LifeGlider®



Welcome to fall-safe, hands-free, upright mobility.

CORE MOBILITY SOLUTIONS

https://lifeglider.co.uk



Meet the LifeGlider®

1. **Belt.** Secures your center of gravity. Adjust it as you would a seatbelt on an airplane. While you may initially feel more secure if it were tight and snug, it doesn't have to be for the LifeGlider to catch you should you lose your footing.

2. **Brake.** The brake locks the rear wheels and stops the LifeGlider from moving. It comes standard on the right side but can be switched to the left using the Allen wrench included with the unit.

While your feet firmly planted on the ground will prevent the LifeGlider from moving, we recommend using the brake when getting in and out of the LifeGlider. To apply the brake, squeeze the brake lever. To lock the rear wheels in place, push down the lever.

3. **Locking-Pin.** Pull up the locking pins (one on each side) to fold the LifeGlider for easier transport.

4. **Seat.** The LifeGlider seat should be positioned to cradle your sitz bones, the bony part of your bottom. The seat, together with the belt, is what will keep you from falling.

5. **Padded Hand Grips.** Some people feel more secure holding onto the handles, but if your feet are planted on the ground, you don't need them to walk.

6. **Height Adjustment.** The LifeGlider can be adjusted for maximum comfort.

Getting Started with the LifeGlider



Setting the Height

Watch the Adjusting video for a demonstration:
https://lifeglider.co.uk/manual/

The LifeGlider arrives fully assembled, but you will probably need to set the height so it's perfect for you. It's a good idea to have someone help you:

1. Place the LifeGlider against a wall or a heavy piece of furniture that won't budge and lock the wheels when you go into the device. To lock the rear wheels in place, push down on the brake lever until you hear a click.

2. Wear low-heeled shoes, such as sneakers. Back into your LifeGlider until you make contact with the seat. The LifeGlider's seat should touch the bottom of your sitz bones (the bottom part of your pelvis). Using the pins on the telescoping legs, adjust the height accordingly; each pin position equals approximately 1 inch or 2.5-centimeter adjustment.

3. Lock the pin into place; you'll hear a click when it is. Repeat on the other three legs. It's extremely important that all four legs of the LifeGlider are set at the same level. Count the number of holes on all four legs to confirm.



Brake Placement

Watch the Switching the Brake video:
https://lifeglider.co.uk/manual/

The LifeGlider arrives with the brake on the right-hand side. If you prefer to have it on the left side:

1. Insert the Allen wrench that came with your LifeGlider into the screw on the brake, and rotate counterclock-wise to release the lever.

2. Attach the lever to the left handle, and tighten it with the Allen Wrench.

Note that the red locking mechanism shown in this image no longer applies to newer models.

Mastering the LifeGlider

Once you've set up your LifeGlider, it's important to remember that the LifeGlider is intended for use on disability-friendly surfaces. Ideal surfaces are dry, flat, smooth, and free of obstacles. For your safety:

- DO NOT use the LifeGlider on or near stairs.
- DO NOT use the LifeGlider on slippery or icy surfaces.
- DO NOT use the LifeGlider while wearing a heavy backpack or carrying a heavy object; doing so significantly alters your body's center of gravity.
- AVOID surfaces with loose materials such as gravel.

Fastening the Belt

See the video titled Fastening the Belt: https://lifeglider.co.uk/manual/

The LifeGlider belt anchors your center of gravity. Before taking your first step with the LifeGlider, be sure to fasten the belt. Adjust the belt as you would an airline seatbelt. Some like it snug, others like it loose. Note that it's natural for the belt to loosen as you walk. It doesn't have to be too tight to do its job.

Using the LifeGlider Braking System

When your feet are planted firmly on the ground, the LifeGlider won't go anywhere. However, there will be times when you may want to use the braking system. We recommend always locking the brake when getting in and out of the LifeGlider.
When applied, the brake will lock the rear wheels and stop the LifeGlider from moving. It's important to note that if you walk with the brakes applied, the LifeGlider's wheels will slide rather than roll.



To apply the brake, squeeze the lever.



To lock the rear wheels in place, push down on the lever until you hear a click.

