

Step-by-Step Guide to Using Your U-Step 2 Press Down Model



In-Step Mobility Products Corp.

Model #: US-PC2 - PD

Guide for Setting Up & Using Your U-Step 2

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A. Assembly Instructions

1) Open the box and take out the U-Step 2 from the box.

2) Cut any plastic ties and remove packing material used for protecting the walker in shipping.

3) Release the gray locking clip.



4) Pull up the handle bars until the seat becomes perpendicular to the ground. *(Left)*



Then, press the seat down until it snaps into place. *(Right)*



5) **Adjusting the Handlebars** to the proper height. Generally, the handlebars are adjusted so that the handles are 2-3 inches above your palm when your arm rests at your side.

a. Loosen the height adjustment knobs on both the left and right about two turns.



b. Press in the height adjustment button and pull up on the handle bar until the handle bars are the appropriate height.



c. Re-tighten the height adjustment knobs with enough force that the handle bars do not wiggle.

6) **Installing the Backrest** —

Slide the backrest into the holes on the base and press in the spring-loaded pins until the backrest slides in and snaps into place.



B. Braking

The U-Step 2 wheels will not roll until you disengage the brakes. To go, press down on the brake handle and to stop release the brake handle.



NOTE: The walker arrives with your specified choice of left or right brake handle.



Alternatively you can operate the brakes using the flip bar.

To go, flip the back rest bar towards you and press down.

To stop flip the back rest bar forward.



C. Tension Control Adjustment (Optional)

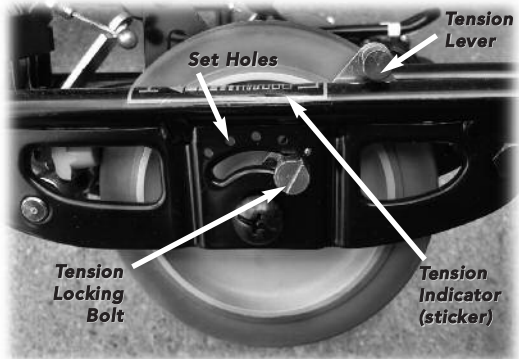
1) Not everyone needs to adjust the tension control to be safe. However, if you feel that the U-Step 2 rolls too easily for you, use the tension control to add resistance. Place your U-Step 2 on the surface where you walk most often. You will need more tension on a smooth surface such as flooring than you will on carpet.

2) Using a flat head screwdriver, loosen the locking bolt about two turns.

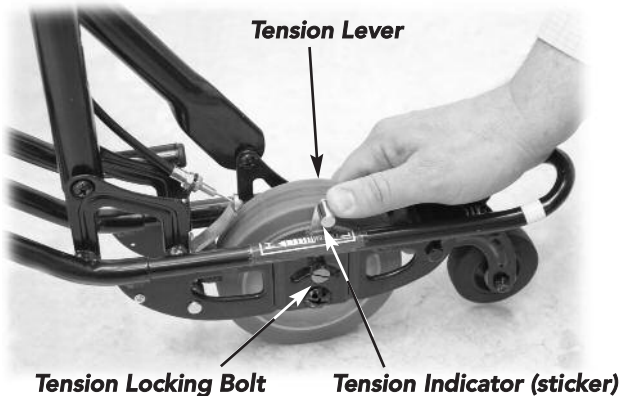
3) The Tension Control Lever is initially set to Low (L). Push the Tension Control Lever forward (toward the H) to increase the tension. Re-tighten the tension locking bolt making sure the lever settles into one of the set holes.

Note: If you do not position the lever in a set hole, the tension lever might rub against the side of the gray wheel.

4) Remember to squeeze one of the hand brakes while testing the walker. Test the rolling speed of the walker; if you need more or less resistance, adjust accordingly.



Tension Control Lever - Notched



Tension Locking Bolt

Tension Indicator (sticker)

D. Sitting Down



To sit down, you can either turn around while holding the handlebar or pivot the U-Step 2 around so that it is positioned behind you, then sit down on the seat.

