

# CAN DO® Knee Scooter

## User Manual

REF 67-0027BLK

**Note: Read all instructions before using the Knee Scooter.**

### **CAUTION: Please read before use**

The CanDo® Knee Scooter is a medical device for individuals with lower leg injuries. It is not a toy or recreational scooter. Please read these important cautions before using your Knee Scooter:

- **DO NOT** use if you have difficulty with balance.
- **DO NOT** use to assist with standing from a seated position.
- **DO NOT** use on stairs, steps, moving walkways, escalators, or in the bath/shower.
- **DO NOT** use over curbs or uneven ground.
- **DO NOT** use to go faster than a slow walking pace when using inside or outside.
- **DO NOT** turn the unit sharply while moving.
- **DO NOT** stand or sit on the unit.
- **DO NOT** use on soft or uneven terrain. Do not travel over drops or barriers such as curbs.
- **DO NOT** turn at speeds over 1 mile per hour and always have one foot on the ground.

### **Consult your physician before using**

You should consult with your doctor/medical practitioner if you have any concerns whatsoever before using the CanDo® Knee Scooter.

**Maximum user weight: 300 lb / 136 kg**



**Caution:** This product contains natural rubber latex which may cause allergic reactions.



Fabrication Enterprises Inc.  
250 Clearbrook Rd, Suite 240  
Elmsford, NY 10523 (USA)  
tel: +1-914-345-9300 • 800-431-2830  
fax: +1-914-345-9800 • 800-634-5370  
FabEnt.com



AJW Technology Consulting GmbH  
Königsallee 106  
40215 Düsseldorf (Germany)

# Quick Setup Instructions

## Step 1: Unpack your knee scooter

Please note: No tools are required for setup.

- A) Assemble the knee scooter on a stable, level surface.
- B) Remove the knee scooter and all other items from the shipping box.
- C) Verify the following parts are included in the shipping box.
  - 1) Basket
  - 2) Knee Rest
  - 3) Knee rest height adjustment bolt thumbscrew
  - 4) Handlebar height adjustment knob and bolt

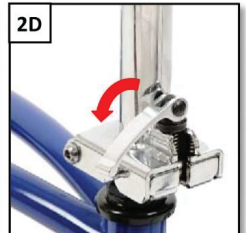
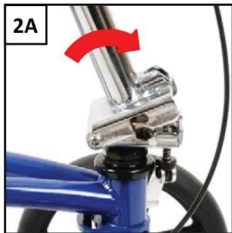
D) If any of the items are missing or damaged, contact your place of purchase immediately and **DO NOT** use the knee scooter.



**Note:** Product color may vary

## Step 2: Unfold the steering column

- A) Lift up the steering column (Figure 2A) until it clicks into position (Figure 2B).
- B) Rotate the locking lever upwards towards the steering column into the open gap (Figure 2C).
- C) Push the locking lever down to the side, ensuring the lever is tight and the steering column secure (Figure 2D).



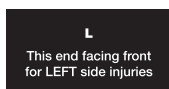
### WARNING

- Failure to ensure that the steering column is clicked into position (Figure 2B) and/or not pushing the locking lever down to secure the steering column (Figure 2D) will prevent proper locking and may result in serious injury.
- Never tamper with the locking lever.

### Step 3: Install the knee rest for RIGHT or LEFT Leg

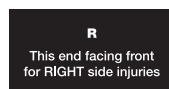
#### For LEFT LEG injury

- A) Remove the knee rest adjustment bolt thumbscrew.
- B) Insert the knee rest post into the post holder so the "L" label on the underside is facing toward the front.
- C) When viewed from behind, the knee rest will be offset toward the *right* (Figure 3A).

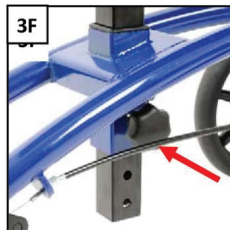
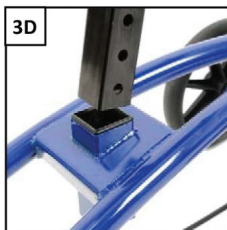


#### For RIGHT LEG injury

- A) Remove the knee rest adjustment bolt thumbscrew.
- B) Insert the knee rest post into the post holder so the "R" label on the underside is facing toward the front.
- C) When viewed from behind, the knee rest will be offset toward the *left* (Figure 3B).



- D) Determine your desired knee rest height. The knee rest height should be set at a level that allows you to stand upright with your knee centered on the pad and your weight comfortably balanced (Figure 3C).
- E) Insert the knee post into the post holder (Figure 3D) and then align the bolt with the knee rest post hole at your desired height (Figure 3E).
- F) Screw the knee rest knob on finger-tight (Figure 3E) all the way in (Figure 3F).
- G) Once installed, the knee rest should not move up and down. If there is movement, the knee rest has not been installed properly.

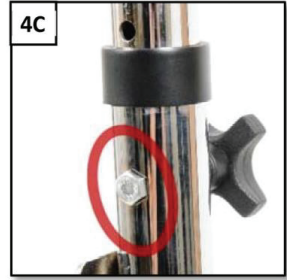
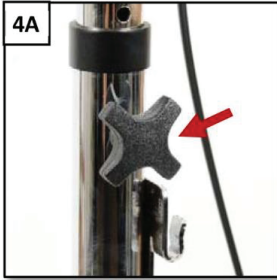


#### WARNING

- Failure to install the knee rest properly may result in serious injury.
- Do not sit on the knee rest while the knee scooter is moving. Doing so may result in loss of balance and serious injury.

