

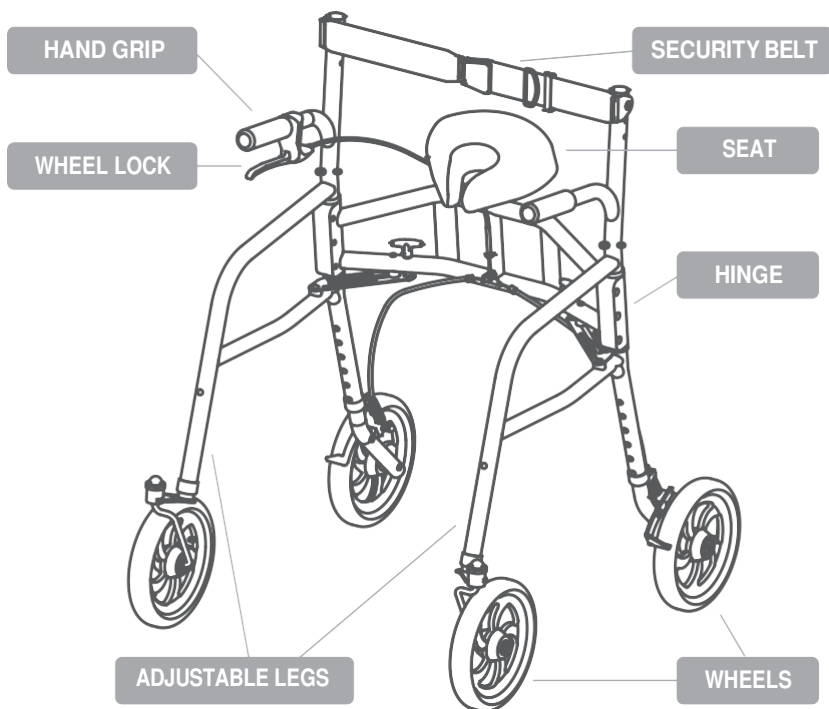


### **LifeGlider® Personal Mobility Device**

Welcome to the LifeGlider, a unique ambulatory assistive device designed to permit safe, upright, hands-free mobility and to reduce falls. Please refer to this manual before using your LifeGlider.

## Components

The LifeGlider is provided as a single, pre-assembled unit comprised of a metal frame with two hinged arms, four wheels, an integrated padded seat, a security belt, a wheel lock, and hand grips.



## Who Can Use a LifeGlider?

The LifeGlider is intended to be used by people who struggle to walk securely and confidently, and to allow mobility without extreme fatigue or fear of falling. By securing the body's center of gravity, the LifeGlider encourages upright posture, helps restore proper gait, and reinforces the user's sense of balance and confidence. Unlike a traditional walker, it can be used hands-free. It alleviates weight from the legs, helping individuals with limited leg strength to walk and carry out daily activities. The LifeGlider is intended for use by individuals who:

- Are between 5' and 6'4" (1.52 – 1.93 meters), weighing up to 250 pounds\* (113 kg).
- Can stand for approximately one minute (long enough to fasten the security belt.)
- Possess sufficient cognitive function to follow instructions and use the device safely.

The LifeGlider can also be used as part of a physical therapy or rehabilitation program. Depending on the situation, a caregiver or physical therapist can assist the user with getting into and out of the device.

Anyone experiencing a loss of vision or motor coordination, severe side effects of medications, or severe cognitive or profound intellectual disabilities that require close supervision should not use the LifeGlider. If you are not sure whether the LifeGlider is appropriate for you, please consult your physician.

\*This refers to TOTAL weight the device must support, so includes items carried in the hands, in a bag, etc. Total weight should not exceed 250 pounds (113 kg).

## Where Can I Use My LifeGlider?

The LifeGlider is intended to be used in ADA compliant interiors and on ADA compliant pathways. Ideal surfaces are dry, flat, smooth and free of obstacles.

- In no case should the LifeGlider be used on or near stairs or steep inclines, or to walk over high curbs. It is also not intended for use on slippery or icy surfaces, or in snow, sand, or water.
- When using the LifeGlider, do not significantly alter your center of gravity - for example, by wearing a heavy backpack or carrying heavy objects.

## When Should I Use the LifeGlider?

Patients who need assistance and support walking and are over 18 years of age can use the device as needed. Discontinue use if you feel uncomfortable or fatigued. If you are not accustomed to extended periods of upright mobility, consider starting with short periods of use (e.g. 15 minutes) and gradually increasing your time in the LifeGlider as your body adjusts. Keep in mind that your brain and muscles may need some time to get used to a new way of moving.