When you are sitting on the U-Step 2 you are facing backwards relative to the forward moving direction when walking.



WARNING: While sitting, DO NOT push off with your feet to move the U-Step 2. This is unsafe.

E. Walking Over Obstacles

The U-Step 2 has a patented spring-loaded front caster that enables it to roll over obstacles, such as door molding strips and cracks in the sidewalk. It will help you ride over obstacles as high as one half-inch.



F. Transporting Your U-Step 2

- 1) With the U-Step 2 in front of you, raise the release lever in front of the seat and tilt the seat upward.



Release Lever



- 2) Reach down and pull up on the horizontal bar that has a sticker on it reading "**Lift Here to Fold**" until the U-Step 2 folds up.

Sample of walker collapsed with seat and basket accessory.





3) Secure the locking clip to stop the walker from folding. Simply rotate the clip until it attaches to the backrest tube.

4) Hold the U-Step 2 by the side to place it into your vehicle.



G. Setup After Transporting

1) Release the locking clip holding the U-Step 2 in the folded position.

2) Allow the U-Step 2 to open – with the base on the ground.

3) Press the seat down in the middle until the Release Lever snaps into place.



SAFETY NOTE: It is very important to press the seat down until the Release Lever fully snaps into place.

H. Optional Accessories

1) Laser and Sound Cueing Module — Operating the Unit

The module primarily helps those with Parkinson's freezing but also helps anyone with an irregular gait pattern. The Laser and Sound Cueing Module can help you get started, normalize your walking, and increase your stride.

To activate the Laser Cueing function, press the red button on the unit attached to the right handlebar. You should hear a series of clicks and see the red power indicator light blinking. A bright red laser line will appear on the floor to guide your steps.

In this mode, without Sound Cueing activated, the upper black button adjusts the time period before automatic laser shutoff to conserve battery power, and the lower black button adjusts the clicking volume. Pressing the upper

button extends the shutoff period from 4 to 28 minutes in increments of 4 minutes; each click that sounds after pressing the button indicates 4 minutes of operating time in effect (from 1 to 7 clicks). Pressing the lower button lowers the click volume in steps to the softest setting, then recycling to the loudest setting.

To activate Sound Cueing, press and hold the top black button in for a few seconds until you hear a steady clicking. In this mode, the two black buttons increase or decrease the cadence (speed) with each brief press. The cadence varies from 59 to 130 beats per minute over 15 increments.

The Sound Cueing only operates while the Laser Cueing is on.



When Sound Cueing is activated, both the sound and laser remain on indefinitely. Turning the Sound Cueing off requires shutting the entire module off, by pressing the red button.

Installing and Replacing the Cueing Module Batteries —

Use either alkaline or lithium “AA” batteries. Remove the small screw holding the battery cover on (Figure 1) and slide the cover to the left to remove it. Note the position of the two batteries (Figure 2), ensuring that the the “+” and “-” sides are installed in opposite directions. The unit will click either three or five times when the batteries are installed correctly. If the unit clicks three times, it is shutting off. If the unit clicks five times, it is turning on and the power indicator will blink.

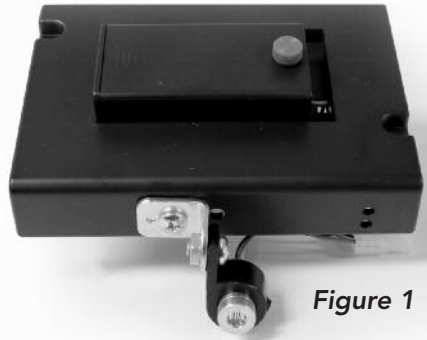


Figure 1



Figure 2

2) Weights —

Although the U-Step 2 is very stable, we do offer weights as an accessory to increase the stability of the walker.

These weights easily secure to the base of the U-Step 2 using Velcro straps.



