

OPERATING & SAFETY INSTRUCTION FOR COMMUNE

Use a toilet commode or other equipment recommended by your therapist or physician.

Over the toilet commode:

1. Back up to the toilet until you feel the back of your knees touching it. Reach back for the armrests and slowly lower yourself onto the toilet, keeping your operated leg out in front.
2. Bend your knee and hip on the non-operated side as you lower yourself onto the seat.
3. Reverse the procedure for getting up, using the armrests to push on. Get your balance before grabbing the walker.

Bedside commode:

1. Place the commode against a wall or hard surface.
2. Use as described in steps 1, 2, and 3 above.