

Using Your Knee Scooter Safely

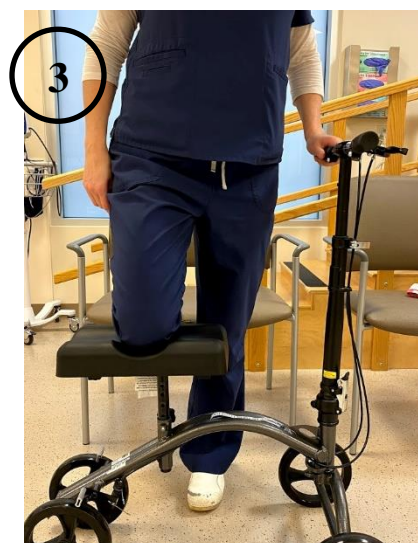
- Refer to the user's manual that came with your scooter for complete instructions.
- Before use, make sure that the scooter is properly adjusted for you.
- Make sure that all knobs and clamps are tightened before each use.
- Wear non-slip shoes while using the knee scooter.
- Make sure that the hand brakes are locked so that the scooter remains stationary.

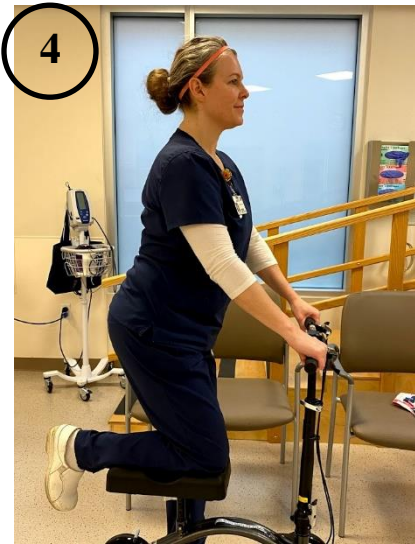
1. Position the scooter so it is in front of you and the handlebars are on the side of your good leg.



2. Place one hand on the handlebars, the other hand on the surface where you are sitting.

3. Stand and put your affected (injured) leg onto the knee platform at 90 degrees.





4. Then turn so you are facing the handlebars. Keep your good leg on the ground next to the scooter.

- Make sure that you are stable and balanced.
- Unlock the handbrakes.
- Use your good leg to push yourself and the scooter forward or backward.
- Keep all the wheels on the ground at all times.
- Keep both hands on the handlebars at all times. If you need to carry an object, use a basket made for use on a scooter.
- Use your good leg along with the hand brakes to slow down and stop.
- Use caution on sloped surfaces.



Getting off your scooter

- When returning to the bed or chair, park your scooter with your good leg closest to the bed or chair.
- Once stopped, lock the hand brakes so that the scooter stays still.
- Keep one hand on the handlebars, and one hand on the bed or chair, as you take your leg off the scooter.

DO NOT:

- Use your knee scooter on stairs, steps, or escalators of any kind.
- Make sharp turns.
- Try to go fast.
- Sit on your scooter.
- Have someone push you while on your scooter (it is not a wheelchair).
- Try to pop wheelies.