

# A helping foot - for skiers on crutches

A UK company is distributing a device which helps people get fit for skiing again when they'd normally be restricted by being on crutches. The iWALKFree design restores independence and mobility to people who have a non weight-bearing ankle or foot injury. A combination of soft Velcro straps and a knee platform keeps the device in place. Unlike traditional crutches, which require the use of both arms to enable movement, an iWALKFree user has full use of their arms and hands.

The device has already transformed the lives of North Americans suffering from foot and ankle injuries – particularly the rehabilitation process for skiers and snowboarders. Jerry Jones, from Poole, Dorset says: "I broke my ankle in Val d'Isère. I wasn't even skiing at the time - I came a cropper on an icy pavement. Even so, I was on crutches for six weeks. Conventional crutches are incredibly inconvenient, particularly if you're self-employed. I couldn't even get around a hospital – my first visit to the fracture clinic saw me sprawled on the floor in front of reception after my crutch slipped in a puddle.

"It was incredibly difficult to work, shop, cook and get on with my life. A friend pointed me at the iWALKFree crutch and I bought one at once. I got back the use of my hands and could live almost a normal life again. I strapped it on, spent an hour lurching around, and could see the benefit immediately. I was so impressed that I offered to act as the UK distributor. I'm genuinely evangelical about this product. There are other walking aids on the market, but nothing as liberating as this."

For more information: [www.peglegs.co.uk](http://www.peglegs.co.uk)

**Jerry Jones: Back on skis more quickly**

