

# **STRONGBACK Transport Wheelchair**

**by Strongback Mobility**

**User Manual**



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## Introduction

Congratulations on purchasing a superior-quality wheelchair that will help you to sit comfortably in an ergonomically healthy position. Please read these instructions carefully before using your new wheelchair. Make sure that all of your helpers have read the manual as well.

## Warnings



The word *Warning* refers to a hazard. Failure to observe these warnings may lead to a fall, to the wheelchair tipping over, or loss of control. The helper and/or wheelchair users can suffer injuries. Therefore, please note the following warnings.

### For Wheelchair Users

- Never use this wheelchair without having been trained previously by a physiotherapist or movement expert. Make sure that all of your assistants have read and understood this manual.
- Never use the wheelchair if any parts are loose - there is a danger that you may injure yourself or others.
- Always have repair work and any possible defects addressed immediately by a trained expert. Your salesperson can help you.
- Do not modify the wheelchair without first asking the experts/sellers.
- Any unauthorized changes to the wheelchair voids the warranty and can lead to accidents.
- Do not use the wheelchair on an escalator.
- Always completely unfold the wheelchair before sitting.
- Do not stand on the footrests, they may break and you could be injured.
- Keep hands and fingers away from all moving parts.
- All moving parts must be checked periodically to ensure that the wheelchair can be used safely.
- Always secure the brakes before getting in or out of the wheelchair.
- NEVER use the wheelchair with a load above the specified limit. Keep in mind the weight of things carried by the wheelchair user.
- NEVER use the wheelchair on sand, loose soil or rough terrain. The wheelchair is designed for use on asphalt, cement, or indoors. Use on other surfaces can lead to accidents.
- Contact with water or high humidity can corrode the wheelchair. Therefore, avoid using the chair in water; for example, in the shower.
- Avoid rooms with high humidity such as the shower to store the wheelchair.
- Dry the wheelchair as soon as possible in the event that it gets wet.
- The wheelchair can heat up in direct sunlight, particularly the armrests. Risk of burns!
- The cushions and backrest could ignite on contact with a flame. Never bring an open flame near the wheelchair!

## For the Assistant

- Each helper must have enough strength to move the wheelchair including its user. This also means they must be strong enough to tip the wheelchair backwards in order to overcome obstacles such as getting up and down curbs. Also, the assistant must be able to detect any obstacles.
- Check before every use that the handles do not slip or fall.
- Always lock the brake of the rear wheels when you enter or leave the wheelchair. This prevents the risk of tipping over or rolling away unintentionally.

## Transport in Motor Vehicles



This wheelchair is not intended as a substitute for a car seat. The wheelchair user must always change to a designated chair before the journey can begin. Always secure the folded wheelchair before the ride starts. Never carry the wheelchair in the passenger seat of the car.

## Balance

Note that the smallest changes in the seating position can result in a change in the center of gravity of the wheelchair.

Avoid all changes that could lead to an overturning. Such changes are, for example, (but not limited to)

- - Sitting and reaching far in any direction
- - Adding cushions or other seating supports
- - Changing posture, seating position and weight distribution
- - Using the wheelchair on a ramp or slope
- - Carrying a backpack or bag on the chair

If you want to reach an object, avoid leaning far in any direction. Ask for help or use other aids to reach the object.

To prevent a fall, it can help to do exercises with a physiotherapist or other health expert.

Failing to follow these warnings can lead to serious accidents with possible injuries to the wheelchair user or others.

## Description of the Product

This STRONGBACK transport wheelchair by Strongback Mobility is a ready to use, completely assembled and, above all, comfortable wheelchair with integrated ergonomic back support. Additionally, the wheelchair is very easy to transport because it is ultra light-weight and can be folded into a very compact configuration.

**Maximum user weight: 250 pounds / 115 kg / 18 stone**



- |   |   |
|---|---|
| 1. Backrest with built-in support (high-quality 400D nylon) | 5. Push handle                              |
| 2. Aluminum frame   | 6. PVU wheels                               |
| 3. Seat (high-quality 400 D nylon, 30 mm foam pad)          | 7. Removable footrests                      |
| 4. Armrests   | 8. Brakes                                   |
|   | 9. Type label with information and warnings |

For detailed specifications see Annex 1

## Usage and Adjustments

Generally, the STRONGBACK transport wheelchair is intended for transport and sitting of people with walking and/or standing weaknesses. The wheelchair has integrated support in the backrest, which simplifies and promotes ergonomically correct sitting. The wheelchair is not suitable for people who cannot sit.

### Tips for Helpers

- Consult with the doctor or therapist of the wheelchair user to learn the best ways of wheelchair assistance.
- Explain to the wheelchair user what you plan to do and what you expect from him/her. This allows the wheelchair user to gain confidence and reduces the risk of accidents.
- Wheelchair assistants should take care of their back too! Always slightly bend the knees when lifting or tilting the wheelchair or the wheelchair user and keep your back as straight as possible - no slumping, slouching, and rounding of your back.
- Remind the wheelchair user to help you and to lean backwards when tilting the wheelchair.

