



1.1  
Size

Putting the spring back in your step!

Shock-absorbing, anti-slip Flexyfoot is designed to replace the old fashioned ferrule and revolutionise walking aids. Flexyfoot gives improved grip on all types of terrain and eases the aches and pains associated with constant stress and impact on joints. They are suitable for people of all ages and levels of fitness. Flexyfoot is made up of two separate parts to allow you to renew the 'foot' section when worn or damaged without replacing the whole Flexyfoot.

### What size Flexyfoot is right for me?

Flexyfoot comes in a range of sizes so use our guide to ensure you order the right version for your walking aid. You need the right size of connecting collar and this is determined by the width (diameter) of your walking stick, cane, crutches or walker. You can gauge the diameter of your walking aid with the guide on the right (1) or you can measure the circumference and use the chart below (2). You can watch our sizing video on YouTube or at [www.flexyfoot.com](http://www.flexyfoot.com).

Existing Flexyfoot customers only need to order the replacement foot (as you will already have the reusable connecting collar).

### Product range

Flexyfoot is available in various ferrule sizes and pleat/bellows number:

#### For crutches, canes and walking sticks

- The three pleat foot is required
- Available to fit walking aids with diameters of 16, 19, 22 and 25mm

#### For frames and stools

- The two pleat foot is required
- Available in 25mm which is the common diameter for frames and stools

#### For tripods

- The two pleat foot is required (Please *contact Flexyfoot* if you want to use on a tripod as the diameter is likely to be smaller than 25mm).

### Step-by-step buying guide

- Measure your walking aid to see what size Flexyfoot you require.
- Click to Buy Online and select the required size. Remember you can benefit from discounts for buying multiple Flexyfoot at the same time.
- Follow the instructions on screen to process payment and delivery.
- Sit back and wait for your Flexyfoot to arrive!

#### Method 1. Use this size guide

Measure the diameter of your walking aid here to show you which size Flexyfoot you need.

Size 16

16mm

Size 19

19mm

Size 22

22mm

Size 25

25mm

#### Method 2. Circumference

Use a strip of paper to wrap around your walking aid. Mark the size and measure off the length of the circumference in millimetres:

50mm (2 in)

Size 16

60mm (2.5 in)

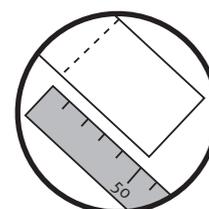
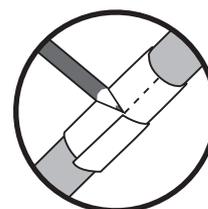
Size 19

70mm (2.75 in)

Size 22

80mm (3.1 in)

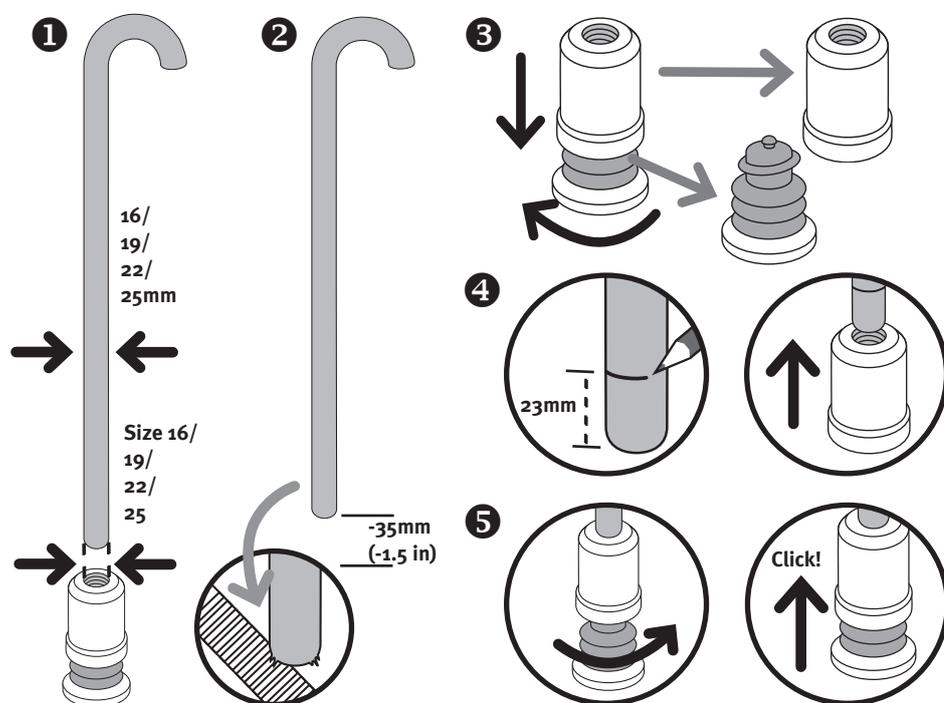
Size 25



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### Fitting your first Flexyfoot