## Directions for Use

**Unpacking and setting up:** The LifeGlider is provided in a folded position.

Unfold the sides by pulling outwards until you hear the corner hinges click into place. Verify the sides are in an open and locked position before use.



**Adjusting device height:** Prior to use, adjust the height of your LifeGlider to fit your body. When properly adjusted, the padded seat should be positioned comfortably just beneath your tail bone.



To adjust the device height, identify the adjustment button on the legs. Adjust one leg at a time by pressing in firmly on the adjustment button to release. Then slide the leg to the desired height, and ensure the button fully protrudes from hole corresponding to new height setting. Make sure all legs are set to the same height.



**Moving wheel lock from right side (default) to left:** The wheel lock is useful when getting into or out of the LifeGlider, to prevent it from rolling. If you wish to move the wheel lock handle from the right side to the left, unscrew the bolt holding it in place, move to the left handle, and re-tighten the bolt.

## Getting into the LifeGlider

Make sure the frame is fully open and all four wheels are on the floor.

Use the wheel lock handle to lock the wheels, and unbuckle the security belt so it hangs down next to the seat.



Back into the LifeGlider and grip the handles to keep steady. Wiggle back and center yourself on the padded seat. The seat should be positioned comfortably just beneath your tail bone.



(Ensure proper seat position and if necessary, adjust the device height before continuing.)

Place your feet flat on the ground, shoulder-width apart. Buckle the security belt and tighten it so it's snug, but not pinched.



Check your position and feel some pressure on your seat bones.

Take a moment to get comfortable in the device until it feels right. Device height should be set correctly, seat position should be comfortable, and the belt should be snug and secure. You know you're in the proper position when you can slightly bend your knees without feeling like you are slipping down.



Lean forwards and backwards in a semi-seated position, and adjust the security belt so you feel balanced.\* The seat should not be so high that you must fully extend your legs or lock your legs in order to touch the ground.



*\*Amputees are advised to be cautious as the center of gravity may be slightly higher on the torso due to the amputation.*

When comfortable, slowly remove one hand from the handgrip, then the other. Move or swing your arms gently up and down.

Practice stepping in place: put your hands back on the hand grips, then alternate raising your feet one at a time.

To begin to walk forward, release the wheel lock and take one small step forward, then another, fully engaging your feet, from heel to toe. Practice walking forward at your own pace, with growing confidence and ease.

## Getting Out of the LifeGlider

Find a safe place to dismount. If you will be transitioning to another assistive device, ensure it is within reach.

Use the wheel lock handle to lock the wheels, or consider positioning the LifeGlider against a wall to help prevent it from moving. Align your feet, shoulder width apart. Your toes and heels should be flat on the floor.

Hold the hand grip firmly with one hand, and ensure you are balanced on your feet. Be prepared to hold your weight on your feet and balance independently of the device so that your body doesn't slouch forward as you unbuckle.

When ready, keep one hand on the hand grip and use your other hand to unbuckle the security belt.

Carefully transfer to your wheelchair, cane, or other assistive device if needed.



## Device Specifications and Maintenance

**WARNING:** No modification of this equipment is allowed.

**Patent number:** US 9,149,408 B2.

**Dimensions: Standard Device:** Back of seat height range is 30"-35" (76.2 - 88.9 cm) from floor.

**Tall Device:** Back of seat height range is 33"-40" (83.8 - 101.6 cm) from floor.

**Approximate Weight:** Standard - 17 lbs (7.5kg), Tall - 18 lbs (8kg)

If necessary, clean surfaces of the LifeGlider with a warm damp cloth and mild soap only.

## Warranty and Repairs

Using the LifeGlider in a manner inconsistent with its intended use voids the warranty. The warranty does not cover damage caused by mishandling or inappropriate use. If you experience problems with your LifeGlider please contact your sales representative.

## For More Information

For further assistance, please contact Core Mobility Solutions or your local device distributor.



Customer Service:

U.S. 1-833-445-4337 (1-833-4GLIDER)

O.U.S +1-408-216-2251

---

*Manufactured for:*

Core Mobility Solutions,  
Inc. 6341 San Ignacio  
Avenue San Jose, CA 95119  
USA

[www.mylifeglider.com](http://www.mylifeglider.com)