### Unfolding the Wheelchair

1. Tilt the folded wheelchair to one side and push the seat down on the centre of the seat tube until it is totally open.
2. Swing the two handle-bars backwards and upwards until you hear a click.
3. Pull the handles backwards to test that they are properly attached to the wheelchair.
4. Lift up on the footrest tubes, swing them around to the front until they click into place, then gently fold the plastic footrest trays down.



### Folding/Collapsing the Wheelchair

1. Press the release paddle on both sides at the rear of the frame upwards (see the picture below).
2. Pull the handles backwards and fold them down.
3. Fold the plastic footrest trays upwards.
4. Pull up on the footrest tubes, then swing them around and backwards against the frame.

5. Take the seat fabric with both hands, one in front and the other in the back, and pull the fabric upwards or tip the wheelchair to one side and pull the seat edge upwards.



## The Brakes

The wheels are locked when the handle is pushed completely down and forward. To unlock, pull the handle upward and backwards. Lock both wheels before each embarking or disembarking. Lock the wheels when in an elevator or a similar situation. The brakes should not be used to reduce speed while moving.



## The Footrests

The footrests can be positioned in front of the chair or to the side of the chair, and the black plastic footrest trays can be folded down (parallel to the ground) or folded up. In order to move the footrest, pull up on the tube and rotate to the desired position. When you let go be sure you feel the footrest lock into place. During use of the wheelchair, it is most convenient to have the footrest trays down. When folding the wheelchair, the footrest trays should be folded up.

If desired, the footrests can be completely removed by simply pulling out the black plastic rings (1) and lifting the entire arch of the foot rests out of their sockets (2). Be careful not to pinch your fingers when assembling and removing the footrests.





The plastic footrest tray can be adjusted in height to allow the user maximum comfort. The small bolt can be removed from the base of the plastic footrest tray and re-inserted into one of the three possible elevation holes on the footrest tube by using the Allen wrench provided with the wheelchair.

### Getting in and Out

Make sure that you have tested your individual mobility limits with an expert before the first use of your wheelchair. During untrained entering and exiting of the wheelchair, it can become unstable and tip over. The brakes must be locked during these maneuvers. Footrests should be folded up or can be removed.

### Sitting and Moving in the Chair

Sit comfortably in your wheelchair and enjoy the back support! Never lean over the backrest to get to an object, as the wheelchair may tip over. Also avoid trying to reach anything between your knees on the floor because the wheelchair could tip forward.

### Adjusting the Backrest

The backrest gets delivered completely assembled and is comfortable for most wheelchair users without need of adjustment. However, it is easy to adjust the backrest to individual preferences. To do this, simply open the Velcro flaps (pictured and numbered below) and make them tighter or looser, depending on the desired effect. Please ensure the Velcro is well adhered before using the chair to prevent accidental opening.

Listed below are a few suggestions on how the back support settings can be changed. We encourage you to try the following combinations until you find the most comfortable setting for your individual needs.

- To have the lumbar support higher up, combine a tightly closed flap no. 2 and a somewhat looser flap no. 3
- To have the lumbar support lower down, combine a tightly closed flap no. 3 and a somewhat looser flap no. 2
- To enhance or reduce the lumbar support, loosen the Velcro of both flaps no. 2 and/or 3 and close them again, a little tighter or looser, respectively.
- To change the angle of the backrest, remove the screws on the upper outer part of flaps no. 1. Loosen flaps no. 1 and close them again a little looser for a more reclined back or tighter

- for a more vertical back. Screw the screws through the material again (you may need to make your own new hole).
- If you want a really tight backrest, partially fold the wheelchair, adjust the Velcro flaps to a tighter position, and re-open the wheelchair.



## Getting Around

The wheelchair is designed for getting around with an assistant. The maneuverability of the wheelchair is excellent because the front wheels are smaller and the wheelchair is light and easy to rotate. The user's arms are best kept in the lap or on the armrests to prevent any risk of injury during transportation.

### Ramps, Steps, Sidewalks

Here are a few tips to master ramps, steps, and sidewalks as easily as possible.

#### Ramps

Never use a ramp with a slope greater than 7 degrees. Prior to any use of ramps, wheelchair users and helpers should practice with a qualified physiotherapist or motion expert to know the correct technique and their own limits. If you must stop on the ramp be sure to avoid any abrupt movement as this could lead to a loss of balance. To keep stability on the ramp while moving NEVER tighten the wheel brake or suddenly change direction.

#### Maneuver down from sidewalks

The easiest way to get down from a sidewalk is by walking the wheelchair backwards. This is best started a few steps away from the edge. The assistant needs to ensure safety throughout the maneuver by looking over his/her shoulder. The assistant should pull the wheelchair close until the rear wheels reach the edge of the curb and then he/she may step down. Next, the assistant should slowly roll the rear wheels down to the lower level. Once the rear wheels are down, the wheelchair is carefully tilted backwards so that the front wheels are raised in the air. The assistant can then take small steps backward while balancing the wheelchair in this tilted position until the front wheels are clear of the sidewalk. Finally, the wheelchair can be turned to the desired walking direction and the front wheels can be lowered back down to the ground.

