

# Dimensions

## Frame

	Tiny Trekker	Trekker
Total height (Top of rail)	76cm	96cm
Min. height	64cm	78cm
Min. Hand rail extension	25cm	32cm
Max. Hand rail extension	37cm	45cm
Chest/Hip support width Min/Max	23/28cm	24/31cm
Chest support depth	11cm	15cm
Min. Inside width	47cm	54cm
Max. Outside width (incl. wheels)	65cm	71cm
Max. User height	107cm	145cm
Max. User weight	20Kg	40Kg

Weights of frames: 14 - 18Kg. (approx.)

## Accessories

Frame Size	Abductor Pommel (Reversible)		Foot Abductor	
	Tiny	Trekker	Tiny	Trekker
Length of pad	45	49	n/a	n/a
Height of pad	16cm	17cm	17cm	17cm
Width of pad (2 widths)	4.5/6.5cm	4.5/6.5cm	3cm	3cm

## Quest 88



therapy through activity

Quest 88 Limited  
Aston Street  
Shifnal  
Shropshire UK  
TF11 8DW

T: +44 (0) 1952 463050  
F: +44 (0) 1952 463077  
E: sales@quest88.com  
W: www.quest88.com

ORLAU

Orthotic Research & Locomotor  
Assessment Unit,  
The Robert Jones & Agnes Hunt  
Orthopaedic & District Hospital NHS Trust,  
Oswestry, Shropshire, SY10 7AG  
Tel: (01691) 404531 Fax: (01691) 404058

## Quest 88



therapy through activity

# User Manual

Trekker and Tiny Trekker



Paediatric Therapy

Quest 88 Limited products must only be used under appropriate supervision. Please consult a professional health care worker before purchasing or contact Quest 88 Limited for more information. The products featured in this catalogue will only function correctly and safely when setup in accordance with the product's user instructions. Please keep these safe and accessible. Occasionally specifications and colours may change. To avoid disappointment please contact our sales team for the most recent product information. Quest 88 Limited reserves the right to change product specification without prior notice.

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Original concept design by Orthotic Research & Locomotor Assessment Unit (ORLAU)

# Introduction

## 1. Introduction

These instructions also include a guide to maintenance and general care. If followed, the Trekker and Tiny Trekker will provide trouble free service. However, in the event of any severe deterioration in performance, take the Trekker and/or Tiny Trekker out of service immediately and contact Quest 88 Limited, or your equipment provider.

These instructions must be kept in close proximity to the equipment. Should they become soiled or illegible, or if further copies are required for circulation, please contact Quest 88 Limited or your equipment provider. Alternatively you can download a pdf of this manual from the Quest 88 website.

Practitioners, therapists, parents and carers must make themselves conversant with the contents of these instructions. Advice may also be sought from your equipment provider. If you are unsure of any of the contents herein, please do not proceed to use or adjust the equipment.

In order to ensure safe and effective use of the walking frame, a number of means of adjustment are provided and are described in detail in the following pages.

## 2. Declaration of Conformity

Quest 88 Limited, as manufacturer with sole responsibility, declares that the Trekker and Tiny Trekker Walking Frame conform to the requirements of **European Guidelines 93/42/EEC** and **BS EN12182:1999 Technical aids for disabled persons - General requirements and test methods**. This product is registered as a Class 1 Medical Device.

Quest 88 Limited is a BS EN ISO 9001:2001 registered firm applicable to:  
The design, manufacture and personal adaption of therapy, mobility and rehabilitation equipment for people with special needs

## 11. Further safety advice

Quest 88 strongly recommends that you inspect your product annually and with even greater frequency according to user weight and walking style.

Inspections must be carried out by a technically competent person who has received training in the use of the product. If you have any doubts over your products continued suitability for an individual because of growth or deterioration in ability, please contact us as there may be a suitable accessory available.

Before re-issuing a product, Quest 88 recommends that equipment prescribers ensure that the product does not have bespoke items attached and that the product is entirely suitable for the new recipient/user. If you would like Quest 88 to run a check on the product's serial number and it's original specification, please contact our offices.

Neither initial product assessments nor user manuals negate the need for carefully considered product prescription or environmental risk assessment, especially in a product re-issue situation.

