

Step-by-Step Guide to Using Your U-Step Walking Stabilizer



In-Step Mobility Products Corp.

Step-by-Step Guide to Using Your U-Step

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A. SET-UP

1. Unfold your U-Step. ← |||||

- a. Locate and begin lifting the handlebars.
- b. After lifting them slightly, you may rest one foot on the U-Step's base (step on its toe!) in order to brace it as you unfold the top portion to its complete upright position (90-degree angle to the base).
- c. Make sure that the brake cable is not caught in the frame.
- d. Flip the backrest bar up and forward (away from you) until it rests on the handlebars.



SAFETY NOTE:

You will lock the U-Step frame in Step #4. This is essential for your safety, and must be done every time you unfold the U-Step or adjust the handlebars.



2. Determine the correct handlebar height. ← |||||

The handlebars are in their lowest position when you receive your U-Step. The best height for you is 2-3 inches above your palm when your arm rests at your side.

3. Adjust handlebar height



– maximum of two notches at a time.

- a. If you have already locked your U-Step frame, start by unlocking it. (See Step #4e).
- b. Alternate between the right and left sides as you adjust your handlebars.



NOTE: Do not adjust either side more than two notches at a time without adjusting the other side to even it out.

- c. Locate and depress the pushpin below the seat, near the basket on the face side of the vertical tubes. If the pushpin is not sticking out of the one of the adjustment holes, pull handlebars up until pushpin pops into a hole.



NOTE: Please do not use a pen or any other narrow object in order to depress the pushpin, as this can lead to problems with your U-Step. You may have to wiggle the handlebar in order to depress the pushpin.

- d. While the pushpin is depressed, pull the handlebar up, or push it downward, up to two notches at a time. You may rest your foot on the U-Step's base in order to brace it as you pull. It may help to wiggle the handlebar while adjusting the height.
- e. When the handlebar has reached the best height for you **or has been moved two notches**, let the pushpin come back out through the selected hole (which again may require wiggling).
- f. Then repeat for the other handlebar.
- g. Alternate between the sides until both handlebars are at the height that is best for you. Make sure that they are at the same height by counting the number of holes up from the lowest hole to the pushpin.



4. Lock the frame. (A SAFETY PRECAUTION) ←



NOTE: For your safety, the frame of your U-Step must be locked every time you unfold it – initially and after transporting it – and every time you adjust the handlebars (see Step #3) or the tension (see Step #6).

- a. Stand in the “U” of the U-Step and raise the seat.
- b. Locate the black locking levers behind the basket on the left and right sides of your U-Step.
- c. **Rotate each lever so that they both point upward.** You should not encounter resistance while rotating them.
- d. **Fold each lever toward the opposite side so that they are pointing across the U-Step at each other, and then continue to fold them until they are pointing down to the floor.** You will encounter some resistance while folding, as you are engaging the locks.
- e. To unlock the U-Step frame, simply flip both of the black locking levers. You will feel less resistance as it unlocks. You will need to do this if you want to adjust the handlebar height (Step #3) or to fold the U-Step.



SAFETY NOTE: The handlebars should not wiggle when locking levers are engaged. Review Step 4 if necessary.

5. Braking

The U-Step's wheels will not roll freely unless you release the brakes in one of the following ways:

- a. Squeeze either **hand brake lever** to release the brakes.
- b. Flip the **backrest bar** up and back towards you and press down on it.

*** NOTE:** The U-Step's brakes are engaged whenever it is sitting unattended, but it will be able to resist skidding only if you put some of your weight on the handlebars. The brake is helpful when going down ramps and other inclines, and for a general sense of stability and security.

*** SAFETY NOTE:** Unless using the backrest bar to operate the brakes, always keep it flipped forward (away from you).

Hand Brake Lever



Backrest Bar



6. Adjust the tension. (Optional)

- a. Place your U-Step on the surface you will most commonly walk on. You will need more tension on a smooth surface such as flooring than you will on carpet. Test the current setting by walking with the U-Step; see how easily it rolls. (Remember to press one of the brake releases.)



- b. Locate the black knob and brass ring on the U-Step toe (base).

- c. To begin, make sure that the brass ring is in a loosened position. If necessary, turn it counterclockwise several times.
- d. Turn the black knob clockwise to increase the tension or counterclockwise to loosen it.
- e. Test the tension level by squeezing a handbrake and sliding the walker forward and backward.
- f. When you have reached the desired tension, anchor the ring by turning the brass ring clockwise until it is tight. The less space there is between the black knob and the brass ring, after they both have been adjusted, the tighter the tension will be.
- g. Repeat on the other side.

*** NOTE:**
Each side can be adjusted independently to different tensions, to suit your specific needs.

B. WALKING WITH YOUR U-STEP



1. Stand in the middle of the “U,” with the open side at your back.
2. Hold the handlebars and put some of your weight on them.
3. Squeeze one or both of the handbrakes, or push down on the backrest bar. (Please refer to Step #5 above)

*** NOTE:**

- Stand and walk as much within the “U” as possible.
- Do not push your U-Step far in front of you; keep it close.
- It is safest to position yourself in the middle of the “U,” with the wheels of the base surrounding you.
- It also makes it easy to turn in place.

