



## OPERATING INSTRUCTIONS FOR TLC KNEE SCOOTER

**\*\*Read carefully before using the TLC Knee scooter\*\***

You have purchased or rented a TLC, a medical device designed to maximize mobility during your recovery from foot or ankle surgery or injury.

**WARNING:** As with any new physical activity, instruction, practice, and common sense are necessary for successful use of the TLC. Your health professional or TLC distributor can provide instruction and demonstration. Practice operating the TLC to increase your skill and confidence. Gradually increasing the time you spend using the TLC will allow your muscles to adjust to this new activity.

**PREPARATION:** Wearing non-slip shoes on your non-injured foot, check the position of the TLC. To adjust the platform for a right or left foot, remove the platform pin, lift the platform from its frame, turn it around to the correct side, then replace the platform in the frame and reinsert pin. The edge of the platform should be aligned with the edge of the frame on the non-injured side. When standing behind the TLC, the platform should be off-center to the left for a right foot injury and off-center to the right for a left foot injury. If you have a previously unused model, attach the Velcro strips to the platform with the larger pad to the front and the smaller pad to the back; both pads should align themselves to the end of the platform (see detailed instructions included).

Stand on the side of the TLC where your pushing foot will be. Lock the parking brake. Release the quick-release clamp on the T-tube and adjust the height of the hand grips to a comfortable upright fit. Relock the quick-release clamp.

**WARNING:** Failure to properly engage the quick-release clamp may cause the T-tube to telescope up or down while the TLC is in use and may cause you to lose control. With the quick-release clamp properly adjusted, the handlebars will not move up or down.

**MOVEMENT:** Place your hands on the handlebars. Place the knee of your injured leg or foot on the front pad so that the top of your boot or cast is directly over the space between the pads. Your lower leg is then resting on the rear pad. Release the parking brake and propel yourself forward or backward with your pushing foot, keeping the knee of your injured foot centered on the front pad. Move slowly so that you can stop safely using your pushing foot. The hand brake may be used if needed but is primarily designed to maintain a stopped stance.

**BRAKE:** The brake is engaged by depressing the brake lever on the handlebar. The braking wheel must be in contact with the floor, and the brake works best with weight on the TLC. To set the brake, squeeze the brake lever and push down the button on the brake lever holder. To unlock the brake, squeeze the brake lever.

**BRAKE ADJUSTMENT:** For packing, the hand lever for the brake will be in an upright position. Use the 3/16 Allen wrench provided to loosen the hand lever and reposition it to a comfortable use position, re-tightening with the Allen wrench, as necessary. The pressure of the brake mechanism on the brake wheel should be enough so that, when the hand lever is in the fully squeezed position, the brake wheel does not turn but is not overly tight. The tightness can be adjusted with the nuts at either end of the brake cable. Turning the screw clockwise will loosen the brake and turning the screw counter clockwise will tighten it (see parking brake instructions).

**WARNING:** Because of the light weight of the TLC, use of the hand brake while in motion may cause an abrupt stop.

**WARNING:** *Do not* use the TLC on or near stairs or while using mind-altering drugs or alcohol or while suffering from dizziness.

**WARNING:** *Do Not* use the TLC to pull yourself up from a seated or other position. The TLC is intended for use with a person in place on the scooter.

**WARNING:** Use caution when moving from carpeted to hard surface floors and on any rough surfaces or when changing levels (for example, moving from a curb to the street and back onto the sidewalk) Check the TLC frequently for any loose cotter pins, clevis pins or loose nuts or bolts and the quick-release clamp on the T-tube. **Do not use the TLC if any pins are missing.**

#### **RAISE AND LOWER MAST:**

**To raise:** Pull the black lever up (toward the handle bars) on the back of the mast neck and lift the mast pole until it pops into the groove on the right side of the mast. Then push the silver lever on the left side of the mast in toward the mast pole. Now the mast will be firmly in an upright position.

**To lower the mast:** Pull the silver lever on the left side of the mast neck away from the mast pole. Pull the black lever up (toward the handle bars) on the rear of the mast neck and the pin on the right side will come out of the groove to lower the mast pole. When lowered the mast can go under the platform or rest next to the platform depending on platform height.

**Handle bars** are raised and lowered by pushing in the button on the mast pole and resetting to correct height. Handle bars should be set at waist level to keep your back straight.

## **KNEE PLATFORM ADJUSTMENT:**

Adjust the knee platform from the right to the left side (or vice versa) by unscrewing the large round knob under the platform and pulling the knob out toward you as far as it will go. This will allow you to pull out the entire platform and turn it 180 degrees. Reinsert the platform post and set it for the desired height. The correct side choice should align the edge of the platform directly above the frame line on the **side of the uninjured leg**. Once in place, screw the large knob to secure the platform at the desired height. The larger closed-cell foam knee pad should be aligned with the front edge of the knee platform and the smaller knee pad aligned with the rear edge of the platform. Center both pads so that the beveled edges fit into the reverse bevel of the knee platform. The vacant area between the pads is designed for the lip of the cast or boot. Only the knee without the boot or cast edge should be placed on the front pad. The lower leg then will rest on the rear pad. This configuration is especially designed for maximum user comfort. When you have correctly identified the location of the pads remove the hard protective plastic cover from the Velcro and press the knee pads into place. The knee pads are removable and machine washable by placing them in a pillowcase with the soft side of the Velcro attached. Allow to air dry. The knee pads are reversible front to back if you need to reverse the direction of the platform for a new client.

## **PARKING BRAKE INSTRUCTIONS:**

Set the parking brake by first squeezing the brake lever on the handlebar, then depressing the push button on the top of the lever. Release the brake lever first, then the push button. To release the brake, squeeze the brake lever.

If the brake fails to engage in park, the cable is probably too loose or too tight. To correct, adjust the cable with one or both screws at each end of the cable. Loosen the snug screw(s) and turn the adjustment screw(s) clockwise to loosen the cable or counterclockwise to tighten it. When adjustments are correct, the parking feature will engage and the brake wheel will not turn when attempting to do so by hand. Return each snug screw to its position against the brake lever holder and cable mounting bracket at the lower end of the cable.

If these adjustments do not correct the problem, it may be necessary to make an additional adjustment where the brake cable is attached to the brake shoe. Remove the return spring from the brake shoe. With an Allen wrench, loosen the screw that secures the brake cable to the brake shoe. Inspect the cable for fraying, and replace the cable if needed. Set adjustment screws at each end of the cable in a mid-position. Position the brake shoe with V" clearance from the wheel. Remove slack from the cable and tighten the screw that secures it to the shoe. Re-attach the return spring to the brake shoe.

Bicycle mechanics are a good source for advice and repairs of the parking brake if there are other questions.

**Do not adjust the screw next to the parking brake button.**