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10. Cleaning & Maintenance continued


10.3 Cleaning & Hygiene

The Trekker and Tiny Trekker feature stainless steel folding tubes, chest rail, hip rail and hand rail. These, together with any chrome parts, can be wiped clean with sanitising wipes or a damp, but not saturated, cloth wetted with a weak solution of soap and water. It is important that all metal parts are dried thoroughly immediately after cleaning. Treat plastic components in the same way as described

Please note: Stainless steel components (darker, less reflective tubes) may be cleaned more vigorously to remove marks and stains.

Fabric covers can be cleaned with a damp soapy cloth and wiped/rinsed with clear water. A soft brush can be used for heavy soiling. The material used has some abrasion and stain resistant properties, however, should wear or staining be excessive, replacement covers can be purchased from Quest 88.

 Please ensure that the covers are dried fully before use!

 Do not use solvents, bleaches, synthetic detergents or wax polishes on your product

**Disinfectants may be used in dilution as specified by their manufacturers. These include Haz-Tabs and other disinfectants commonly used in hospital infection control programmes.**

 If you are unsure about any of the above cleaning instructions please contact Quest 88 Limited.


3. Intended use


The Trekker and Tiny Trekker are intended to be used as part of a walking development programme. A level of supervision appropriate to the user's abilities should be applied at all times. The Trekker and Tiny Trekker cocept was conceived as a device to enable Cerebral Palsy patients to achieve locomotion. It is suitable for use by those with a mild to quite severe disability whose mobility would otherwise be almost exclusively via a wheelchair.


The Trekker has been developed in 2 sizes and together with a variety of optional fittings to meet the needs of individual users.


This equipment should only be specified or set up by a qualified clinician who understands the clinical context in which the product should be applied. This leaflet contains important information concerning the setting-up procedure to be observed before allowing the use of the equipment, and should be read in full by those responsible for the user's care.


4. Safety Information

 The Trekker and Tiny Trekker are designed to be used within the weight and dimensional constraints detailed on the table on the rear page of this manual. Failure to do so may lead to equipment instability.

 The design and function of the equipment is kept under constant review and minor alterations to the description and diagrams given in this manual may occur. Quest 88 Limited is constantly seeking ways of improving the product and welcome feedback from users and their carers.

 Do not use the Trekker and Tiny Trekker on any inclined surface or steps and stairs. Do not use on uneven ground. If the Trekker and Tiny Trekker are used outdoors in wet weather, please wipe off all mud and dry the frame immediately.

 Do not store the Trekker and Tiny Trekker where it may block access to doors, walkways or fire exits.

 The Trekker and Tiny Trekker have been tested and checked by Quest 88 Limited staff. Any adjustments or alterations which are not listed in this manual should not be made without the authorisation of Quest 88 Limited as any such adjustments will affect the Trekker and Tiny Trekker warranty and more importantly, may compromise user safety. Quest 88 Limited does not take any responsibility for any Trekker and Tiny Trekker which has been adapted or affected by actions not described in these instructions by any individual not authorised by Quest 88 Limited.

**DO NOT EXCEED HEIGHT AND WEIGHT LIMITS SET OUT ON THE BACK PAGE OF THIS MANUAL**

## 5. Unpacking & Assembly

This section details the tools required for the adjustment, unpacking and initial assembly of your Trekker or Tiny Trekker.

Upon receipt of your walking frame, carefully remove the contents from the packaging. Please be careful not to score or scratch the contents whilst removing card or bubble wrap protection. Please ensure that all parts are retrieved from the packaging before disposal.

To avoid the risk of suffocation, please remove plastic bags and bubble wrap from the vicinity of small children and babies. Should you suspect that any parts or accessories are missing contact your equipment supplier as soon as possible.

If it is possible, collapse the packaging and store for a short period of time (two weeks) to facilitate return of the product. If the Trekker or Tiny Trekker has been wrongly prescribed or is inappropriate, charges may be levied for equipment ordered incorrectly.

**Returns:** Your equipment supplier will have return procedures so it is important to contact them before returning any product.

**Tools:** The tools required for the assembly and adjustment of your Trekker and Tiny Trekker are as follows:

5mm Hexagon (Allen) key pivot adjustment on chest and pelvic pads  
4mm Hexagon (Allen) key width adjustment on chest and pelvic pads  
4mm Hexagon (Allen) key hip rail height and depth adjustment

All other adjustments are made via hand-wheels or indexing levers.



From the folded position raise the Trekker and Tiny Trekker to a vertical position.



