

KNEAL KNEE CRUISER QUICK START

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- SETUP**
1. Remove scooter from box (may require scissors or a box knife).
 2. Lift handlebars into locked position. Images A & B.
 3. Locate groove on handlebar. Image C.
 4. Align groove with the set screw on handlepost. Tighten it until the screw is comfortably seated. **DO NOT OVER TIGHTEN!** Image D.
 5. Remove knee rest from the box and insert it into the hole located at the top of the frame. Be sure to remove the detent pin. Image E.
 6. Adjust knee rest height and reinsert the detent pin.
 7. Adjust handlebar to the desired height and tighten the quick release (see First Ride). Use a wrench if necessary. Image F.

- TIPS**
1. When using the rear wheel lock, do not activate front wheel steering. Keep handle-bars perpendicular to the Kneal Knee Cruiser frame and allow the scooter to pivot on the front wheels.
 2. Treat the braking system like the brakes on your car. Ease them on. Forcefully grabbing the levers will result in a very abrupt stop.
 3. Practice with a helper and have fun!
 4. Read your user's manual.



KNEAL KNEE CRUISER FIRST RIDE

FINAL ADJUSTMENT

- ① **Adjust and lock the handlepost** - Insure that the handlepost quick release is tight by pushing down on the handle bars after locking. If movement is evident, loosen the quick release, turn the knurled nut clockwise 1/8 turn and retighten. Repeat until bars do not move. Image A.

Adjust and lock the knee rest - Make sure that the pin is fully inserted. Image B.

② PROPELLING

Forward - Place the knee cap of the injured leg at the leading edge of the knee rest. Using use the opposite leg for propulsion, push using the ball of your foot. Image C.

Backward - This movement severely compromises balance and should be carried out using great care. Place the knee cap of the injured leg at the leading edge of the knee rest. Using use your propulsion foot, push toward the front of the cruiser using very small movements. Be sure to keep the majority of your weight on the knee rest. Image D.

③ TURNING (USING HANDLEBARS)

The Knee Cruiser steering system is identical to a tricycle or bicycle. Pulling the handlebar ends toward the patient's body will move the wheels in the direction of choice. Pull the right bar end to turn right and the left bar end to turn left. Image E.

④ PIVOTING (USING REAR LOCK)



Disengaging - The rear wheel lock actuator is located on the right handlebar. Image H. The lever is shipped in the locked position, pointing toward the patient. Image H. To release the rear wheel, push the lever until it is parallel with the handlebar end. Image I. The rear wheels will then rotate freely. Image F. **ALWAYS INSURE THAT THE FRONT WHEELS OF THE CRUISER ARE POINTING STRAIGHT AHEAD WHEN PIVOTING.** Image F. Next, use your propulsion leg to push or pull the rear of the cruiser laterally. Image F.

Practice following these steps:

1. Place your weight on the leg supported by the knee rest.
2. Push or pull laterally using your propulsion leg.
3. Increase the lateral movement as comfort allows, eventually making a 360 degree turn. Try to accomplish this first using a pushing motion and second a pulling motion.



Reingaging - Once the desired lateral movement is complete, return the rear wheel lock actuator to the "Engaged" position, pointing toward the patient. Image H. **ALWAYS INSURE THAT THE FRONT WHEELS OF THE CRUISER ARE POINTING STRAIGHT AHEAD WHEN PIVOTING.** Image F. Next, propel the scooter forward. The rear wheels will naturally align themselves. A metallic clicking sound will notify the user that the rear wheel lock is engaged. If no click is heard, quickly turn the handlebars left then right a small amount while moving forward. This will "help" the rear lock into position.

NOTE: The Kneal Knee Cruiser experience can be greatly enhanced through the use of the rear lock system. With a little practice, you will find it invaluable.

For a video presentation of Kneal Knee Cruiser operation, go to www.youtube.com/kneecruiser.

