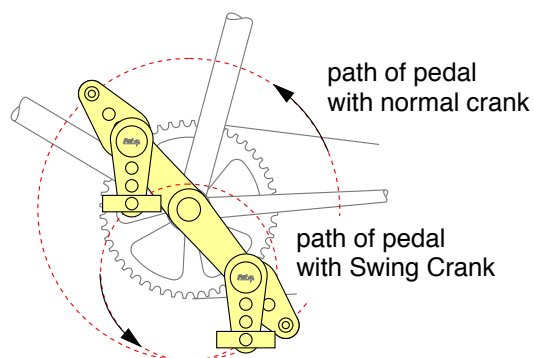


Pulse Swing Crank

for cyclists with restricted knee movement

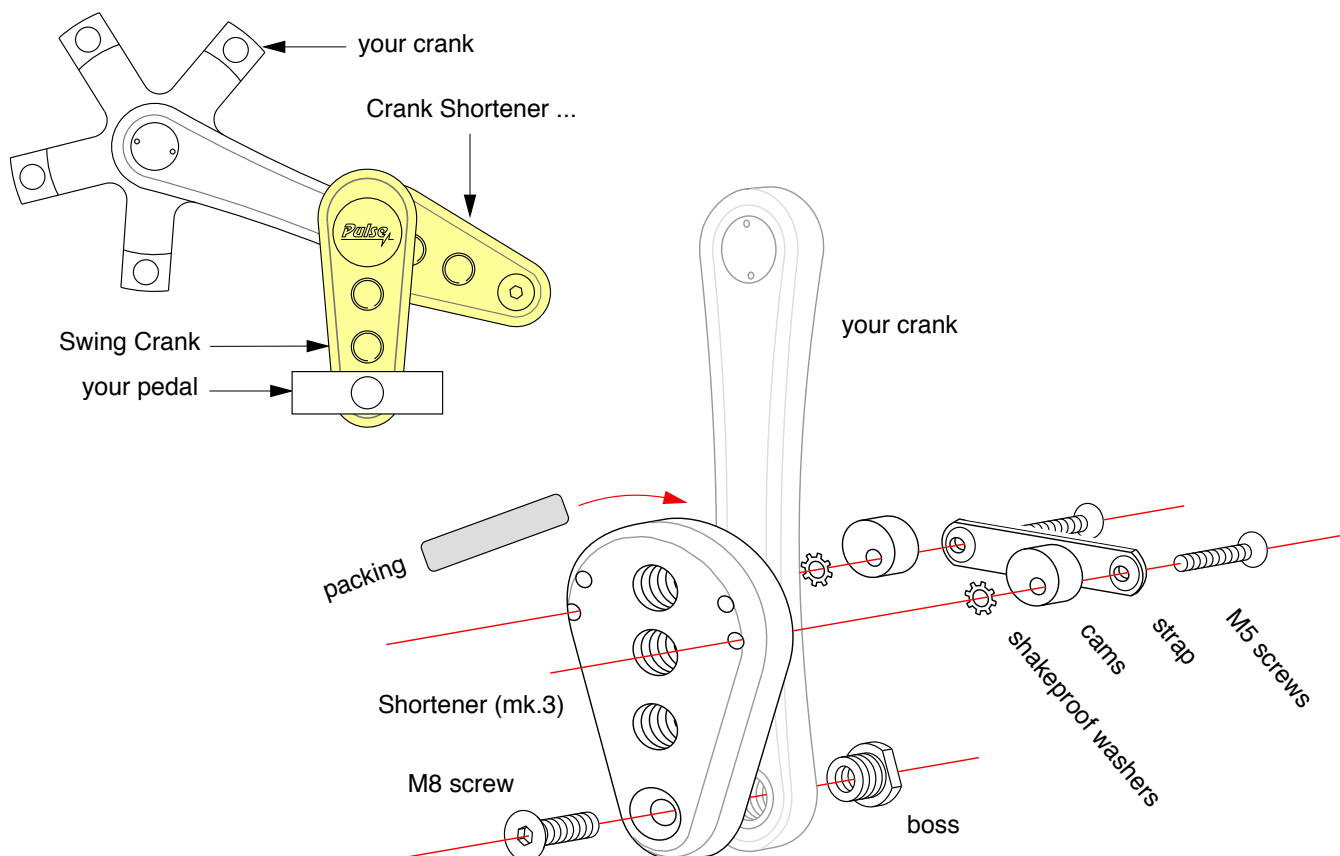


Use a Pulse Swing Crank when one of your knees doesn't bend as much as it should. It enables your leg to contribute as much effort as it can without being lifted so high.

