

M+D Crutch “Elbows not Armpits”



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Despite the many technological advancements of the present day, crutches continue to conform to a design developed decades ago. However, long-term use of crutches lead to significant discomfort on the shoulders, wrists, and underarms. By switching to elbows as opposed to armpits and complete with shock absorbing features, the M+D Crutch makes the experience less painful.

The design was inspired by a personal story. Max Younger, designer of the M+D Crutch and Co-founder of Mobility Designed, grew up seeing his father struggle with the use of crutches. Subsequent to his father’s permanent use of crutches, Younger made it his life’s mission to improve his father’s quality of life with a crutch design with reduced pain and stress.

The crutches also include features such as interchangeable feet to suit all types of weather, flexible arm straps that can be customised to each user’s arms size and allows for quick release and a shock absorbing design. M+D Crutches can

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also be used by users 4’11” to 6’8” in height and up to 300 lb in weight.

The M+D Crutch balances the user’s weight through the elbows and forearms, thus relieving any strain from hands, wrists and underarms. To allow more freedom of motion, the crutch is equipped with a rotating handle for hands-free walking and includes a hinged arm support.

The crutches were developed with the purpose of elevating the living standards and mobility of those who use such aids. Users who have had first hand experience with the M+D Crutch vouch for its ability to minimise the discomfort felt in using crutches, especially in terms of the shock felt during the continuous collision between the crutch and surface during use.



“With the M+D Crutches I feel as though users will be able to walk taller with a product whose sole design is to make mobility easier for those who need it most,” says Kevin, who has been a constant user of crutches due to Spina Bifida Myelomeningocele.

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“With the M & D Crutches, you have to think about them as an extension of your arms and not some clunky mechanical piece of metal like the standard crutch. It took me about 10-15 minutes of use to get the hang of it and the way they feel is incredible,” adds William, who requires the use of crutches after a hip surgery.

The developers of M+D Crutches and Mobility Designed, believe the product will change the quality of life of many people. They have stepped into the future to redefine mobility. A fact many users bear testimony to.

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