

GB/us User Manual – Walking Cane

Type, description, and technical data: see label.

Purpose of Use

The walking stick is intended to support mobility and increase walking safety indoors and outdoors. Please read and keep the label and these instructions for use, including the safety notes. Have your specialist retailer or care staff instruct you on the use of the walking stick and adjust it properly for your needs.

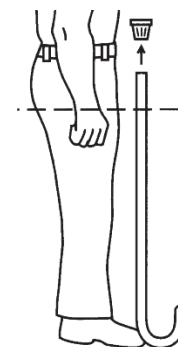
Instructions for Use

1. Use the walking stick on the side opposite the injured or protected leg.
2. Keep the walking stick close to your body, not angled outward.
3. Hold the handle so that your body weight is applied as vertically as possible onto the stick. Only the middle, ring, and little finger should grip the handle. The index finger and thumb should rest straight along the stick (see diagram).
4. To ensure optimal support, the stick must be adjusted to your body height; otherwise, poor posture may result. The stick should be used with the arm slightly bent.



How to determine the correct length:

- Stand upright and let your arms hang loosely at your sides. Do not lock your elbows!
 - Place the stick with the handle on the floor. The stick should be shortened to the height of the wrist bone (see diagram).
 - Sticks with a FISCHER handle (palm grip) or sticks used in pairs should be kept approximately 4 cm longer.
5. Adjusting the length
 - For non-adjustable sticks: Remove the rubber tip, shorten the stick to the determined length using a saw, then replace the rubber tip.
 - For height-adjustable sticks with a push-button system:
 - Loosen the locking screw in the middle of the stick.
 - Press the push button inward and slide the lower tube to the desired length.
 - The push button must click into place audibly and visibly—this is the only way to ensure full safety and stability!
 - Tighten the previously loosened locking screw again.



💡 If the push button “disappears” while adjusting, gently twist the lower tube back and forth while moving it slightly up and down. The button should reappear.

Additional Instructions for Folding Sticks

- For transport in a handbag, backpack, or travel luggage, secure the folded stick parts with a rubber band or clip.
- The stick will normally unfold by itself when the band or clip is removed. Hold the stick by the handle and away from your body. Ensure you have enough space to avoid injury or damage.
- Before use, check that all stick parts are securely fitted together.
- To fold the stick: start at one end, hold the longer part in one hand, pull the shorter part out with the other hand, and place the parts together. Repeat until all parts are folded. Always keep a secure hold on the folded parts.
- Once all parts are folded, secure them with a rubber band or clip. Fabric pouches for folding sticks are useful accessories and available from retailers or online.



Care and Maintenance

- Do not store your stick in high heat, direct sunlight, or cold and damp places.
- Clean only with a soft, slightly damp cloth. Do not use cleaning agents.
- Protect your stick from falling over to avoid paint damage or scratches. Wrist straps and holders are useful accessories, available from retailers or online.
- Regularly check the rubber tip at the bottom of the stick. If it is worn or damaged, replace it immediately to avoid safety hazards. When purchasing a new rubber tip, ensure it is the correct size. For metal or carbon sticks, always use tips with a steel insert—otherwise, the tube may press through the rubber, causing floor damage or slips.
- For long-term safety, have your stick checked annually by a specialist retailer.

Disposal

Do not dispose of worn-out walking sticks in household waste. Please check your local waste disposal regulations.

Warranty

The statutory warranty period is 24 months from the date of purchase and covers all material defects in accordance with § 434 BGB (German law), especially material and manufacturing faults.

Excluded are wear parts as well as damage caused by improper use, force, or unauthorized modifications.

In the event of a warranty claim, please contact the dealer from whom you purchased the product.

For safety reasons, repairs should only be carried out by authorized service providers. Damage caused by improper repairs is not covered.

Safety Notes

- Observe the maximum permitted body weight indicated on the product and label.
- Before each use, check that the height adjustment is securely locked, the rubber tip is in good condition, and—especially for folding sticks—that all parts are firmly connected.
- Adjusting the height or unfolding folding sticks carries a risk of injury—proceed with care.
- **CAUTION! Increased risk of falling** on uneven, soft, wet, or slippery surfaces, on loose carpets, or when crossing obstacles. Seek extra support if necessary, or have a second person assist you.
- When using stairs, always keep one hand on the railing and the other on the stick.
- **In the event of a fall**, let the stick drop to the side to prevent further injury.
- Avoid trapping the walking stick (e.g., in drain grates, elevator doors, train platforms, or automatic doors). Fall hazard!
- The walking stick must never be used for purposes other than walking support (e.g., as a lever, striking tool, or to pull yourself up). Risk of injury and voiding of warranty!
- Do not hang objects (bags, pouches, etc.) from the stick.
- **Increased risk of slipping on ice and snow**—use an ice grip or rubber tips with spikes in such weather.
- Do not store the stick at extreme temperatures. Risk of injury from high heat or cold (e.g., in sunlight through windows, near heaters, in saunas, or in freezing conditions)!
- If any damage is visible, stop using the stick immediately—risk of injury! Have it checked by a specialist retailer or care staff, and do not carry out unauthorized modifications or repairs. Liability will be excluded.

We wish you all the best and much enjoyment with your new walking stick!

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This product complies with Regulation (EU) 2017/745



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