The Trekker and Tiny Trekker have colour coded hand-wheels, blue for adjustment and yellow for locking in conjunction with poppers.

## 10. Cleaning & Maintenance

### 10.1 MAINTENANCE (Logging of and frequency)

A record of product servicing and maintenance should be kept for each Trekker or Tiny Trekker.

Frequency of servicing and maintenance is dependent on the behaviour of the user. A Trekker or Tiny Trekker used by a heavy duty user should be serviced and maintained more frequently.

A minimum monthly service check should be carried out and recorded. If a Trekker and Tiny Trekker is being re-issued, the new user must be issued with an up-to-date set of user instructions. Refer to the Medical Devices Agency Bulletin DB9801, supplement 2, for guidance on the safe re-issuing and disposal of Medical Devices.

All Trekkers and Tiny Trekkers returned to your equipment provider for servicing or otherwise, must be cleaned and de-contaminated before being returned.

### 10.2 MAINTENANCE SCHEDULE

If there is any doubt as to the condition or functionality of your equipment take it out of use immediately, label it, and inform your colleagues and your equipment provider of your findings. Similarly, if you suspect that the equipment is not suitable for the user, do not proceed to use it and contact your equipment provider for advice. As well as following the schedules, always be vigilant concerning this equipment.

#### Weekly

1. Check that the spring poppers always fully engage when unfolding the walking frame.
2. Check the front and rear wheels for ingress of dirt or anything that would prevent the wheels from rotating freely.

#### Monthly

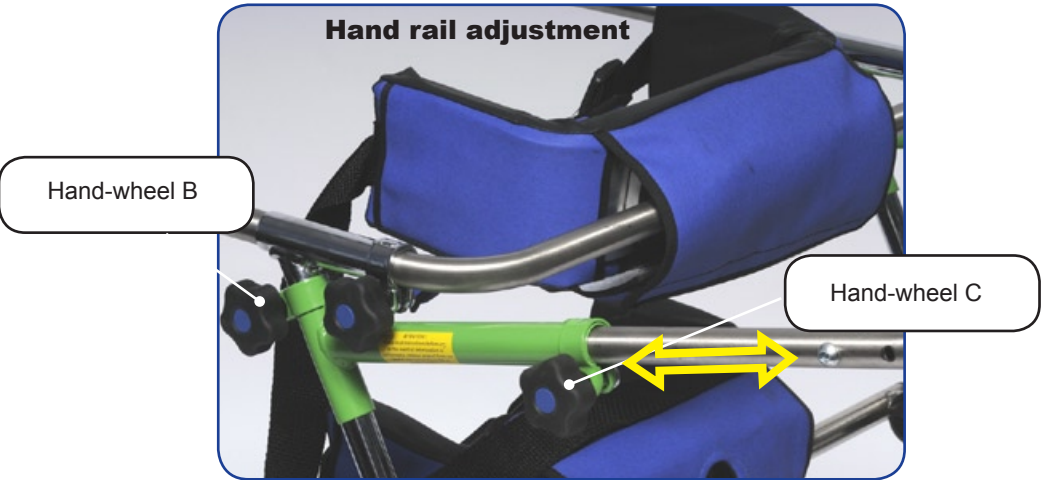
1. Check wheels for signs of wear or damage. Contact your supplier for replacements if necessary to avoid equipment instability. Should uneven wear be evident please contact Quest 88.
2. Check all hand-wheels to ensure that they lock all moving parts securely and easily.
3. Check all nuts and bolts are firmly secured.
4. Check that the equipment folds freely and is not impeded.
5. Where directional locking devices are fitted to equipment, check that the walking frame runs in a straight line by rolling it on a flat surface.
6. Check that braked front wheels do not rotate whilst the brake is engaged.
7. Check that pelvic/chest 'width adjustment' screws and chest 'pivot cleats' firmly hold their position.



7. Adjustments continued

7.6 Hand rail adjustment

The height and the extension of the hand rail are in part, dependent on one another due to the angles of inclination of the tubing involved. It is therefore, it is advisable to adjust both height and extension simultaneously.  
To do this release the hand-wheels "B" and "C" and position the hand rail such that the patient can grip it comfortably. Elbows should normally be straight and the bar approximately level with the top of the chest support. Re-tighten the hand-wheels.



