

*“A miraculous breakthrough
for Parkinson’s patients.”*

Dr. Joel Trugman, neurologist

Visit us at:
www.icanstep.com
Call us toll free:
1-888-344-STEP (7837)

NextStep[®] User’s Manual

About the NextStep:

This walking aid was invented by Mike Tucker, a Parkinson’s patient for his own use. He has been using this device successfully for 18 months. It has eliminated his fear of freezing, enabling him to go anywhere he chooses. He has found freedom to live the life he was meant to.

Now you can, too.

**You are testing this device at your own risk. If you require assistance, please ask your caretaker or medical provider.*



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READ THIS BEFORE USING

The NextStep is a device which has moving parts which are designed and required to correctly interact with each other in order for the device to operate properly. If the device is placed in an unusual position, which could cause unusual stress on any component, or used in an inappropriate manner not consistent with the provided instructions, the device may fail to operate or operate in an unexpected manner which could cause injury to the user. Any improper functioning or damage to the NextStep device should be inspected by a representative or returned to the company. The user should not continue to use a damaged or improperly functioning NextStep device.

The NextStep operates by presenting an obstacle for the user to step over in the form of a spring loaded rod which lowers upon contact of the device with the ground. The nature of the obstacle is such that the user could be injured by tripping or falling if the device is not used properly or if the obstacle is not stepped over completely. Careful use should be exercised at all times to prevent injury. By purchasing and using the NextStep device the user is acknowledging the inherent risks associated with act of stepping over a moving obstacle. The NextStep should only be used by individuals capable of safely stepping over an obstacle and maintaining the balance necessary to properly use the device. Realizing that progressive diseases lead to continual changes in the ability of the user to perform walking and stepping functions, the user should constantly evaluate his/her condition to determine if he/she is able to properly use the NextStep device.

www.icanstep.com

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information or call us toll free at
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SAVE THESE INSTRUCTIONS

NOTE: Check all parts for shipping damage. In case of shipping damage, DO NOT use. Contact us at once for further instructions.

SAFETY SUMMARY

To ensure the safe operation of the NextStep cane, these instructions MUST be followed.

GENERAL WARNINGS

Do not use this equipment without first reading and understanding these instructions. If you are unable to understand the Warnings, Cautions or Instructions, contact a healthcare professional, dealer, or technical personnel before attempting to use this equipment - otherwise, injury or damage may occur.

Each individual should always consult with their physician or therapist to determine proper usage.

Check rubber tip for rips, tears, cracks or wear. If any of these conditions exist, replace rubber tip immediately.

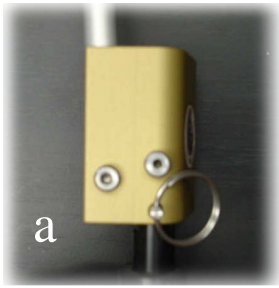
The NextStep can provide ambulatory assistance for an individual weighing up to 250 lbs. (114 kg). The canes are designed to provide support, increased stability and assistance to the end user while walking. The canes are **NOT** designed to support the total weight of individuals.

NEXTSTEP DEVICE WARNINGS

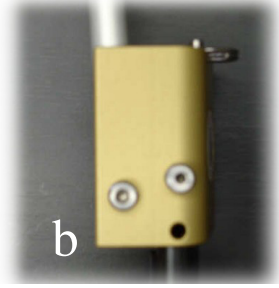
Check your device to be sure it is tightly attached to the cane. If not, use the enclosed tool to tighten the screw bits. Keep the device in the “disengaged” position. You will know it is disengaged when you press the cane tip to the floor and the rod does not extend. **ONLY ENGAGE THE ROD TIP WHEN YOU ARE EXPERIENCING A FREEZING EPISODE**, otherwise, the activation of the rod may cause an intrusive obstruction.

How the NextStep[®] Works:

How to Activate the “Visual Clue” Rod when Needed



If the visual cue rod is not needed, the lockout pin should be inserted in the lower access hole (a). This will allow the cane to function as a regular walking cane.



During a freezing episode, simply remove the lockout pin and insert in the upper hole (b) to enable the visual cue to activate. Replace in the lower access hole when it is not needed.



Simply hold the cane on the same side that you plan to take the first step over the wand. Place the cane out in front of, to the outside of that foot.

The rod is activated by moderate pressure when it contacts the floor.



Next, simply step over the rod. Don't think of walking, think of stepping over the visual cue.

Then pull your other leg up even with your foot and the cane.

The visual cue rod will retract automatically as you bring the cane forward for your next step.



The rod will automatically raise and lower as you use the cane to walk.

Now, take your next step just like the first.

With a little practice, you'll find the device is a cinch to use and you won't go anywhere without the security of the NextStep.

Parts:



- 1- On/Off pin
- 2- Compression spring
- 3- Plunger
- 4- Rod screw
- 5- Plunger screw
- 6- Rubber stopper
- 7- Allen wrench
- 8- Quieting bumper
- 9- Cane attachment screws
- 10- NextStep body
- 11- Visual cue rod



Not aligned



Properly aligned

Be sure the rod is properly aligned as shown. You must push the plunger until the rod is “seated” and the wand and device body align (as shown).

“Finally, freedom from freezing.”

Visit www.icanstep.com for video and step-by-step instructions.

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