

7 Strap Adaptor Kit

Attach the heel brackets to the footplates using the No. 10x 1/4 phillips machine screws and nuts. Adjust the heel bracket so your outside ankle bone is directly over the rear pivot bolt and tighten well. (Fig. 8)

Position the toe (short) and arch (long) straps on the footplates with the buckles on the same side as the strut tube. Secure the straps with the No. 8x 1/4 phillips fast thread screws and washers. Note: The holes in the footplates are not pre-threaded so make certain the screws with washers are installed straight. (Fig. 9)

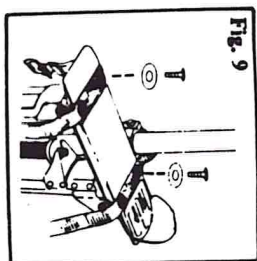
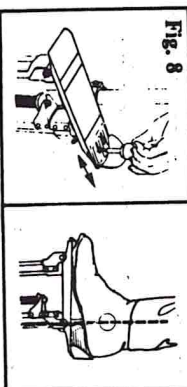
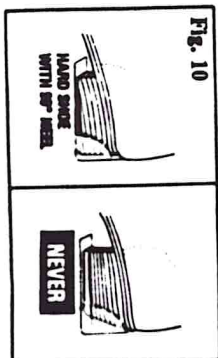


Fig. 10

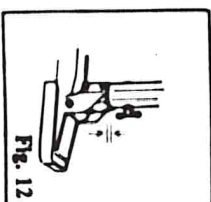


Footwear should have 90° heels of low to medium height. Do not use footwear with tall or acute angled heels. (Fig. 10)

8



Set spring adjusters to minimum compression (Fig. 11)



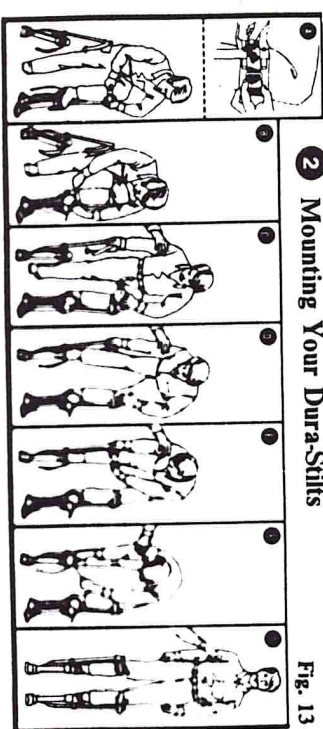
Set adjustable Dura-Stilts to the lowest setting and tighten wing-bolts. (Fig. 12)

9 Take a moment now, and recheck all of the components you have assembled. Your Dura-Stilts should now be ready for trying on, and balance setting.

STEP C PERSONAL FITTING

1 Strap Tightening Sequence

Important—When mounting Dura-Stilts always buckle leg straps first before tying shoes, or buckling foot straps. When dismounting Dura-Stilts always unbuckle leg straps last, or after untying shoes or unbuckling foot straps. (Fig. 13)



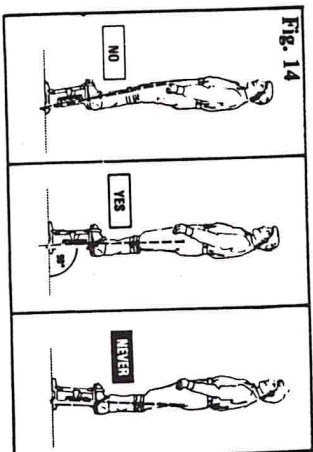
2 Mounting Your Dura-Stilts

Fig. 13

Select a clear and level area away from doors, floor vents, stairwells, windows, etc. With the help of a colleague, strap on your stilts as noted above, and illustrate your legs comfortably apart, collect your balance...and relax. (Fig. 13)

3 Forward/Rearward Balance

Fig. 14

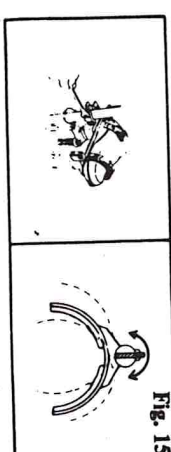


When standing erect Dura-Stilts should be in a neutral and vertical position. If they have tendency to lean forward or backward, make the following adjustments with the help of a colleague, or after re-moving your stilts. (Fig. 14)

If stilts lean forward, loosen the tube clamps and rotate the legbands and strut tubes toward the rear, and tighten clamps. If stilts lean rearward, rotate toward the front, and tighten clamps.

This adjustment is to insure proper forward and backward balance. If this adjustment requires that the legbands be rotated to where it is uncomfortable, the mounted shoes should be relocated, or the heel brackets be adjusted in the same direction as the needed rotation. Note: Do not bend or "size" legbands. (Fig. 15)

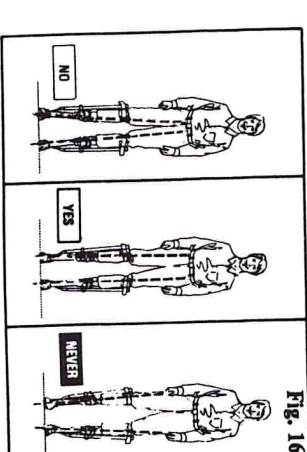
Fig. 15



4 Lateral Balance

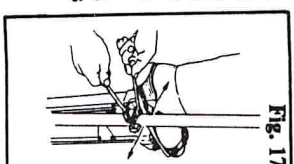
When standing erect, the legbands and upper strut tubes should apply a slight force against the side of your legs. If they pull outward or press excessively inward (see important note below) make the following adjustments with the help of a colleague, or after you have removed your stilts. (Fig. 16)

Fig. 16



Loosen the bolts and nuts in the slotted brackets retaining the tube clamps. Slide the strut tube assembly and clamps in the direction necessary to apply slight inward pressure to your legs. Securely tighten. A trial and error approach may be necessary to obtain this balance setting. (Fig. 17)

Fig. 17



IMPORTANT NOTE! READ THIS! When the stilts are properly adjusted, balanced, and used, the force exerted by the upper strut tubes and legbands on the wearers leg should vary in a range from 1 lb. to 15 lbs. If you are ever applying more than 25 lbs. force in any direction at any time to the upper strut tubes, you are using the stilts in an improper manner. They should therefore, be re-adjusted for lateral balance. If after having re-adjusted the stilts for lateral balance you still exert forces on the upper strut tubes in excess of 25 lbs., you must change your walking habits as the stilts are being improperly used. (If you are unable to estimate the amount of force applied to your leg by the upper leg band and strut, you can determine what 25 lbs. of force feels like against your leg by letting someone push against your leg with a bathroom scale and observing the pounds of force obtained. Also, a 25 lb. force to the upper strut tube #5 of a rigidly held Dura-Stilt will cause a deflection of 3/8" or less of the tube as measured at the end of the upper leg strut tube.)

IMPROPERLY USED OR OUT OF BALANCE STILTS ARE NOT ONLY UNCOMFORTABLE AND TIRING BUT COULD ALSO BE UNSAFE.