- For use on upright bicycles and tricycles
- Adjustable for different degrees of disability
- Uses your existing crank and pedal
- No need to alter your riding position

A Standard Swing Crank is suitable for cyclists who can raise their foot at least 200mm. It includes a Pulse Crank Shortener which may also be used on its own, and it is supplied with a selection of fittings allowing fitment to most cranks:

- up to 41mm wide
- with standard 9/16" pedal threads



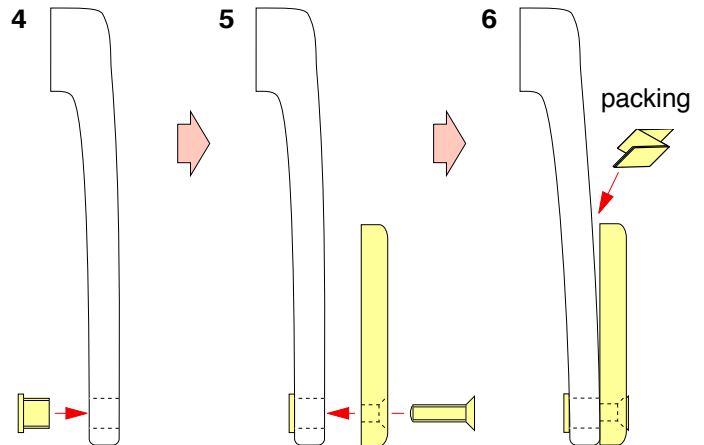
Fitting Instructions

Before you start

- 1 Remove the crank from your cycle if necessary
Remove any chainrings from your crank if needed
Remove the pedal from your crank.
(turn left pedals clockwise, right pedals anticlockwise)
- 2 File away any burs around the pedal hole in your crank.
- 3 Lightly grease the boss and pedal threads

Fit the Boss and Shortener

- 4 Screw the boss into the back of the pedal hole in your crank and tighten it with a 15mm spanner.
- 5 Attach the Shortener to the front of the crank with the M8 screw. Align the Shortener and tighten the screw with a 5mm ball end hex key.
- 6 If there is a gap between the crank and the Shortener, cut some packing strip (use scissors) and fold it to fill the gap. Use just enough so that it is squashed and held in place when all the screws are done up tightly.



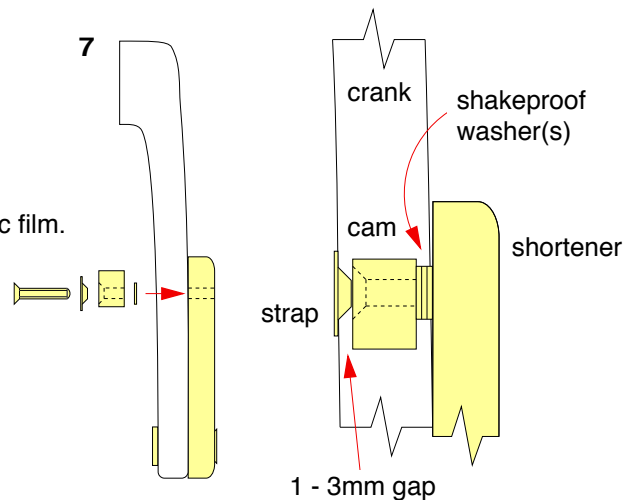
Check that ...

- ... the Shortener has its pedal holes centred on the crank and is square to the crank pedal hole
- ... the boss and M8 Screw are really tight,
- ... the packing is squashed tightly.

Fit the Cams, Strap and Shakeproof Washers

- 7 Select the strap and corresponding screw holes in the Shortener to suit your crank and remove the plastic film.
Select sufficient shakeproof washers to leave a 1 to 3mm gap under the strap when everything is assembled as shown. You must use at least one shakeproof washer on each side.

- 8 Insert the M5 screws and rotate both cams in a clockwise direction (looking from the back).
Hold the cams firmly against your crank and tighten the M5 screws using the T25 bit (as supplied) or a long T25 Torx key. Pull the strap all the way into the cam recesses - this will bend it tightly round your crank.

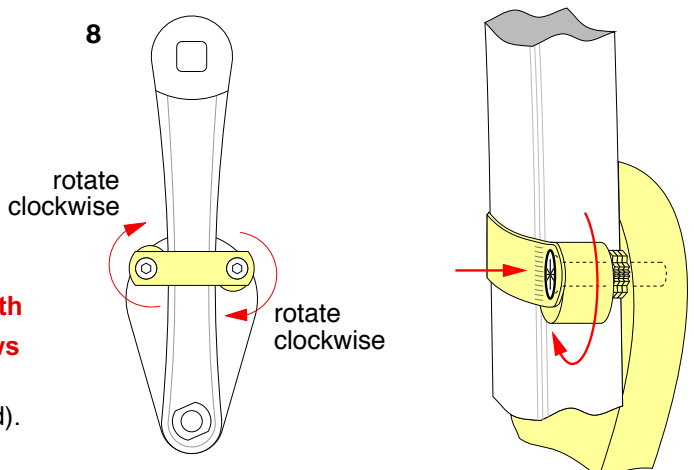


Check that ...

- ... the M5 Screws are really tight,
- ... the packing is squashed tight and can't move,
- ... both cams touch the crank and can't move.

For added security we recommend medium strength threadlocker fluid be used on the M5 and M8 screws

- 9 Refit the crank and chainrings to your cycle (if removed).



