

# Tru-Pro Products

## Tru-Stride

Aluminum Adjustable Stilts

User's Manual

**Please read carefully before assembly or use**

**NOTICE !**

**Read Manual completely before using stilts**

IT IS CRITICAL THAT STILTS ARE ASSEMBLED CORRECTLY AND ADJUSTED ACCORDING TO PERSONAL SIZE AND PREFERENCE. IT IS ALSO CRITICAL TO PROPERLY MAINTAIN THE CONDITION OF YOUR STILTS AND TO COMPLETELY INSPECT YOUR STILTS BEFORE EACH USE, MAKING SURE ALL BOLTS, NUTS, WING NUTS AND SCREWS ARE TIGHT.

IT IS YOUR RESPONSIBILITY TO READ, UNDERSTAND AND FOLLOW THESE INSTRUCTIONS, AND TO ALWAYS PRACTICE CAUTION WHILE USING STILTS. STILTS SHOULD BE USED ONLY WHEN WORKING ON A LEVEL FLOOR, CLEAR OF ANY OBSTRUCTIONS OR DEBRIS.

IF YOU HAVE ANY QUESTIONS CONCERNING THE ASSEMBLY OR USE OF THE STILTS PLEASE CONTACT YOUR RETAILER OR DIAMOND WALL

**STILTS ARE FOR PROFESSIONAL USE ONLY!**

ANY ACCIDENT RESULTING FROM IRRESPONSIBLE USE, IMPROPER USE, OR FAILURE TO INSPECT AND ADEQUATELY MAINTAIN THE STILTS IS THE SOLE RESPONSIBILITY OF THE USER

**MAXIMUM WEIGHT LIMIT 225 LBS!**

## **ASSEMBLY**

### **READ ALL CAUTION LABELS ON THE STILTS**

#### **STRUT TUBES**

1. Loosen the strut tube clamp and remove the 2 bolts from the patented safety support bracket located at the bottom of the lower strut tube.

Insert the rectangular end of the lower strut tube through the top of the strut tube clamp and down into the safety support bracket. Insert and tightly fasten the two bolts using the large washer on the upper bolt.

2. Place the upper strut tube over the lower strut tube and downward through the top of the strut tube clamp. Position the upper strut tube so that the leg strap is just above the large part of your calf.
3. Tightly fasten the strut tube clamp while holding the upper strut tube in the desired location. DO NOT over tighten or the tube may be damaged.
4. Position the tube clamp in the clamp bracket slot, according to your calf size, so that the stilts will stand straight when mounted. Securely tighten.
5. Place the heel plate in your desired location on the footplate and attach the provided nuts and bolts. Adjust the heel bracket so your outside ankle bone is directly over the rear pivot bolt and securely tighten.



### **STRAP KIT**

1. Loop the foot straps through the slots on the footplate so that the buckles are on the same side as the strut tube. The shorter strap should be used for the front (toe) position and longer strap for the ankle (rear) position.



2. Fasten the straps to the footplates with the provided strap screws and washers. DO NOT over tighten.
3. **If using the velcro strap system:**
  - A. Use the screw provided to attach the leg strap to the leg pad in the pre-drilled location. The center of the metal buckle should line up with the edge of the leg pad. See Below:



- B. The velcro foot strap should be looped through the slots on the footplate so that the buckles are on the opposite side of the strut tube.



### **PREPARATION FOR USE**

1. Stilts must be thoroughly inspected before each use to insure that all nuts, bolts, screws and rivets are securely tightened and there are no signs of excessive wear. All assembled components should be inspected before use to insure correct assembly and should be free of debris. If using the velcro strap system, make sure velcro is clean and free of debris.
2. Set the spring adjusters to the minimum compression.