## Step 4: Adjust the handlebar height

- A) Loosen the handlebar adjustment knob (Figure 4A) and remove the knob and bolt.
- B) Raise the handlebar to approximately your waist height in a comfortable standing position (Figure 4B).
  - You should be able to rest your hands on the handlebar grips in a comfortable natural position.
  - You should not be leaning or hunched over when gripping the handlebar.
- C) Insert the bolt and align with the handlebar hole at the desired height. The bolt head should fit into the hex shaped cut out (Figure 4C).
- D) Screw the adjustment knob onto the bolt until finger-tight.



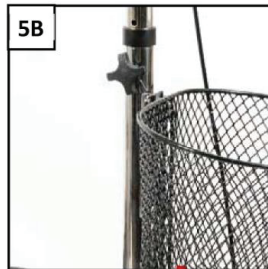
### WARNING

- Failure to properly install the handlebar height adjustment knob and bolt may cause the handlebar to become unstable and serious injury may occur.

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## Step 5: Attach the wire basket

- A) Align the vertical slots in the basket with the bracket on the steering column (Figure 5A).
- B) Insert the basket onto the bracket hooks and slide it down onto the 4 hooks (Figure 5B).



### WARNING

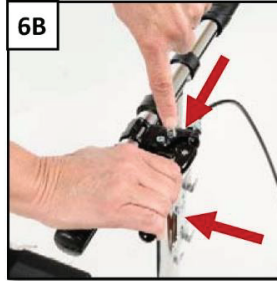
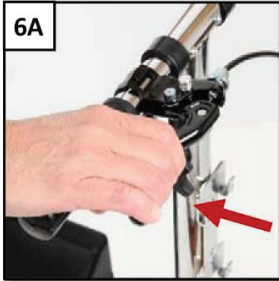
- Do not overload the basket. The basket is intended for lightweight items only.
- Carrying large or heavy items inside the basket may impair your ability to steer or make the unit top heavy resulting in loss of control/balance and serious injury.



# Operating Instructions

## Using the hand brake

- With the palms of your hands resting on the handlebar grips, reach your fingers forward to the brake handle and squeeze the handle back toward the grip (Figure 6A).
- The harder you squeeze the handle the more braking power you apply to the rear wheels.
- To engage the parking brake, squeeze the brake handle and push the silver button down until the handle stays locked in position (Figure 6B).
- To release the parking brake, squeeze the brake handle and then release your fingers. The handle will return to the normal position (Figure 6C).

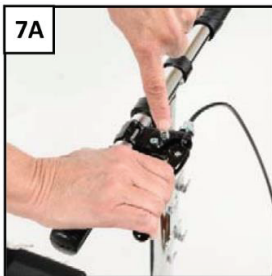


## WARNING

- Always engage the parking brake before mounting or dismounting the knee scooter.
- Avoid sudden stops - apply the brake gradually to slow the unit in combination with using your uninjured leg to assist stopping.
- The brake is designed to slow you down; it will not bring you to a complete stop quickly.

## How to use knee scooter

- Always engage the parking brake before mounting and dismounting the knee scooter (Figure 7A).
- Grasp the handlebar grip and rest the knee of your injured leg on the center knee pad (Figure 7B).
- Balance your weight between the knee rest and your uninjured leg.
- Release the parking brake and use your uninjured leg to push the knee scooter forward in controlled steps (Figure 7C).
- Keep your body weight centered over the knee pad as you move. Never go faster than a slow walking pace.



# Safety and Maintenance

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## Safety instructions

- Take slow, controlled strides and make turns slowly when using your knee scooter.
  - Be aware of changing surfaces. Moving between hard floors and carpeting can affect your balance.
  - Be especially aware of inclines and go very slowly. The rear wheels may slide on carpeted or slick inclined surfaces even when the brakes are fully applied.
  - Navigate surface changes by allowing the front wheels to roll over the surface change one wheel at a time. Avoid any area that will compromise your balance or control.
  - Use caution when approaching uneven terrain like pavement gaps, doorway thresholds, and door mats. Avoid uneven surfaces like gravel, grass, or loose dirt which can compromise your balance and stability.
  - Do not reach across the handlebar or drastically shift your weight on the unit. Be sure to keep your weight centered over the knee post at all times.
  - **DO NOT** take or use the knee scooter into the shower or bath.
  - **DO NOT** use in extremely wet conditions.
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## Safety check list

- Make sure all adjustment knobs are tight before use.
  - Test the hand brake and parking brake. The rear wheels should not rotate when the hand brake or parking brake is fully applied. The hand brake should create increasing resistance as the handle is squeezed.
  - Test the steering by turning the handlebar to the left and right, and check that the wheels are turning in correct alignment with the steering.
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## Cleaning and maintenance

The knee scooter is a piece of medical equipment and needs regular maintenance.

- Keep the knee scooter stored indoors to avoid moisture and rust.
- Clean the knee scooter surfaces and wheels with a mild cleaning solution and damp cloth.
- **DO NOT** use a water hose or power sprayer to clean the knee scooter.
- Check tires for damage and loss of tread.
- Check the knee rest pad for cushion deterioration.
- Make sure all nuts and bolts are tight.