



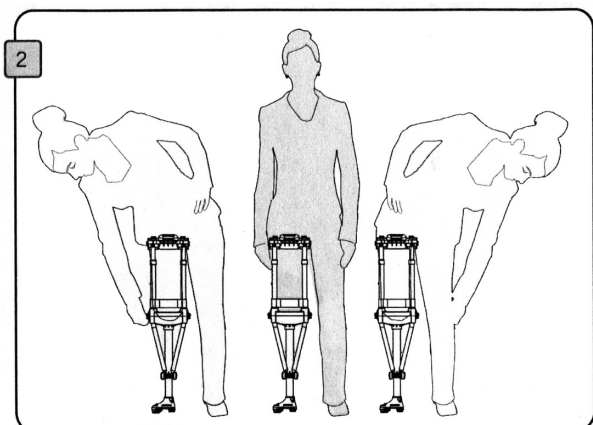
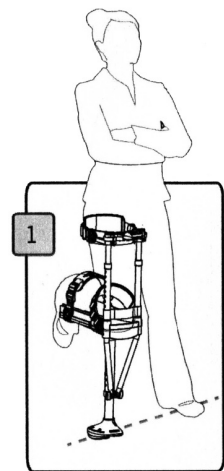
Learning iWalk 2.0 is surprisingly easy! Most people are proficient in a couple of minutes or less. But everyone is different, so be realistic in your expectations and use good judgment to insure your safety and success.

### BEFORE USING YOUR iWALK 2.0 FOR THE FIRST TIME:

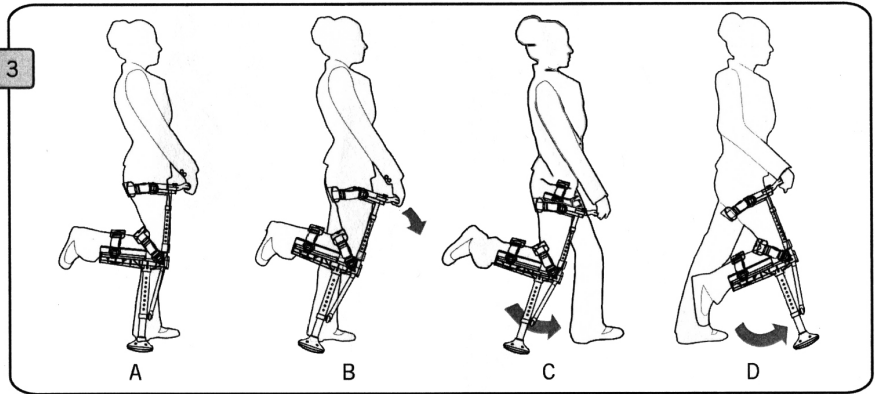
- You've assembled and fit the iWALK 2.0 according to our instructions
- You do not have strength or balance impairments
- Your good leg is free of conditions that would limit your success (example, arthritic knee, hip replacement, etc.)
- If you don't have an assistant, you do have a rail, wall, sofa back, or similar that you can rely on should lose your balance.
- You're ready to experience a whole new level of freedom during your recovery!

**(A quick note on using canes or crutches during learning: If you feel more comfortable or secure learning with the aid of a cane or crutch, feel free to use them, however, our experience is that these assistive devices can actually increase the time it takes to gain proficiency on the iWALK 2.0.)**

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- 1.) Stand with your iWalk foot directly beside your uninjured foot. **Place your feet shoulder width apart.**
  - 2.) Take a couple minutes to **learn the balance of the crutch** by doing the following exercises. Your feet should remain stationary.
    - a. Stand erect with your arms straight, palms touching the outside of your thighs. **Bending at the waist**, slide either hand down your leg until it's beside your knee. Return to erect position, and repeat with your other hand. Continue to alternate leaning both ways for several repetitions.
    - b. With arms straight, place your palms against your thigh. **Bend at the waist** until your hands touch your knees, then return to erect position. Repeat several times.
    - c. **Experiment** with slightly leaning in all directions.
    - d. Continue these exercises **until you feel comfortable enough to try walking.**



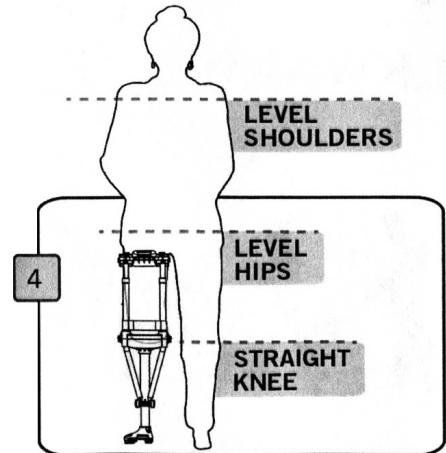
3.) Start with your feet in the same position as in Step 1, and place your hand on the handle as shown in Figure 3 to the left.



- a. Your **first step** will be taken with your **UNINJURED leg**, and your iWalk will follow.
- b. Stand erect with good posture and **look forward (not down)**. **Slowly push down and forward** on the handle.

- c. As you continue to tilt the crutch forward, it will feel natural to take a step with your good foot. Try to **start with short steps**.
- d. As soon as you step with your good leg, follow immediately with your iWalk leg.

4.) Continue to practice. Once you've **gained basic skill**, you can then **adjust the Knee Platform** up to the optimum height. Proper Knee Platform height makes your gait more efficient and reduces fatigue.

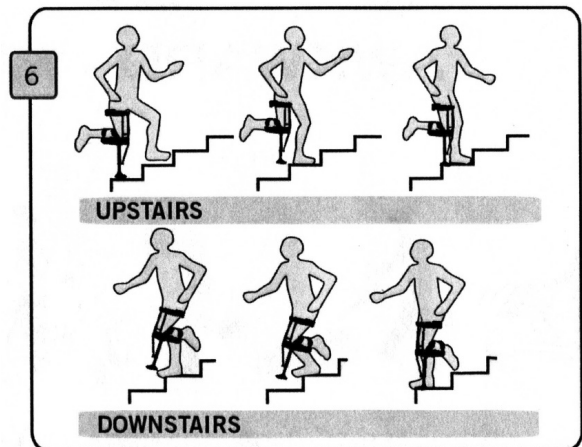


5.) (no illustration provided) After wearing the straps for a few minutes, **the straps may loosen initially**. If you cannot obtain enough tension by pulling on the tension side (Gray Buckles) of the Straps, then re-adjust the adjustment side (Black Buckles).

6.) **Stairs are easy** on the iWalk 2.0, **however**, stairs should NOT BE ATTEMPTED until you've gained full proficiency. **Always hang onto the rail(s) when using stairs.**

**UP** – Always **lead with your good leg**, followed by your iWalk leg. Take one step at a time.

**DOWN** – Always **lead with your iWalk leg**. Take one step at a time. On steeper stairs you may need to slightly rotate your body so that the foot of your injured leg can clear the step.



#### Tips and Tricks:

1. **The more you relax, the easier it will be to learn.** Don't fight the crutch or try to muscle through it. Learn to rely on it and allow it to hold your weight. Your body is smart and will quickly and automatically adapt to the device. You'll be iWalking in no time.
2. **Fatigue in your good leg and glutes is normal.** This will reduce substantially as your body learns the device.
3. **Keep your head up**, maintain good, erect posture and **don't look down. Walk as normally as possible.**
4. After you gain confidence in the device, you'll **start to "stub your toe"** during the swing thru phase of your gait. This is normal and it **shows that you're getting very comfortable with the crutch.** Very soon, you will automatically adapt your gait by hip hiking to clear the iWalk during the swing through.