- ❶ Measure the diameter of your walking aid for the correct collar size. For a size guide refer to Flexyfoot packaging, the **Size 1.1 Pdf** or by watching the Flexyfoot sizing video at [www.YouTube.com](http://www.YouTube.com).
- ❷ You should shorten your aid by approximately 35mm (1.5in). If the end of you aid has a sharp edge, you must remove it with a file to avoid damage to the inside of the collar.
- ❸ Remove the foot from the Flexyfoot collar by pulling the foot away from the collar until it clicks and then unscrew the foot.
- ❹ Put a mark 23mm from the end of your aid. Push the collar onto the aid until the mark is level with the collar and ensure it's a tight fit.
- ❺ Then refit the foot by screwing it into the collar until it can freely rotate in either direction and then push until it clicks home.

### Maintenance

Periodically check the following and stop using and immediately replace the collar or foot if:

- The fit of the collar to the aid is loose, stop using if the fit is not tight.
- The tread is worn down to the markers or is damaged or split.
- The bellows is damaged and is not functioning correctly.

### Cleaning

Can be cleaned with soap and water.

### Warnings

- Flexyfoot can be used inside and outside and is suitable for most environments. The level of grip will depend on several factors: the environment, the user, the type of aid and how they use the aid. In wet conditions as well as snow and ice the grip will naturally be reduced. Extra care should be taken.
- Only use the 2-pleat foot on stools and walking frames.
- Check the condition of foot and collar as per the maintenance schedule.
- Do not use if you cannot fully insert the aid into the collar or if the fit to the collar is loose and can be easily removed.
- The maximum permitted weight that can be applied to a pair of standard Flexyfoot is 125kg. Eg, a person whose weight is fully supported by a pair of crutches whilst walking should weigh no more 125kg – the same as a standard pair of crutches.

# flexyfoot

## 1.3 Replacements

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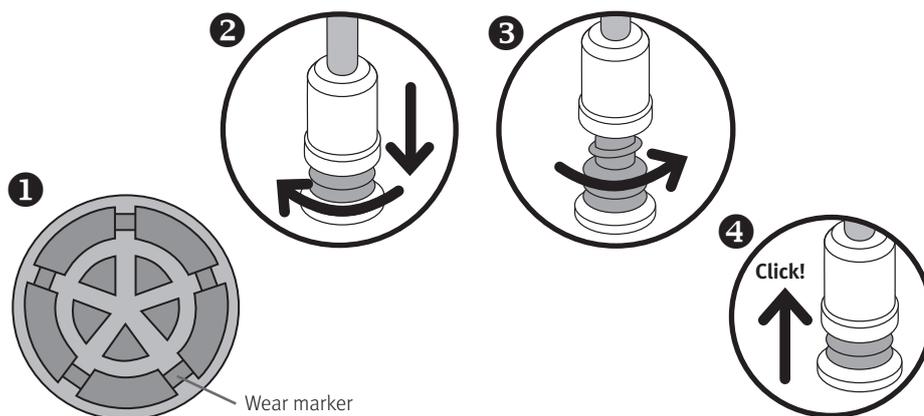
### When to fit a new Flexyfoot 'foot'

The Flexyfoot 'foot' can be easily renewed without replacing the whole Flexyfoot. If the tread is worn down to the wear markers (1) or the bellows or 'foot' become damaged, stop using immediately and replace the 'foot'. Also replace the 'foot' if the bellows loses too much spring. In normal use, the bellows will soften slightly after a short period of use and will compress over time by about 6mm.

### Fitting a new Flexyfoot 'foot'

- 2 The Flexyfoot 'foot' is very easy to replace. Firstly remove the old 'foot' by pulling it away from the collar and then unscrew anti-clockwise.
- 3 To fit the new 'foot' screw it in clockwise until it can freely rotate.
- 4 Then push the 'foot' in until it clicks.

Replace the 'collar' if it becomes damaged, the fit to the aid becomes loose or the 'foot' cannot be properly fitted. The 'collar' should be replaced with every third replacement 'foot' – fit a complete new Flexyfoot.



### Ordering replacements

Order replacement 'feet' from your retailer or local distributor. For a list of distributors or to order online please visit [www.flexyfoot.com](http://www.flexyfoot.com). Or telephone Freephone 0800 0285 888 (UK) or +44 1483 722686 (International).

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reverse how you feel

Customer Service | Solutions & Sales

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