8. User Transfer & Stability

Once fully adjusted, before transferring the user, ensure that all supportive components are fully secure and that the front wheels are locked. Fine-tuning of hand rail length and height, as well as chest support height, may be adjusted after transfer with some practise as long as the user is fully supported during this process. This equipment must be used under supervision at all times!

In a few cases, it may be found that these adjustments allow the patient to be positioned only a short distance ahead of the rear wheels. Additionally, some patients will present with uncontrolled jerking movements which can threaten to tilt the frame backwards. In such cases the Trekker and Tiny Trekker should not be used.

Similarly, carers should be aware that in exceptional cases the transverse stability of the frame can also be threatened by vigorous uncontrolled movements, particularly where the patient's height is at or near the maximum recommended. In such cases the Trekker and Tiny Trekker should not be used.

9. Folding & Storage

The Trekker and Tiny Trekker can be folded by reversing the un-folding procedure. Note that poppers can be released by pinching them into the tube. When folded the Trekker and Tiny Trekker can be locked in place by tightening the hand-wheel with the yellow dot.

Please adhere to best manual handling practice whilst transferring, folding, un-folding and lifting the Trekker and Tiny Trekker.

6. Initial assembly of optional accessories

6.1/6.2 Abduction accessories



If an abduction pommel is fitted to the Trekker or Tiny Trekker it will be necessary to locate this into position using the plunger hand-wheel which will locate into the hole on the hip rail. The hand-wheel can then be tightened to secure the abduction pommel.



If a foot abductor is to fitted to the Trekker or Tiny Trekker, slide the foot abductor onto the mounting. Fit the retaining pin which can be pushing into place and then rotated to lock.

6.3 Support harness





**Supplied New:** Clip the support harness onto the chest rail as shown. Adjust the harness using the traps to suit the user.

**Retrofit:** First remove the chest rail of the Trekker from the frame's upright tubes. Slide one support harness bracket on each side of the chest rail towards the closed end of the rail.



Re-insert the chest rail into the frame. Repeat the procedure with the two remaining harness brackets. Align the brackets and tighten the white hand-wheels. You can now clip on the support harness.

 The harness must be used in-conjunction with the chest and hip supports.

 This accessory is to be used as a support only. It is not intended as a seat.

## 7. Adjustments

### 7.1 Centralising the user

In order to ensure the stability of the frame when in use, it is necessary for the user to be positioned centrally in the frame.

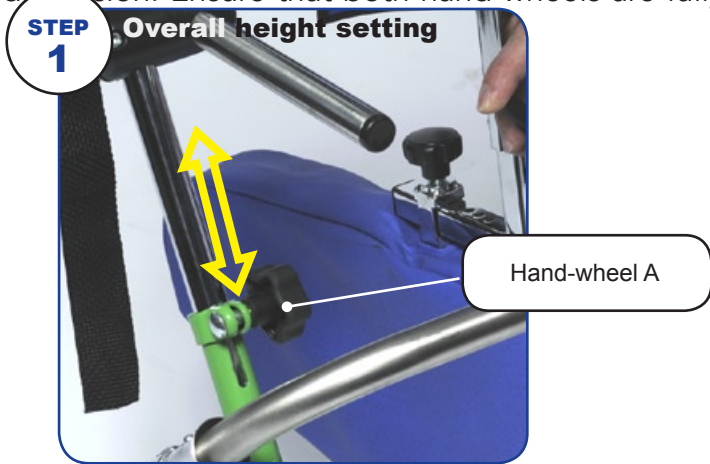
### 7.2 Setting the overall height

N.B. Refer to the table on the rear page for the maximum height settings for each size of frame. It is crucial that these values are not exceeded.

Height adjustment is achieved by releasing the hand-wheel "A" and extending the top sections of tubing (see step 1). Note that maximum height marks are to be found on these tubes which indicate the limit of adjustment. Re-tighten hand-wheel "A" after positioning.