C. SITTING DOWN



- To sit down, you can either turn around while holding the handlebar, or pivot the U-Step around so that it is positioned behind you and then sit down on the seat.
- When you are sitting on the U-Step, you are facing backwards relative to the moving direction of the U-Step.



WARNING:

Do not sit on the seat from the front. This is an unsafe practice.



WARNING:

While sitting DO NOT push off with your feet to move the U-Step. This is unsafe.

D. WALKING OVER OBSTACLES

- The U-Step has a patented spring-loaded front wheel that enables it to roll over obstacles, such as door molding strips and cracks in the sidewalk.
- You will not have to lift your U-Step unless the obstacle is greater than a half-inch in height.
- You will have to lift the front end of the U-Step, or possibly the whole U-Step, to navigate stairs and significant curbs.

E. TRANSPORTING YOUR U-STEP

1. Fold your U-Step. ← |||||

- a. Flip the seat up.
- b. Unlock the U-Step frame by flipping both of the black locking levers up. (See Step #4e in the set-up section).
- c. Pull the handlebars back and down so that they are parallel to the base. You may rest your foot on the U-Step's base (step on its toe!) in order to brace it as you fold the handlebars down.
- d. When picking up the U-step, walk to either side of the folded frame and pick it up with the basket and seat away from you for easiest carrying.



2. Place U-Step in trunk or on backseat of car. ← |||||



For space-efficient transportation, rest the nose of the U-Step on the floor and lean the basket on the back seat.

3. ← ||||| Unfold and re-lock the frame before walking with U-Step again.

(See Steps 1 and 4 in the Set-up section.)



SAFETY NOTE:

Locking the frame is important for using your U-Step safely.

F. MAINTENANCE

Clean your U-Step with a clean, damp cloth when necessary.

Periodically check some of the moving components for wear. On a daily basis, check over the U-Step by trying the brakes. Please call your U-Step representative or call 1-800-558-7837 if you experience any problems with the tension of the wheels or with braking.



Note:

Do not pull on the cabling. Pulling on a cable can cause it to become kinked or stretched out of shape, which could then make the braking system stop working, or stop working as well. Damaged cable should be replaced. Please have your U-Step serviced if the cabling becomes damaged.

G. ACCESSORIES

1. The Laser Cue: Overcoming freezing episodes



The optional Laser Cue is included when ordered.

The laser cue is for Parkinsonians who experience “freezing” episodes. It projects a red line across the ground in front of the feet of the user. When included, the laser unit is mounted under the seat.

Use the laser cue when you feel frozen and have a hard time moving.



Optional accessory:
laser projected
red line

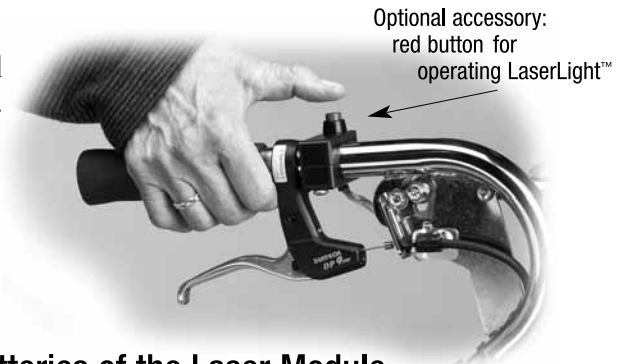


WARNING:

Do not shine the laser light directly into your eyes or into those of other people or animals.

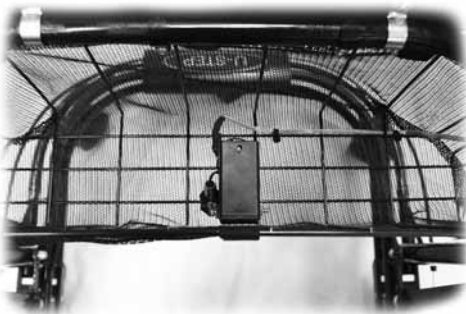
How to use the cue:

- a. To turn on the cue, press the red button until it clicks on and focus on stepping over the red line.
- b. Once you step over the red line, continue to walk. Leave the laser cue on until you can walk easily.
- c. To turn it off, press the red button again.



Replacing the Batteries of the Laser Module

- a. Flip the seat open. The battery pack for the Laser Module is located at the bottom of the basket.
- b. Using a small Phillips screwdriver, remove the screw that secures the top cover of the battery pack.



- c. Remove the cover and replace the 2 AA batteries with Alkaline batteries. The batteries need to face in opposite directions.
- d. Re-install the battery pack cover and screw.

2. The Seat and Basket. (included)



The bench-type seat is mounted on the face side of the U-Step frame. When you are sitting on the seat, you are facing backwards. The large basket is mounted under the seat so that it will not interfere with walking or maneuvering. It can be accessed by lifting up the seat.

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U-Step Walking Stabilizer

Passive Control (Model US-PC) Specifications

- Weight capacity375 lb.
- Height adjustment range
accommodates users 5'1" to 6'1"
(with customization, 4'0" to 6'4")
- Overall width23"
- Width of large padded seat20"
- Height from floor to seat22"
- Length25"
- Turning circle29"
- Color choicesblack or blue
- Weight19 lb.
- Frame materialtubular steel
- Folded dimensions (approximate)36"x22½"x16"

**Medicare
Reimbursable!**

Made in the U.S.A.