held in one arm. Lean forward, push up on one crutch and the opposite arm of the chair to assist in standing. Once standing up ensure the arm is secure inside the cuff.

When returning to the chair, turn round, feel the chair behind the legs. Remove both arms from the crutches, hold them in one hand or place them near the chair. Place hand(s) gently on the chair arms, bend forward and lower gently into the chair.

Walking up and down stairs

Hold onto a handrail if at all possible. Hold the spare crutch together with the handle of the remaining crutch. The crutch goes on the same step as the affected leg. The unaffected leg should lead when going upstairs, and the affected leg leads when coming down.

Warranty Information

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Please check the ferrules for wear and tear regularly. On a monthly basis please check screws on the handle are secure. If tightening is required, ensure the screws are not over-tightened.

All crutches are designed for minimum maintenance. Manufactured from anodised aluminium tubing they require the occasional wipe-over with a soft cloth. Do not use harsh abrasive materials!

If disinfection is required, clean as above and wipe over with a solution of 1,000 parts per million available chlorine disinfectant (haz tabs/precept), rinse and dry. Decontamination process that involves immersion is not recommended.

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Weekly check for elongated or stressed adjustment holes, bent sections or split handles. Discard the product if any of these faults are found. Split, worn or loose ferrules must be replaced. Check for rust on the adjustment spring buttons. Replace any with rust.

Avoid wet floors, outdoor hazards such as wet leaves and ice. Wear flat supportive shoes. Do not exceed the maximum user weight stated on the product label.



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Model Nos: 8298C 8265C 8267C 8263C

Maximum User Weight: 180kg (28st)
(Do not exceed this weight)

Model Nos: 8253C 8303C 9731C 8251C 8249C

Maximum User Weight: 160kg (25st)
(Do not exceed this weight)

Model Nos: 8300C 8351C 8353C

Maximum User Weight: 160kg (25st)
(Do not exceed this weight)

Model Nos: 9302C 9304C

Maximum User Weight: 100kg (16st)
(Do not exceed this weight)

- The Coopers Elbow Crutch is intended for use by persons with disabilities or difficulty in walking, but who are capable of mobilising themselves.
- The Coopers Elbow Crutch can be used indoors or conditionally outdoors
- The Coopers Elbow Crutch is personal mobility device that is operated manually by the disabled user*

*A disabled user is a disabled person or a person not having the full capacity to walk unaided

The Coopers Elbow Crutch is intended for a single user and is a non invasive device

USING CRUTCHES

Please read all instructions before use.

A full assessment of the user's specific requirements is needed before selecting crutches. A number of different gaits or walking patterns can be used depending on the individual, and it is therefore important that adequate support and consequently, safety, is achieved.

A physiotherapist should advise on the most appropriate walking pattern when using crutches.

Double adjustable crutches; adjust both the cuff to handgrip and the handgrip to floor distances.

Single adjustable crutches; only adjust the handgrip to floor distance.

ADJUSTMENT

General guidance unless instructed by a physiotherapist.

Cuff to handgrip - Position cuff just below elbow.

Floor to handgrip - Position handgrip to wrist height.

Horseshoe Clip Adjustment

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.

FIG. 1

Horseshoe Clip adjustment
it

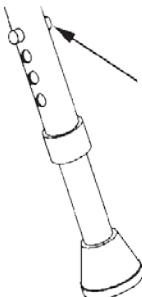
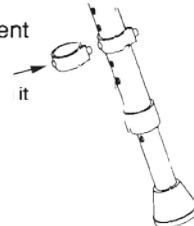


FIG. 2

Spring Pin Adjustment

1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located before use.

HOW TO USE CRUTCHES

(These are our recommendations only and should be checked with your physiotherapist.)

Non Weight Bearing

1. Keep the affected leg off the ground by holding it slightly in front with the knee slightly bent.
2. Move the crutches one pace forward, slightly apart and level.
3. Move body forwards between the crutches allowing the unaffected leg to swing through.

Partial Weight Bearing

Where the injured leg can take some weight.

1. Move the crutches one pace forward.
2. Place the affected leg on the ground level with the crutches, which supports some of the body weight.
3. Step through with the unaffected leg.

STAIRS

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe. Hold onto at least one handrail if possible. Hold the spare crutch together with the handle of the remaining crutch.

The crutch(es) go on the same step as the affected leg.

Going Up

The unaffected leg goes first, with the crutches, being followed by the affected leg onto the same step. The procedure is repeated.

Going Down

The affected leg goes first with the crutches, being followed by the unaffected leg onto the same step. The procedure is repeated.

CHAIRS

Getting Up:

Crutches should be near or held in one hand. Push up with one crutch and the opposite arm of the chair to assist in standing. Once standing up, ensure the arm is secured inside the cuff.



Sitting Down:

Position yourself in front of the chair ready to sit down. Remove both arms from the crutches, hold the crutches in one hand or place near chair. Sit down.

WARRANTY

All Coopers products are warranted for 12 months from the date of purchase against manufacturing or design defects.

The warranty is subject to the following conditions:

- It does not apply to wear and tear, inappropriate or incorrect use, or non-observance of User Instructions.
- Defective set up by the user or third parties or negligent or careless treatment.
- Use of unsuitable or unapproved spares or unauthorised alteration.
- The warranty does not extend to consequential costs resulting from fault clearance, loss of earnings or expenses

THIS IN NO WAY AFFECTS YOUR STATUTORY RIGHTS.

GENERAL SAFETY

- 1 Use a chair with high seat and arms to help you sit and stand up with ease.
- 2 Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
- 3 Ensure lighting in hallways and stairways is adequate.
- 4 Wear flat supportive shoes.
- 5 Avoid wet floors.
- 6 Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- 7 Do not store this product in temperatures below freezing.
- 8 Take special care if carrying a bag or similar package.
- 9 All equipment should be regularly inspected for any damage or significant signs of wear.

Check for:

- Bent or damaged tubes or cracks at the tube joints.
 - Both buttons of the spring clips are present or horseshoe clips are not loose or worn.
 - Elongated adjustment holes.
 - Loose handles.
 - Smooth, worn or split ferrules (rubber tips).
 - Replace where necessary.
- 10** Regular cleaning with a mild detergent or disinfectant is recommended. **DO NOT** use bleach or any solvents (such as lighter fluid).

LIFE EXPECTANCY

We estimate a life expectancy of 2 years for this product, provided that:

- It is used in strict accordance with the intended use as set out in this document.
- All service and maintenance requirements are met.

The estimated life expectancy can be exceeded if the product is carefully used and properly maintained.

The life expectancy can also be considerably reduced by extreme or incorrect usage.

The fact that we estimate a life expectancy for this product does not constitute an additional warranty.



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Conforms to
The Medical Device Directive 93/42/eeC 1993

