

MILLENNIAL MEDICAL EQUIPMENT, LLC

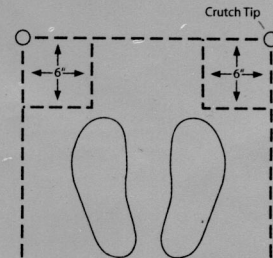


INSTRUCTIONS FOR USING CRUTCHES

To help avoid potential problems it is important that you know how to use and adjust your crutches.

CRUTCH ADJUSTMENT

Make sure your underarm pads and handgrips are set at the proper distance. Adjustments should be made with the tips of the crutch positioned approximately 6" beside and ahead of the toes (as shown).

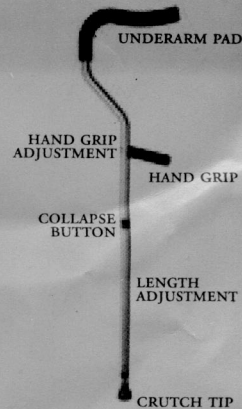


UNDERARM PAD DISTANCE FROM ARMPIT.

The underarm pad should be 1.5" - 2" (about 2 finger widths) below the armpits, with the shoulders relaxed.

HANDGRIP POSITIONS

Adjust the handgrip so your elbow is flexed about 20 to 30 degrees. You should be able to fully extend your elbow when you take a step. The wrists should be straight and your weight should be on your palms on the handgrips.



CRUTCH WALKING

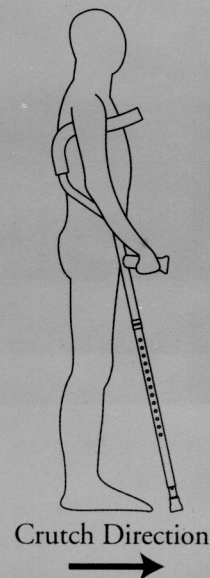
The three-point gait is used to avoid partial or all of the weight being placed onto the affected leg. Begin in the same position used to adjust your crutches. Advance both crutches and the affected leg forward 12"-15". Then move the good leg to about 12"-15" ahead of your crutches. With your weight on your good leg move the crutches and the affected leg forward 12"-15" and repeat. Keeping your injured leg in rhythm with your crutches will make walking easier and faster.

STAIRS AND CURBS

To go up, support your weight on the handgrips while you move your good leg up one step. Place your weight on your good leg while you move your crutches and injured leg up to the same step. To go down, maintain your weight on your good leg on the upper step and place the crutches at the back of the lower step. With your weight on the handgrips move the good leg to the same step as the crutches. Remember "up with the good, down with the bad." If the stairway has a handrail, use that for safer support instead of one of the crutches.

REMEMBER

- Size your crutches carefully
- Wear low heel shoes
- Make sure the crutch tip is in good condition
- Avoid slippery surfaces
- Watch out for possible safety hazards such as electrical cords, throw rugs, toys, etc.
- When on ramped or sloped surfaces, be careful to widen placement of the crutches and shorten your stride.



Lifetime Limited Warranty

Millennial Medical, LLC. warrants this product to be free from defects in material or workmanship for a period of five years from date of purchase. If within the specified warranty period, this product is proven to be defective, it will be repaired or replaced at Millennial Medical's option. This warranty does not cover shipping costs incurred in replacement or repair of this product.

This warranty extends only to the original purchaser. Millennial Medical's obligation under this warranty is limited to replacing or repairing, at Millennial Medical's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by Millennial Medical. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Millennial Medical authorized service center, products used for commercial or rental purposes; or products used as a store display models. No other warranty beyond that specifically set forth above is authorized by Millennial Medical.

For warranty service, please contact Millennial Medical at the toll free number or web site listed below. Be prepared to indicate the nature of the defect, the product model number, if any, and the name and location of your dealer or healthcare professional where you purchased the product. You will also be required to provide a receipt of your purchase. DO NOT return any products to our office without prior consent.

This warranty does not cover problems due to user negligence or misuse of the product. This warranty shall not extend to non-durable components, including but not limited to rubber tips, handgrips, foam padding of any kind, and other parts subject to normal wear and tear. The spring shock absorber is warranted for a period of 90 days.

