

VILANO

Product name: Vilano Knee Roller
SKU: 100-KNRLR
EMAIL: customercare@vilano.com
TEL: 855-438-2453
help.vilanobikes.com

Thank you for your
purchase of the Vilano
Knee Roller!

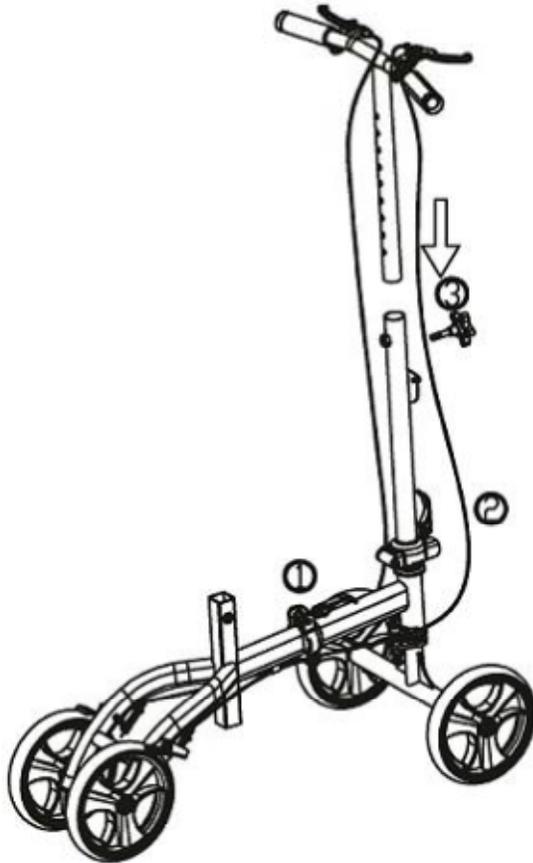


WARNING!

- DO NOT install or use this equipment without first reading and understanding the instructions. If you are unable to understand the warnings and instructions, contact a healthcare professional or Vilano before attempting to use this equipment--otherwise, injury or damage may occur.
- ALWAYS consult a physician or therapist to determine proper adjustment and usage. A physical or occupational therapist should assist in the height adjustment of the knee roller. Take care to ensure that all parts of the knee roller are secure and the wheels are in good working order before use.
- DO NOT sit on the knee roller.
- DO NOT use the knee roller as a wheelchair or transport device for people or objects.
- DO NOT hang anything from the frame of the knee roller.
- ALWAYS observe the weight limit of your product. Weight capacity: 300 lbs. Keep your weight even on machine; do not lean forward, back or to the side during use.
- DO NOT adjust knee roller while it is in use.
- ALWAYS use both hands on handle and turn the knee roller at a slow rate of speed.
- NEVER walk or roll backwards while using the knee roller.
- NEVER use knee roller on stairs, curbs, or any obstacles. Fall or injury may occur.
- BE AWARE of environment, watch for things like: loose rugs, toys, cords, water or oil.
- If the push handle is exposed to extreme temperatures (above 100° F or below 32° F), high humidity and/or becomes wet, prior to use ensure the handgrip DOES NOT move or twist on the push handle--otherwise damage or injury may occur.
- Inspect the unit before each use. Be sure all parts are secure and functioning properly before use.
- DO NOT try to reach objects that are out of your immediate reach while using this device. DO NOT reach for objects if you have to lean or shift position on the knee pad.
- DO NOT hang anything from the frame of the knee roller. Items should be placed in the basket. Items should not protrude from the knee roller bag--otherwise, injury or damage may occur. The bag can hold up to 5 lbs.
- NOTE: This knee roller is a mobility device to be utilized during your recovery from foot or ankle surgery or injury. If you don't understand the manual, please contact your healthcare provider for assistance. Failure to do this may result in injury.

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Step 1: Assemble Knee Roller Frame

Unpack the Knee Roller from shipping box. Rotate the lever clockwise to tighten the quick release clamp and pull the quick release clamp down to point towards the frame tubing to lock it securely.

Step 2: Raise the Steering Tiller

Push the steering tiller upward until it's fully in the straight position. Then, rotate the lever clockwise to tighten the quick release clamp and pull the quick release clamp up to lock the steering tiller in the upright position (clockwise to tighten, counter clockwise to loosen).

Step 3: Adjust Height of Handlebars

Handlebars should be set at wrist level to keep your back straight. Remove star screw. Extend handlebars up to desired height, align holes in tiller. Insert star screw through the steering tiller. Tighten knob securely.



Step 4: To Adjust Height of Knee Platform:

Remove star screw. Insert the knee platform post. Extend the knee platform to desired height. Then, insert star screw and tighten knob securely.

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Step 5: Attach bag (if desired)

The Knee Roller is now assembled! Use loops to attach the bag to the handlebars if desired. Otherwise, the knee roller is ready to use. See below for brake adjustment and operation instructions.

Step 6: To Adjust Brakes

Use an Allen wrench to loosen the hand lever. Reposition and re-tighten to a comfortable position.

The brake tightness can be adjusted with the nuts at either end of the brake cable. Turn the screw clockwise to loosen the brake. Turn screw counter clockwise to tighten it.

To park Knee Roller, squeeze hand brake lever and push down parking brake lock. Squeeze hand brake lever again to release parking brake lock.



To Operate the Knee Roller:

- Place your hands on the handlebars.
- Place the injured leg comfortably resting on the center of the knee platform.
- Release brake, move yourself forward slowly with small steps with your other leg, keeping the knee of the injured foot centered on the knee platform.
- The Knee Roller makes turns by moving the handlebars with a minimum amount of effort. Turns should only be performed while at a slow rate of movement. To turn right, rotate handlebars to the right. To turn left, rotate handlebars to the left.
- With practice, you should be able to move forward without drifting to the opposite side.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email us at customercare@vilanobikes.com and we will do everything in our power to be sure you are happy!