

# ConvaQuip Industries, Inc

Model 600A Forearm Crutch

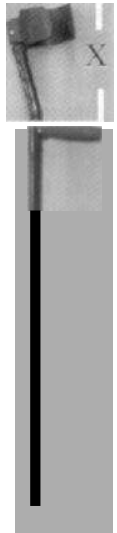
Please fill out the form completely so we can make appropriate suggestions and evaluate your needs.

“X” = Dimension is measured from the **TOP** of the handle where your palm rests to the **TOP OF THE CUFF** at the back of the crutch. Ideally, the top of the back of the cuff should rest on the forearm about 3 inches below the point of the elbow on the backside of your *arm* for an average height adult. This part of the fitting is not an exact science. Our goal is to get the cuff to fit onto the largest part of the forearm, but not too near the fold of the elbow on the inside of your arm. The “X” measurement posted on this form is used with a formula to determine length of the upper part of the crutch. When you receive your crutch, it may not necessarily reflect the “X” measurement.

“Y” = Dimension is measured from the **TOP** of the handle to the **BOTTOM OF THE CRUTCH TIP**. This measurement will be reflected in the actual crutch.

“Z” = Total length of crutch measured from the top of the cuff to the bottom of the tip. (X+Y=Z)

Note: If unable to get these dimensions from an existing crutch, take these measurements with individual in very upright position and shoulders back.



**Custom Crutch Measurements: (These Measurements are from existing crutches)**

X \_\_\_\_\_” + Y \_\_\_\_\_” Z \_\_\_\_\_” Total Inches

Circumference of forearm at 3 to 4 inches below elbow \_\_\_\_\_ inches

Length from wrist to point of elbow: \_\_\_\_\_ inches (Backside)

Length from wrist to fold of elbow: \_\_\_\_\_ inches (Inside)

Weight of customer: \_\_\_\_\_ lbs. Customer Height: \_\_\_\_\_ , \_\_\_\_\_”

**This is a custom fixed height crutch, This item is non-adjustable and non-refundable.**

Name of Company Wheelchairs Abound.com Ordered by \_\_\_\_\_

Company Address 7235 Scottwood Ave. PO# \_\_\_\_\_

City, State & Zip Cincinnati, OH 45237 Ph# (866)-774-8044

**Note: This is not an order. This form is for informational purposes only.  
Please fax back this information to: (513) 761-6552**

## Forearm Crutch Measuring

### Forearm Crutch Measuring

Even if you are comfortable with the fit of your present crutches, check them against the following:

#### Correct Arm Cuff Location:

The higher up on the forearm your arm cuff is the greater the mechanical advantage you get. However if it is too high up, the cuff will bite into your upper arm when you stoop over to pick something up from the ground.

As a general rule of thumb, the distance between the point of your elbow to the top of your arm cuff at the back should be about 3 inches if you are of average height of around 5'-8". If you are 6' tall or taller that measurement should be about 4". If you are 5' tall the measurement should be about 2". The best way to measure this distance is to sit down with one crutch on and point the crutch tip at the ceiling, bending your elbow at a 90° angle. Take a ruler and lay it on the back of your forearm so the end of the ruler touches the back of the cuff. Then read the distance to the point of your elbow. This is only a guideline, as we all know, no ones body is perfect. If your current crutches are adjustable, try them at different heights. If you decide that indeed your cuffs are too low by say an inch...add the inch to the X measurement after you measure your crutch.



#### To take the X measurement:

Do not use a ruler. Instead use tape measure. Hook the end of the tape on the top of the arm cuff at the back and run the tape down along the angle of the crutch until it touches the top back surface of the hand grip as per the photo to the right.



#### The Y Measurement:

(If you have an existing adjustable forearm crutch)

Do you often stub your crutch tips on the ground? It may mean you crutches are too long. Do you feel stoop shouldered? They may be too short. Try this test. Standing tall with your crutches at you side, allow your hand to drape over the your hand grip. The deep crease between the palm of your hand and your wrist should line up with the top surface of your hand grip. If that crease falls way above the top of the grip there is a good chance your crutches are too short. If the crease is below the top of the grip your crutches are probably too long. Try different adjustment holes. If one hole feels a bit too long and the other feels a bit short, split the difference when submitting you final measurements. To take the y measurement hook the end of the tape on the bottom of the crutch tip and measure to the top surface of the hand grip.



#### The Y Measurement:

(If you don't have an existing adjustable forearm crutch)

Standing tall with your back against the wall and shoulders back, allow your hands to hang loosely against your side. Measure from the floor up to the deep crease between the palm of your hand and your wrist. It is recommended to take that measurement and add one inch to determine the Y measurement. If the crutch is too long upon receipt, you can always cut some off of the excess length.

#### Cuff Size:

The last measurement we need is the distance around the largest part of your forearm. Wrap a string around your arm and mark it before measuring its length. This will enable us to get you the correct cuff size.

If you have questions, or wish to place an order, call Toll Free: 1-866-774-8044

