

# Step-by-Step Guide to Using Your U-Step II Walking Stabilizer



**In-Step Mobility Products Corp.**



# Guide for Setting Up & Using Your U-Step II

## CONTENTS:

- A. Assembly Instructions
- B. Braking
- C. Tension Control Adjustment
- D. Sitting Down
- E. Walking Over Obstacles
- F. Transporting
- G. Setup After Transporting
- H. Accessories
  - 1. Alternative Brake Accessory
  - 2. Laser & Sound Cueing Module
  - 3. Replacing the Cueing Module Batteries
  - 4. Optional Weights
- I. Maintenance
- J. Warranty Information

## A. Assembly Instructions

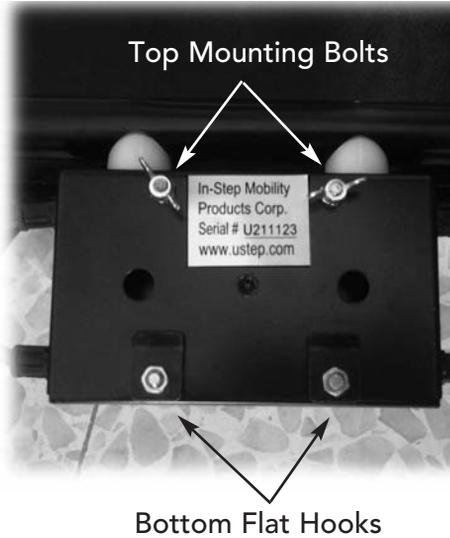
1) After opening the box, cut the plastic ties that secured the U-Step II in transit.

2) Attach the basket to the U-Step II. The back of the basket has a mounting plate that connects to the hardware on the back of the junction. (See Right)

a. First remove the two wing nuts and washers on the top two bolts.

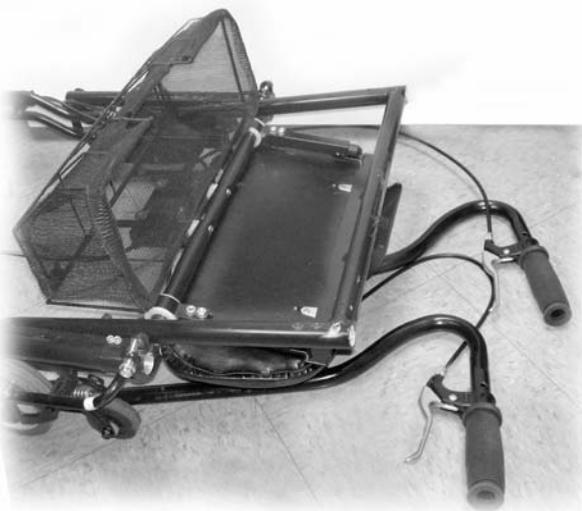
b. Undo the two Velcro straps holding the mesh into the rear of the basket.

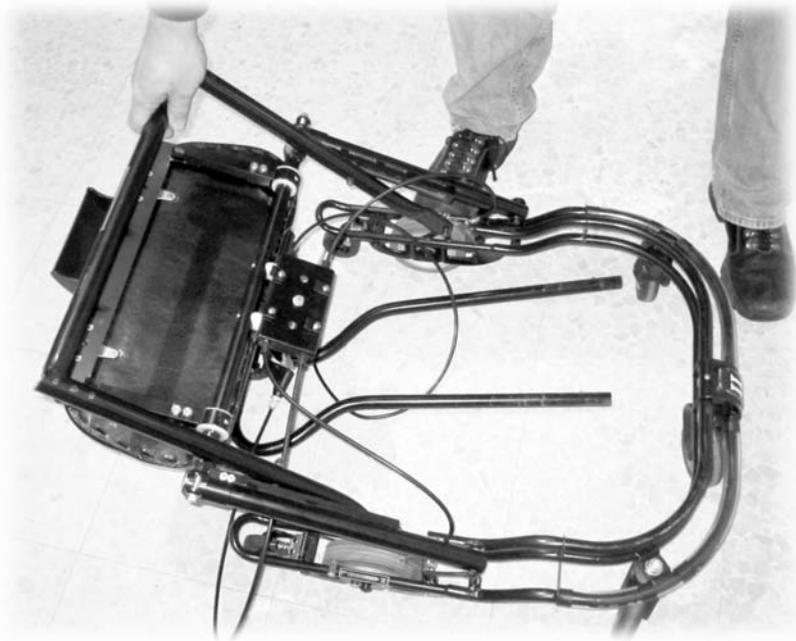
c. Position the mounting plate over the back of the junction so that the bottom flat section of the mounting plate slides into the two bottom hooks and the notches slide around the two top bolts.



d. Install the two washers and wing nuts originally removed from these top two bolts.

e. Reconnect the Velcro straps holding the mesh to the rear of the basket.