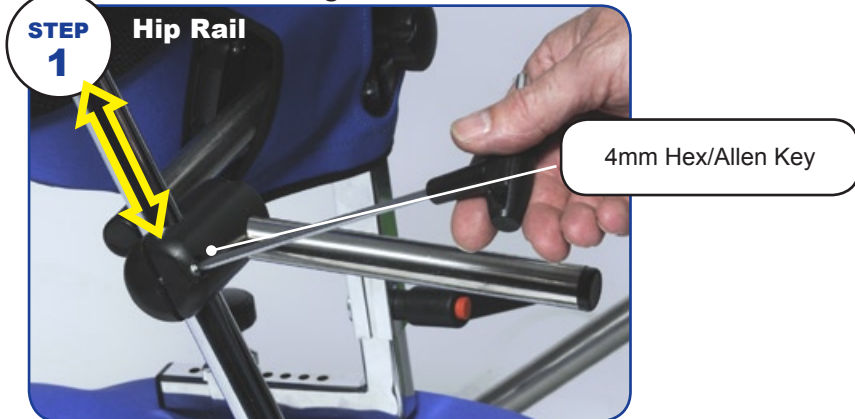
a) Measure the height of the patient from heel of shoe or orthosis (if worn) to 50mm below the axilla.

b) Set the overall height of the Trekker and Tiny Trekker (measured to the top edge of the chest support) to this dimension. Ensure that both hand-wheels are fully tightened after positioning.



### 7.3 Hip rail adjustment

The anterior hip rail is positioned by first releasing the M5 hexagon head socket screws which allow both height, forward, and backward adjustment. The height to the bottom edge of the hip rail should be approximately 25mm above the Greater Trochanter (hip flexion crease). The position forward and backward should allow approximately 5° hip flexion in the standing position. The posterior pelvic strap should hold the patient firmly against the hip rail. Re-tighten the M5 hexagon head socket screws.



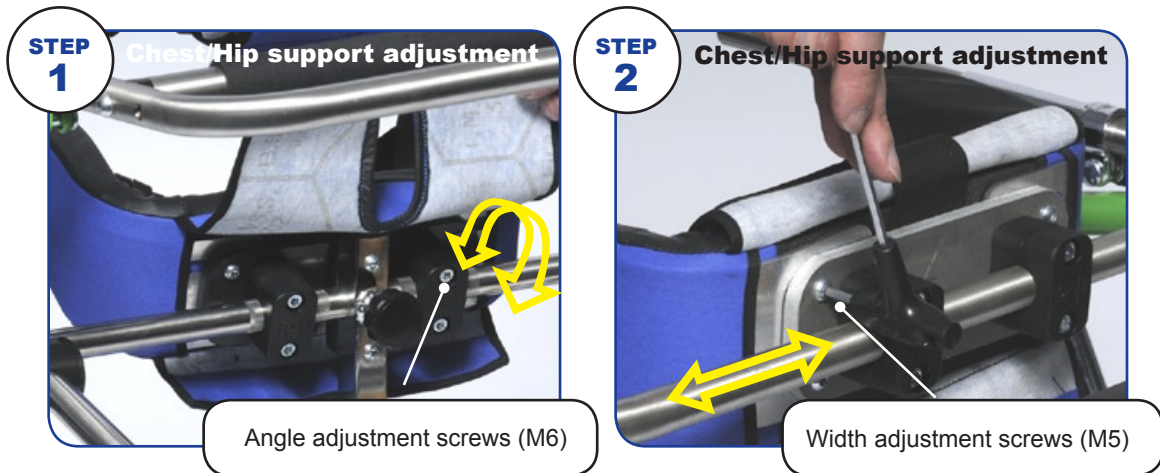
## 7. Adjustments

### 7.4 Setting the angle and width of the Chest and Hip supports

The chest support will normally be fitted in a horizontal position during manufacture but it may be tilted to improve comfort for the user by releasing M6 hexagon head socket screws as shown below. After re-positioning, re-tighten the M6 hexagon head socket screws.

**Note:** If it is found necessary to alter the position of the chest support then the previous adjustments to chest support height and hip rail height may need to be changed.

The chest support can be adjusted by releasing the clamping blocks as shown. It should be wide enough to allow small medio-lateral movements to aid weight transference when walking, but not too wide to allow excessive and unwanted trunk movements. Thus, depending on the size of the patient, a chest pad may also need to be fitted for additional cushioning when supplied to the patient.



The hip support can be adjusted by releasing the screws on the clamping blocks. The hip support should be wide enough to allow small medio-lateral movements to aid weight transference, but not too wide to allow excessive and unwanted trunk movements.

The fabric coverings for the chest and hip support can now be replaced.

### 7.5 Abduction pommel support

The height, forward, and backward position of abduction pommel can be adjusted by releasing the indexing lever and plunger hand-wheel. Re-tighten the plunger hand-wheel and indexing lever after positioning.