THIS WARRANTY IS EXCLUSIVE AND IN LIEU OF ALL OTHER EXPRESS WARRANTIES, IMPLIED WARRANTIES, IF ANY, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. MILLENNIAL MEDICAL SHALL NOT BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES WHATSOEVER. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

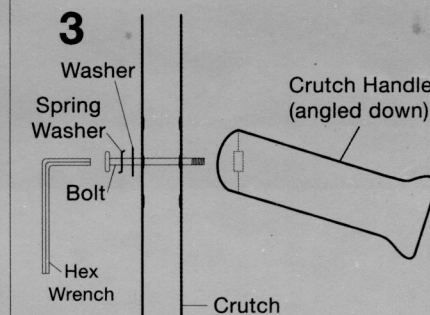
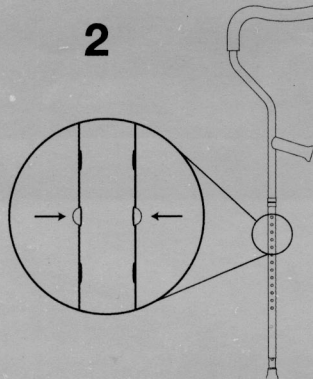
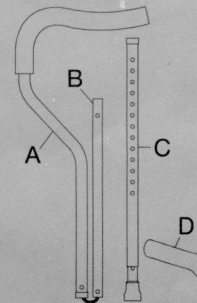
Millennial Medical, LLC.
"Designing the Future"

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Crutch Assembly

1. Insert middle section (B) into upper section (A).
Depress buttons and allow to snap into place, then check if the buttons are fully engaged and locked into holes.
2. Attach lower section (C) onto middle section (B).
Depress both buttons on the middle section (B) and allow them to snap through the desired adjustment holes of the lower section (C). Make sure the buttons are fully engaged and locked into holes before use.
3. Insert bolt through spring washer, washer, and desired adjustment hole in upper section (A). Thread bolt into handle (D). Angle handle (D) downward and tighten bolt with hex wrench.



THE MILLENNIAL CRUTCH

WARNINGS

TO REDUCE THE RISK OF SERIOUS INJURY, READ, UNDERSTAND AND FOLLOW ALL WARNINGS AND INSTRUCTIONS BEFORE USE.

1. Before each use be sure the crutches are properly assembled (See "Crutch Assembly" instructions contained herein).
2. Make sure all handle bolts are tightened and snap-spring adjustment buttons are fitting properly in adjustment holes **BEFORE EACH USE.**
3. Be sure crutches are properly fit (see "Instructions for using crutches")
4. **WARNING: USING CRUTCHES ON ICY, WET OR OTHER SLIPPERY SURFACES, OR GOING UP OR DOWN STAIRS OR SLOPES MAY RESULT IN INJURY.**
5. **WHEN USING CRUTCHES FOR THE FIRST TIME,** it is recommended that you consult with a licensed professional (such as a physician, nurse, medical assistant or physical therapist*) to have them properly fit for your height and arm length, and for training on their use. In the case of an elective surgical procedure that will require crutches afterward, it is recommended that you acquire your crutches and be **FIT, TRAINED, AND PRACTICE** on them **PRIOR TO THE SURGERY.**

* If you need or would like a referral of a licensed professional in your area that could assist you in fitting or training you on the use of the Millennial Crutch, please contact Millennial Medical at the number listed below.
6. Replace all worn parts such as the footpad, handle grip foam, or underarm cradle foam sleeve. Replacement parts are available through Millennial Medical customer service. See contact information.
7. If any part of the crutch does not operate properly, or shows excessive wear, **DISCONTINUE CRUTCH USE, and MAKE THE NEEDED REPAIR(S) BEFORE CONTINUING USE. NOTIFY MILLENNIAL MEDICAL** for any repair assistance, service, parts or crutch replacement, or warranty claim. See contact and warranty information.
8. Maximum user weight is 300 lbs or 136 kg.

CONTACT INFORMATION

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All warnings described herein apply to all crutch models produced by Millennial Medical Equipment, LLC.

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