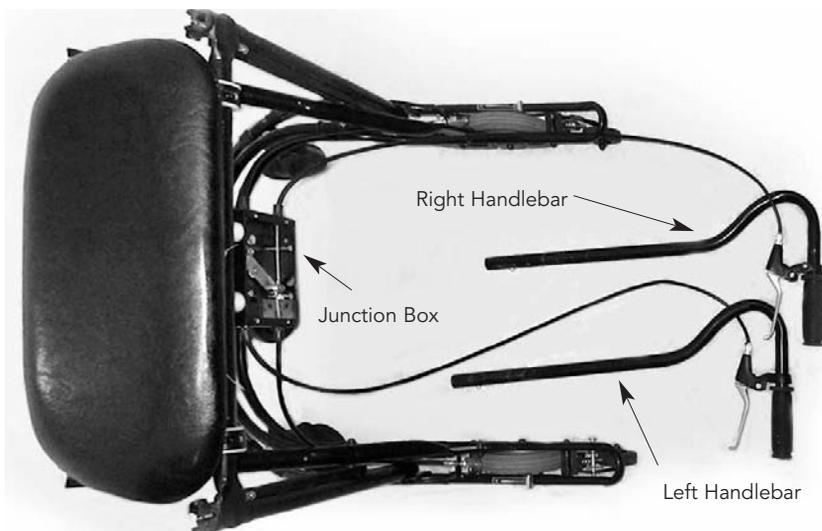


3) Lift up on the tube at the top near the seat so that the seat becomes horizontal with the ground. (See above) Press the seat down until it snaps into place. (Below)



4) Install the left and the right handlebars. (See top of page 5)

If you have any doubt which is the left and right handlebar, look at the junction box below the seat and you can see the left handle bar cable is connected into the left side and vice versa for the right.



You will need to push in the height adjustment button to slide the handle bar into the lower height adjustment tube. *(Right)*

Also, when you insert the handlebars make sure that the cables are routed to the inside of the handlebars, rather than the outside. *(Below)*



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.



6) Using the wrench provided, tighten the height adjustment bolt so that the handle bars do not wiggle. The handles are flared out to the side for better posture and comfort.

7) Install the back rest by sliding the backrest tubes into the tubes in front of the seat. The two sides need to be inserted at the same time to allow for easy insertion.



There are three adjustment holes for the backrest. Choose the one most comfortable for you when you sit down. Insert the two bolts and wing nuts provided to secure the backrest into place. Slide the bolt through the top side of the tube and secure with the wing nut below.

## B. Braking

The U-Step II wheels will not roll until you release the brakes in one of the following ways:

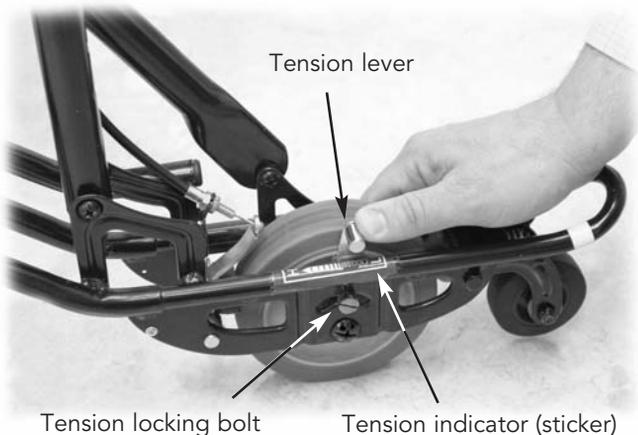
- 1) Squeeze either or both hand brake levers to release the brakes.
- 2) Pull up on the release bar of the alternative brake accessory discussed in section H.



## 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 II rolls too easily for you, use the tension control to add resistance. Place your U-Step II 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) Locate the tension locking bolt and loosen it with a screw driver. To increase rolling resistance, move the tension lever toward



the front of the walker. On the frame just below the tension lever is an indicator for adjusting the tension lever. "H" stands for Higher tension and "L" stands for Lower tension.

3) Re-tighten the tension locking bolt to hold the position of the tension lever.

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.



## D. Sitting Down



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

When you are sitting on the U-Step II you are facing backwards relative to the moving direction of the U-Step II.

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

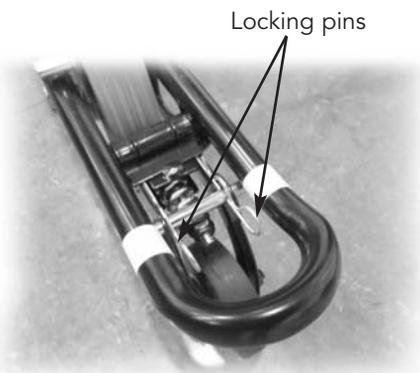
## E. Walking Over Obstacles

The U-Step II 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.



By removing the safety pins that stop the rear wheels from springing up, you can navigate up larger obstacles such as curbs without lifting the walker.

You can go up a curb or small step by either stepping down on the back of the base, or just by pulling back on the handlebars, you can raise the front of the walker to go up a curb or small step.



After raising the front end, release the brake and roll up the obstacle. This feature requires reasonable balance and is not appropriate for everyone. If you feel unsafe using this feature, keep the locking pins in place.

