

DIMENSIONS: 210 X 297

mx^{HEALTH™} mobility
MOBILISING PATIENTS WITH CARE
WALKING STICK

INSTRUCTIONS FOR USE

MD **REF** MX79305



Intended use: A Walking Stick is a mobility aid designed to provide stability and support for individuals with walking difficulties, helping prevent falls and improve balance. It enables and enhances the mobility, independence, and quality of life for those who have difficulty walking or standing.

FEATURES:

Lightweight Aluminium
Ergonomically designed plastic handle
Non-slip rubber foot
Height: 71-94cm
Sturdy design
Max loading weight: 100Kg

⚠️ WARNING!

READ ALL INSTRUCTIONS AND WARNINGS PRIOR TO ASSEMBLY AND USE. IF YOU DO NOT UNDERSTAND THESE INSTRUCTIONS, CONTACT A HEALTH PROFESSIONAL BEFORE ATTEMPTING TO USE.

Before using the walking stick, be sure your weight is within the weight capacity of the unit. This walking stick will require little or no assembly and can be performed without tools.

This product should always be used on a flat and solid surface. Heavy or uneven weight distribution may cause stress to the frame.

For maximum safety, make sure all safety features are explained to you by a qualified therapist, physician, or a certified salesperson. Check all plastic parts often for wear.

ASSEMBLY:

Inspect all parts for shipping damages before use. If there is shipping damage – DO NOT USE. Contact your dealer/distributor immediately for further instructions. If there are any problems with your product, DO NOT attempt to repair it yourself. Contact your dealer/distributor that you purchased the product from for any needed parts or repairs.

Mx Health assumes no responsibilities for any damage or injury caused by improper installation, assembly, or use of this product.

WALKING STICK HEIGHT ADJUSTMENT:

Ensure the huddle is protruding fully before attempting to use the walking stick.

USING THE WALKING STICK:

1. Hold your walking stick in the hand that's opposite the side that needs support.
2. Position the walking stick slightly to the side and about 2 inches forward.
3. Move your walking stick forward at the same time as you step forward with your affected leg.
4. Hold the walking stick steady in place as you walk forward with your unaffected leg.

SITTING DOWN:

When possible, sit in chairs that have armrests.

1. Position yourself in front of the chair so that the edge of the seat touches the backs of your legs.
2. For a single-tip walking stick, keep one hand on your stick and place your other hand on the armrest.
3. Gently lower down into the chair.

STAIRS:

Use extra care when you navigate steps or a curb with your walking stick.

1. Hold onto the handrail for support.
2. If only one of your legs is affected, step up with your unaffected leg first.
3. Then, step up at the same time with your affected leg and walking stick.
4. To walk down the stairs, put your walking stick on the lower step first.
5. Then, step your affected leg onto the step, followed by your unaffected leg.

PREVENT FALLS:

Wear supportive shoes that have nonslip rubber soles. Use extra care when walking on waxed floors, slippery rugs, or wet surfaces.

Also, buy a new rubber tip for your walking stick if your current one becomes worn or loses its traction.


DIMENSIONS: 210 X 297

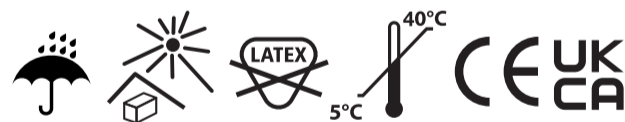
SAFETY TIPS:

- You must exercise caution when using a walking stick. The rubber-tipped end of your walking stick will help with grip and allow for traction on walking surfaces. However, use extra caution when using your walking stick in wet, icy, or slippery conditions.
- Replace the tip if the tread has too much wear and tear.
- Gaze straight ahead instead of looking down.
- Make sure your walking stick is completely stable before you walk forward.
- Avoid positioning your walking stick too far forward, as it could slip.
- Be mindful of pets and children.
- Ensure that all your walkways are well-lit. Put in night-lights on the route from the bedroom to the bathroom.
- Use nonslip bathmats, safety bars, and a raised toilet seat in your bathroom. You can also use a shower tub seat.
- Set up and organize your living space so that all the items you'll need access to are easy to reach.
- Use a backpack, fanny pack, or cross-body bag to keep your hands free.
- Do not try to carry anything in your hands when using a walking stick.
- Remove throw rugs in the home so they don't catch the walking sticks foot.
- Secure electrical cords to the floor or reroute them so they aren't in your path.
- Get rid of any clutter that could impede your walking or cause you to trip.
- Keep the floors clean and dry.
- Wear shoes or slippers that have non-slip or rubber soles.
- Avoid wearing shoes that have leather soles or heels.
- Frequently check the tips of the walking stick. Replace them if they become worn.

MAINTANANCE:

- The walking stick is designed for minimum maintenance.
 - To clean, wipe over with a soft cloth. Use general purpose neutral detergent and warm water.
 - Do not use harsh abrasives.
 - Clean regularly and dry.
 - Periodically check and tighten all nuts, bolts, screws, and other hardware on the crutch.
- Device readiness:** With the device fully assembled as per the instructions, and checked for safety, the device is ready for use.
- Reusability:** If the device becomes worn, or becomes dilapidated, discontinue use, and obtain a new device.
- When to consult a healthcare professional:** If the user complains about any discomfort or inconvenience using the device, consult with a healthcare professional.

 Should you require additional information, or experience any adverse effect from the use of this device, discontinue use and report to us at customercare@medinox.co.uk. Your complaint will be attended to in one work-day. Should there be any harmful or serious incident as a direct result of using this device, discontinue use immediately and report the incident to the Health Authority in the Member State of Sale.



UK Manufacturer: Medinox (London) Ltd. Sterling House, Fulborne Road, London, E17 4EE, United Kingdom. www.medinox.co.uk
South African Applicant: Medinox (Pty) Ltd, 2 Sunrock Close, Sunnyrock, Germiston, Gauteng, 1401. www.medinox.co.za
Australian Sponsor: Medinox Australia (Pty) Ltd, 1/10 Albert Ave, Broadbeach, QLD, 4218. www.medinox.com.au
New Zealand Responsible person: Medinox Australia (Pty) Ltd, Suite 13732, Level 1, 6 Johnsonville Road, Johnsonville, Wellington 6037, New Zealand.
EU REP Medinox Health Ireland Ltd, Ground Floor, 71 Lower Baggot Street, Dublin D2, D02 P593 Ireland.

Publication date: March 2026