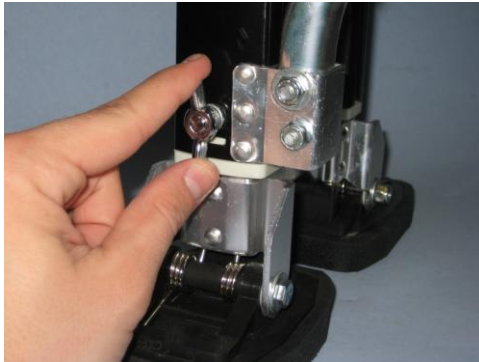


**Figure A**



**Figure B**

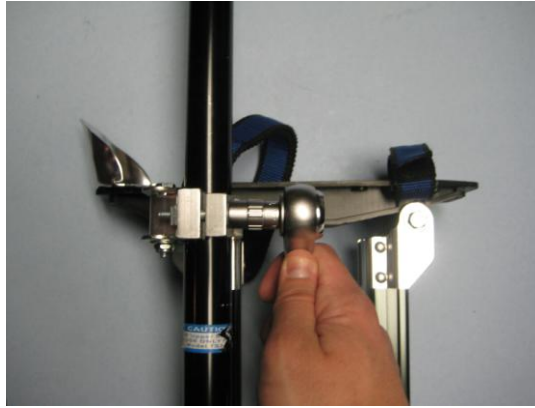
3. Stilts are pre-assembled with the adjustable stilt legs in the lowest setting. Make sure the wing bolts are securely tightened.



4. Loosen the leg support pole bracket bolt and slide the upper strut tube so that the leg strap is just above the middle of your calf. Tighten the leg support pole bracket bolt.



5. Tighten the leg support pole bracket on the upper strut tube.



### **MOUNTING AND DISMOUNTING**

1. Getting on and off the stilts can be hazardous. Always use the assistance of another person until you become stable and are comfortable walking on the stilts. When mounting the stilts without assistance, be seated or near a wall to aid in maintaining your balance.
2. Before mounting the stilts make sure the ground is level and you are far away from objects which could be hazardous in the event of a fall.
3. After mounting the stilts, securely tighten the leg strap before tightening the foot straps. Before dismounting the stilts, the foot straps should be loosened and removed before loosening and removing the leg strap.
4. Stand with your legs comfortably apart and collect your balance. If needed, re-adjust or tighten the leg straps and then foot straps until your stilts are secure and comfortably attached to your legs.
5. If using the velcro strap system, always press firmly on all of the attached areas of the straps.
6. Never attempt to re-adjust the strut tubes, clamps, spring adjusters or the wing bolts while mounted on the stilts.

### **FORWARD/REARWARD BALANCE**

When standing up straight, your stilts should be in a neutral/vertical position. If the stilts lean forward or backward, dismount and make the following adjustments.

1. The leg pad can be rotated either forward toward the toe or backward toward the heel. Loosen the strut tube clamp and rotate the leg pad and strut tube to be “centered” along outside of calf.

2. If you lean forward, tighten the upper spring adjuster, compressing the upper spring. If you lean backward tighten the lower spring adjuster, compressing the lower spring. **Do not tighten adjusters more than approximately 15 complete turns, as it will limit the stilt walking action.**
3. The heel plate may need to be moved either forward (if leaning backward) or backward (if leaning forward) depending on the individual users shoe size.

### **LATERAL BALANCE**

When standing up straight, your stilts should be in a neutral/vertical position. If the stilt leg leans inward or outward, dismount and make the following adjustments: If the stilt leg leans inward, the leg support pole should be moved inward toward the foot plate by loosening and re-tightening the bolts and nuts on the leg support pole bracket. If the stilt leg leans outward, the leg support pole should be moved outward away from the foot plate by loosening and re-tightening the bolts and nuts on the leg support pole bracket.

**Proper balance is critical for comfortable and safe use of stilts. Repeat adjustments for fit and balance until you are comfortable walking.**

### **LEARNING TO WALK**

1. **IMPORTANT –This manual must be fully read and understood before attempted use of the stilts. Do not try to learn to use stilts without the assistance and support of another person at all times.**
2. After mounting stilts, stand with your feet about shoulder width apart until you have perfect balance standing still. Slowly begin to shift your weight using your hips and knees. When you are comfortable moving on the stilts, begin to take small forward steps, increasing your stride until you are able to take normal steps. **Be very careful not to drag your feet.** Practice taking side steps and backward steps and making complete 180 degree turns.