## F. Transporting Your U-Step II

1) With the U-Step II 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 II folds up.

3) Secure the Velcro strap to stop the walker from folding. The orange tab on the end of the Velcro is to help you see the side of the Velcro with hooks for securing the strap.



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



## G. Setup After Transporting

- 1) Release the Velcro strap holding the U-Step II in the folded position.
- 2) Allow the U-Step II to open – with the base on the ground.
- 3) Press the seat down in the middle until the Release Lever snaps into place.
- 4) You can put the Velcro strap inside the basket so that it is not hanging down.



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

## H. Accessories

### **1) Alternative Brake Accessory** – (Provided Upon Request)

This allows a person to operate the brakes from a Horizontal bar that attaches at the handles. This feature is rarely used which is why it is not included. However, if you would like one sent to you, please call In-Step and we will be happy to send it to you.

Installation instructions below:

- a. Loosen height adjustment bolts on the left and right side with the 13-millimeter wrench supplied.
- b. Carefully insert the ends of the brake accessory into the rear of each handlebar until the push pin engages in the holes on the walker.

c. Adjust the height of the handlebars so that the horizontal bar is at a comfortable height for you.



d. Re-tighten the height adjustment bolts.

e. The pull-up rod below should be positioned below the hand brakes so that when the rod is pulled up the hand brakes are squeezed.

f. If you use this Alternative Brake setup, you may want to remove the backrest in front so that you can sit down on your U-Step II from the front.

## 2) *Laser and Sound Cueing Module* —

Primarily used by those with Parkinson's freezing but can be used by anyone with an irregular gait pattern. The Laser and Sound Cueing Module can help you get started, normalize your walking, and increase your stride. First press the red button on the module that is located below the seat. This will activate the Laser cueing function. A bright red laser line will be projected on the floor to guide your steps.

To activate the Sound Cueing, press and hold the top black button in for a few seconds. You will then hear the beeping. To set the beep pattern to be faster, press the top black button. To slow down the beep pattern, press the bottom black button.

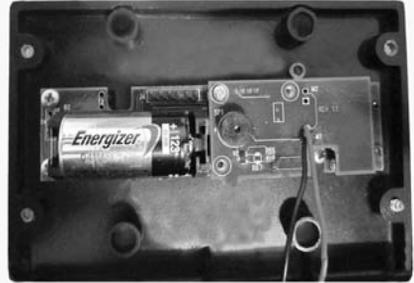
The sound cueing will only work when the laser cueing is on. To turn it off, you need



to press the red button and turn off the whole unit. The laser will go off automatically if you forget to turn it off. To adjust how long the laser stays on without turning it off, press the red button to turn on the unit and then press the top black button. Each short beep signifies 4 minutes. To change the volume of the beeps, press the red button to turn on the unit and then press the bottom black button until you get to volume desired.

### **3) Replacing the Batteries of the Laser and Sound Cueing Module —**

Remove the screws holding the plastic cover to the metal junction. Carefully remove the battery from the unit. It might be held in with a strap that needs to be removed.

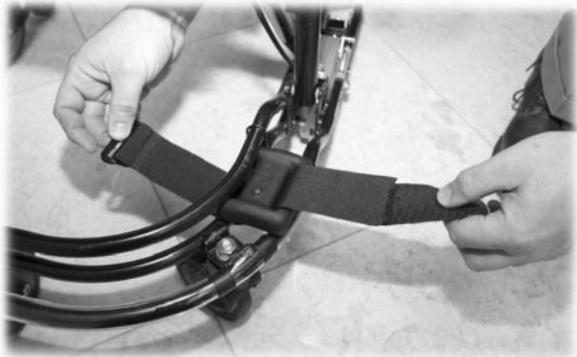


The battery is a #123 three-volt battery. You can purchase it in most drug stores and electronic stores. You can also order it directly from In-Step Mobility. Re-install the plastic cover using the screws supplied.

### **4) Optional Weights —**

Although the U-Step II 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 II using Velcro straps.





## I. Maintenance

Clean your U-Step II 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 II by trying the brakes. Please call your U-Step II 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 II serviced if the cabling becomes damaged.

## J. Warranty

Your U-Step II 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 II or this warranty, please contact In-Step Mobility Products at **1-800-558-7837**.



# In-Step Mobility Products Corp.

1.800.558.7837

8027 Monticello Ave., Skokie, IL 60076  
walkers@ustep.com    www.ustep.com



## U-Step II Walking Stabilizer

### Passive Control Specifications (Model US-PC2)

Model number .....US-PC2  
Medicare code (HCPC) .....#E0147  
Weight capacity .....375 lbs  
Height adjustment range.....  
.....accommodates users 4'10" to 6'2"  
Height customization .....available  
Size of Padded Seat.....19" x 8"  
Height from floor to seat .....22"  
Overall width .....23"  
Length .....25"  
Folded dimensions..... approx. 42" x 23" x 10"  
Turning circle .....29"  
Weight .....20 lbs  
Material of frame .....  
.....Tubular Steel and Aluminum

— Patent Pending —

**Medicare  
Reimbursable!**