3) Tray and Basket Accessory —

A. Remove standard backrest by pressing in two push pins and pulling backrest out of frame. If your unit has a cord holding things together, you will need to cut this cord. (Figure 1)

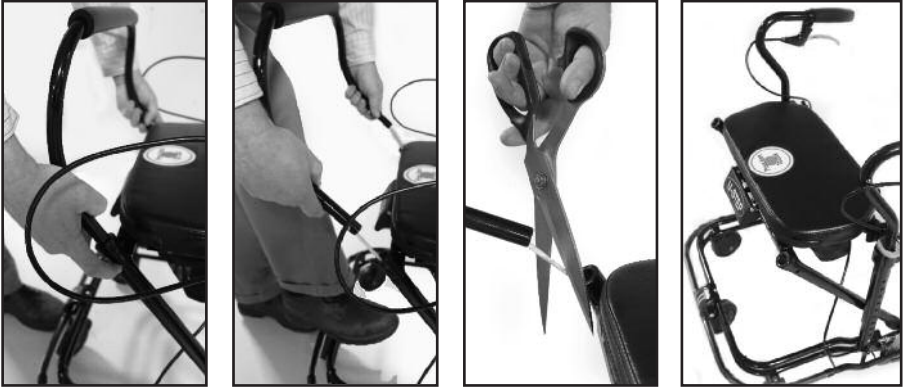


Figure 1

B. Install the new backrest by pushing in the two push pins and sliding it into place until the push pins click into place. (Figure 2)



C. Remove blue tape securing rails to basket.

Figure 2

Use of Tray/Basket Accessory:

1. Position over the seat for easy access to the basket and tray. (Figure 5)



Figure 5

2. Push it forward, off of the seat, before sitting down. (Figure 6)

WARNINGS:

1. The **Basket** can carry up to 10 pounds when positioned over the seat. Do not have more than 3 pounds in the basket, when sliding it forward to sit down. This increases the chance of tipping the U-Step over.
2. Pull the **Tray/Basket** accessory toward you before opening the tray for access to the basket.



Figure 6

I. Maintenance

Clean your U-Step 2 with a clean, damp cloth when necessary.

Periodically check some of the moving components for wear. On a daily basis, check over the U-Step 2 by trying the brakes. Please call your U-Step 2 representative or call **1-800-558-7837** if you experience any problems with the tension of the wheels or with braking.



NOTE: DO NOT pull on the cabling. Pulling on a cable can cause it to become kinked or stretched out of shape, which could prevent the braking system from functioning properly. A damaged cable should be replaced. Please have your U-Step 2 serviced if the cabling becomes damaged.

J. Warranty

Your U-Step 2 Walking Stabilizer is warranted for a full year to work properly and be free from any defects in materials and workmanship. Additionally, the frame is warranted for three years from the date of purchase.

In the event of a defect covered by this warranty, we will, at our option, repair or replace the device. In the event of a problem, you will need to return the walker for repair at your cost. We will fix the product or replace it and send it back to you at our cost.

This warranty does not cover device failure due to owner's misuse or negligence.

In the event of a minor problem, In-Step Mobility Products will attempt to resolve the issue by sending replacement parts.

If you have a question about your U-Step 2 or this warranty, please contact In-Step Mobility Products at **1-800-558-7837**.

K. The Three U-Step Models



US-PC2

* Laser Projected
Red Line (optional)

Standard Model

Ideal for most people with balance issues.
Squeeze-to-go braking system.

*** Optional Feature on All Models:**
Laser & Sound Cueing Module

Platform Model

Ideal for Stooped Posture, weak
upper body, stroke, brain injury.
Highly adjustable for optimal setup.



US-PC2-PL

Press-Down Model

Ideal for those with weak or no hand
strength to squeeze a standard hand
brake. To go, either press down on the
handle release or use the flip bar.

Your choice of left or right brake handle.



US-PC2-PD