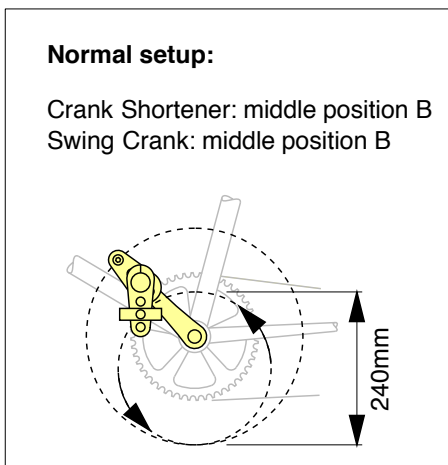
Important

- **Your safety depends on the correct fitting of this item. SEEK PROFESSIONAL HELP IF NECESSARY.**
 - The Shortener and Swing Crank are marked L or R for fitting to a left or right crank respectively.
 - The left hand boss is identified by a groove in the outside diameter.
 - If your cranks are sheathed in plastic, the Shortener may fit better if this is cut away.
- All the fixings must be TIGHT. Check them as part of your regular cycle maintenance**

Then attach the Swing Crank and Pedal ...

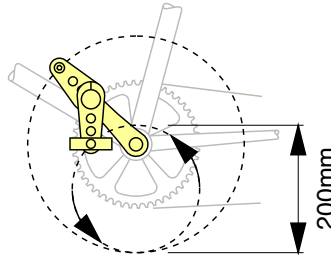
- 10 Lightly grease the threads on both the Swing Crank and your pedal.
- 11 Screw the Swing Crank into one of the holes in the Crank Shortener and tighten it with a pedal spanner.
- 12 Screw your pedal into one of the holes in the Swing Crank and tighten it with a pedal spanner.

Select the holes as follows:



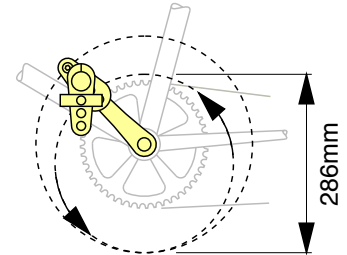
If you need to bend your leg less:

Crank Shortener: short position C
Swing Crank: long position C



If you can bend your leg more:

Crank Shortener: long position A
Swing Crank: short position A



Note These lengths assume your cranks are 170mm long. Increase them by 10mm for 175mm cranks and reduce them by 10mm for 165mm cranks.

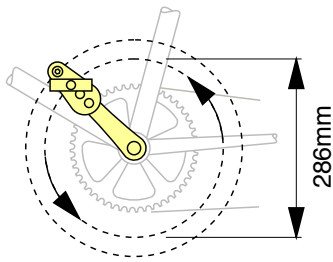
Finally ...

- 13 Raise your saddle, if necessary, so that your legs are almost straight at the bottom of the pedal strokes.
- If none of these setups feels right for you, experiment with the ones that are shown overleaf. Please seek professional help from your physiotherapist or local bike shop.
 - Keep your Swing Crank and Crank Shortener clean with warm soapy water.

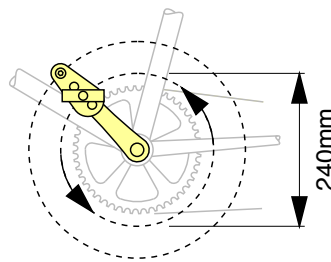
Other possibilities

If you have difficulty straightening your leg completely at the bottom of the pedal stroke, you can use just the Crank Shortener on its own:

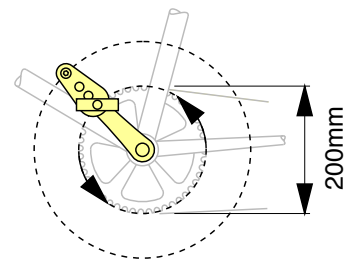
Crank Shortener: long position A



Crank Shortener: middle position B

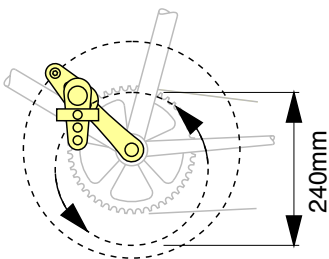


Crank Shortener: short position C

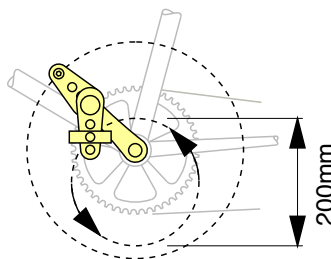


You can also use one of these intermediate setups:

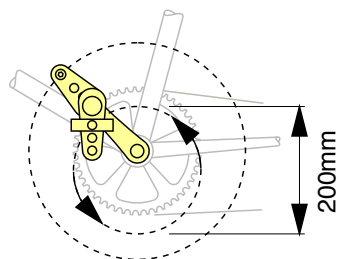
Crank Shortener: middle position B
Swing Crank: short position A



Crank Shortener: short position C
Swing Crank: middle position B



Crank Shortener: short position C
Swing Crank: short position A



Experimentation will reveal the best setup for you. You may find your range of knee movement improves over time.

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