Adjusting the Brake: No Tools Required

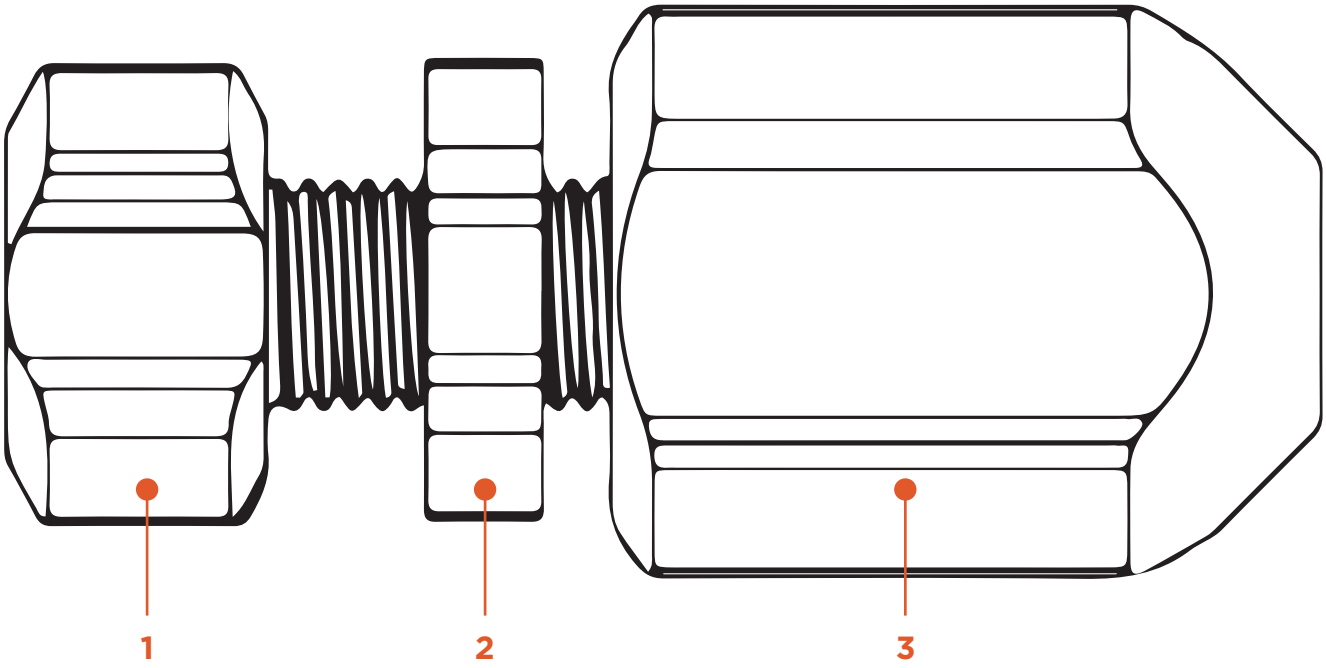
When you sense that the brake is no longer braking adequately, it's time to adjust it – just as you would a bicycle's braking system.



Adjusting the LifeGlider braking system is simple.

The brake cable tensioner is installed in line with the brake cable. It has three components:

1 Barrel Adjuster **2** Base **3** Locking Ring



Do not overtighten. You've overtightened if the rear wheels do not spin freely when you release the brake lever.

Getting In & Out of the LifeGlider

Watch the video titled Getting In & Out: https://lifeglider.co.uk/manual/

It's important to feel comfortable getting in and out of your LifeGlider. Always place the LifeGlider against a wall or a heavy piece of furniture that won't budge before attempting to get in and out of it. We recommend locking the brake so the rear wheels don't move while you're getting in or out of the LifeGlider.

Remember that 100% of your weight will shift to your legs once you unfasten the belt.

Walking With Your LifeGlider

Watch the Beginning to Walk video here: https://lifeglider.co.uk/manual/

It can take some time to get used to the LifeGlider. Users who have previously fallen remain skeptical about the ability of the LifeGlider to keep them from falling.

Try these practice moves before attempting to walk with the LifeGlider:

1. Without actually moving, practice taking one step forward and one step back.
2. To familiarize yourself with the turning radius, turn to the left, then to the right.
3. Raise one leg to get a sense of how the LifeGlider secures you.
4. With your head up and shoulders back, practice taking a few steps forward. While some adapt immediately, it can take several weeks for others to feel comfortable with the LifeGlider. Taking a few more steps each day will allow you to adapt more quickly.

Transporting the LifeGlider

Watch the video: https://lifeglider.co.uk/manual/

Staying Safe in Your LifeGlider

The LifeGlider is intended for people who can stand and walk with assistance but have balance issues. The LifeGlider secures your center of gravity, preventing falls and thus eliminating the fear of falling, so users walk farther and for longer periods and get stronger. The LifeGlider encourages upright posture, helps restore proper gait, and reinforces a user's sense of balance. It alleviates weight from the legs so individuals with limited strength can regain their ability to perform daily tasks.

To make sure you or your loved one is safe with the LifeGlider:

1. DO NOT use the LifeGlider if you're experiencing a loss of vision or motor coordination.
2. DO NOT allow anyone to use the LifeGlider if they are unable to follow instructions or suffer from severe cognitive disabilities. People who require constant supervision should not use the LifeGlider.
3. DO NOT use the LifeGlider if you're experiencing side effects from medication.
4. NEVER attempt to use the LifeGlider on stairs.
5. Use extreme caution when stepping over an obstacle such as a threshold, onto a rug, or navigating any other uneven surface.
6. To go up or down from a curb with the LifeGlider, you must dismount and lift (or lower) the LifeGlider. Afterward, when in a safe location, remount onto the LifeGlider.

Warranty

Core Mobility Solutions, Inc. warrants that the LifeGlider is free from defects in material and workmanship for one (1) year when purchased from Core Mobility or authorized resellers and distributors.

1. This warranty extends to the original purchaser and is non-transferable.
2. Within this warranty period, the authorized reseller will repair or replace, free of charge, any part proving defective in material or workmanship.
3. The warranty is void if the product has been modified, serviced, or repaired by anyone other than a Core Mobility representative or authorized partner.

Warranty Exclusions

This warranty does not apply to any costs, repairs, or services for the following:

1. Repairs necessitated by use other than normal wear and tear use.
2. Damage resulting from misuse, abuse, accidents, alterations, or improper installation.
3. Corrective work necessitated by repairs or modifications made by anyone other than a Core Mobility Solutions, Inc. authorized service technician.

How to Obtain Warranty Service

If you purchased your product in the United Kingdom, you may obtain warranty service by contacting: walk@lifeglider.co.uk

If you purchased your product in Singapore or other Asian location, please contact the seller.

DO NOT return any product without prior authorization.

UK SUPPORT: MOBILITY UK
The Mobility Organisation Ltd, company number 16543195
walk@lifeglider.co.uk | 07777 300 769
https://lifeglider.co.uk

UK contact details and website references updated by Mobility UK.
Original operating instructions and warranty wording retained.

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