#### Maneuver up onto sidewalks

To move up onto the sidewalk, it is easiest to walk the wheelchair forward. Once the wheelchair is close enough to the sidewalk curb, tilt the wheelchair backwards and lift both of the front wheels into the air. After two to three small steps forward, the front wheels should be above the pavement and can be lowered down to the upper level. Next, push the wheelchair until the rear wheels hit the curb and roll/lift the wheelchair to the upper level and move forward away from the edge.

### Obstacles

Obstacles on the path and uneven terrain of all kinds can damage the wheelchair and could lead to a fall. In order to keep this risk as small as possible, please note the following:

- Pay attention to the condition of the road/path - look far ahead and adjust the tempo to the circumstances.
- Remove all obstacles if possible.
- Install a wheelchair enabled ramp at entrance doors with steps in areas of frequent use.

## Maintenance and Services

Regularly check the condition of your wheelchair. If you discover a problem, please have it fixed immediately by an expert. At least once a year, the wheelchair should be serviced by a qualified person. Before the first use and after any maintenance or adjustment ALWAYS check:

- All screws and nuts are properly tightened.
- It has no damage or wear and tear.
- All settings are correct.

### Seat

Check the seat and the backrest for material damage such as cracking or loss of tension in the fabric.

### Wheels

Before every use test the wheelchair quickly to ensure it rolls perfectly. Turn the wheels and check that everything is spinning smoothly. You can also check if the wheels come to a slow and gradual stop. If they stop abruptly, the caps must be adjusted. Ensure that no dirt has accumulated in the wheel hubs. The wheels have a lifespan that is dependent on usage. Check the wheel profiles and order new ones as soon as there is visible wear.

### Movable Parts

All moving parts must be checked periodically to ensure that the wheelchair can be used properly and safely.

### Disposal

A defective, inoperative wheelchair can be disposed of safely as scrap metal as there are no major contaminants in the materials of construction.

### Cleaning

Clean the wheelchair with a soft cloth and soapy water. To disinfect and clean, disinfectant wipes can be used. Do not use corrosive cleaning agents, as this may dissolve the material of the armrests. Immediately dry the chair after cleaning. Never use a hose, high-pressure cleaner or the like to wash the wheelchair, since parts could corrode.

## Guarantee

The frame of your new STRONGBACK transport wheelchair is guaranteed for 2 years against defects in manufacturing and materials. The seat, footrests and other auxiliary parts are guaranteed for 12 months. Contact your vendor for all questions regarding damage.

## Parts and Accessories

We would like to point out again that the wheelchair should only be serviced, repaired and changed by a trained expert. Always contact your seller for details. Keep the original packaging in case you need to later ship the chair for maintenance or repair. For information about spare parts and accessories or to order something, please visit the following website. [www.strongbackmobility.com](http://www.strongbackmobility.com).

In the event of

- Locked wheels
- Grips slipping on the frame
- Difficulty in opening and closing
- Material damage occurrence

contact your local vendor:

Print Dealer stamp here

Note the serial number or lot number (LOT) of your wheelchair here for your future reference:

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\* This number can be found on the type label, which is typically located on the frame, on the right-hand rear side.

## Contact

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## Available Models for the STRONGBACK Transport Wheelchair

<b>Model</b>	<b>1000</b>	<b>1001</b>	<b>1002</b>	<b>1003</b>
<b>Seat width [inches]</b>	16	16	18	18
<b>Back wheel [inches]</b>	8	12	8	12
<b>Weight [pounds]</b>	20	22	20	22

## Annex

### 1: Technical Data



Storage and transport of the wheelchair should be done under the following conditions:

- Humidity: 20 - 60%
- Temperature: 20 degrees Celsius
- Atmospheric pressure: 1000 mbar

Maximum weight of the user incl. load: 115 kg / 250 pounds / 18 stone

#### Details of the STRONGBACK transport wheelchair

Model	1000	1001	1002	1003
Length folded [inches]	23	25	23	25
Width folded [inches]	12	14	12	14
Height folded [inches]	29.5	29.5	29.5	29.5
Length open [inches]	41	41	41	41
Width open [inches]	22.5	24	25	26
Height open [inches]	36	36	36	36

All measurements are approximate values.

#### Additional technical data

- Static stability downhill: 7°
- Static stability uphill: 7°
- Dynamic stability uphill: 7°
- Footrest to seat distance: 15"
- Armrest to seat distance: 8"
- Seat plane angle: 12°
- Effective seat depth: 17"
- Seat surface height at front edge: 19"
- Backrest angle: 65°
- Backrest height: 21"

All measurements are approximate values.

## 2: Symbols



Date of manufacture - Indicates the date when the medical device was manufactured.



Batch code - Indicates the manufacturer's batch code so that the batch or lot can be identified.



Consult instructions for use - Indicates the need for the user to consult the instructions for use.



Indicates the need for the user to consult the instructions for use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the medical device itself.



Indicates that the wheelchair is not intended to be used as a seat in a motor vehicle.