3. Continue to practice all walking movements with the assistance of another person until you are comfortable and can safely walk on the stilts.

## **MAINTENANCE**

1. All moving parts of the stilts should be lubricated with graphite powder to extend the life of the stilts.
2. All components of the stilts should be checked for excessive wear before each use. All components are replaceable or serviceable and are available through your dealer. Refer to the parts list to identify the Diamond Wall stock number for all parts.
3. Make sure that the nuts and bolts for the Tru-Stride support bar always remain tightly fastened. This should be checked before EVERY use.



**Always use Tru-Stride replacement parts. Do not use substitutions of parts. Do not modify any part or any method of assembly of your stilts.**

**Replacement Parts List**

<b>Item No.</b>	<b>Description</b>	<b>Item No.</b>	<b>Description</b>
TS1	Leg band with pads	TS26	Floor plate
TS2	Leg band spacer	TS27	1/4" - 20 x 1 1/8" cap screw
TS3	1/4" - 20x2 Flat head machine screw	TS28	1/4" - 20 x 1 3/4" cap screw w/ square nut
TS4	Leg strap	TS29	Side pole cap clamp
TS5-24	Upper side pole (2440 only)	TS30	Side pole support clamp
TS5-18	Upper side pole (1830 only)	TS31	3 mm clamp bracket
TS5-15	Upper side pole (1523 only)	TS33	Upper side pole cap plug
TS6	1/2" machine screw w/ nut	TS35	Strap mounting screw
TS7	Arch strap	TS37	Sole mounting screw
TS8	Toe strap	TS42	Wing bolt
TS9	Foot plate	TS44	Lower coil spring
TS10	Heel bracket	TS45	Entire spring assembly
TS11	Leg plastic bearing	TS46	Replacement sole
TS12	1/4" flat washer	TS47-15	Forward adjustable leg extrusion (1523 only)
TS13	1/4" -20 locknut	TS 47-18	Forward adjustable leg extrusion (1830 only)
TS14	1/4" -20 hexnut	TS 47-24	Forward adjustable leg extrusion (2440 only)
TS15	Spring adjuster	TS48	Downward nylon sleeve
TS16	Upper coil spring (darker color)	TS49	Top stopping small nylon sleeve
TS17	2 3/4" x 3/4" strap mounting plate	TS50L15	Left rear leg extrusion (1523 only)
TS18	Nylon spring bearing	TS50R15	Right rear leg extrusion (1523 only)
TS19	8 x 3/8" self threading screw	TS50L18	Left rear leg extrusion (1830 only)
TS20	Spring divider	TS50R18	Right rear leg extrusion (1830 only)
TS21	Large leg band support washer	TS50L24	Left rear leg extrusion (2440 only)
TS22	1/4" x 7 7/8" stud thread both ends	TS50R24	Right rear leg extrusion (2440 only)
TS23-15	1" lower side pole (2315 only)	TS51-18	Inner extension rectangular tube (1830 only)
TS23-18	1" lower side pole (2318 only)	TS51-24	Inner extension rectangular tube (2440 only)
TS23-24	1" lower side pole (2440 only)	TS51-15	Inner extension rectangular tube (1523 only)
TS24	1/4" - 20 1 1/2" cap screw	TS52	Leg, toe, arch strap set
TS25	1/4" - 20 x 1 3/4" cap screw	TS56	Strap mounting screw package

**SPECIFICATIONS**

<b>Type</b>	<b>Minimum Height</b>	<b>Maximum Height</b>	<b>Weight</b>
<b>DW 1523</b>	<b>15 in.</b>	<b>23 in.</b>	<b>12.8 lbs</b>
<b>DW 1830</b>	<b>18 in.</b>	<b>30 in.</b>	<b>13.7 lbs</b>
<b>DW 2440</b>	<b>24 in.</b>	<b>40 in.</b>	<b>15.4 lbs</b>