

Safety

**Refer to the manufacturer's manual or website for more information about your equipment.*

- + Make sure all 4 legs of the walker are on the ground before use.
- + Have at least part of your body inside the walker frame to support your weight.
- + Keep good posture by not leaning over the walker.
- + If you are sitting and want to stand, don't use your walker to pull yourself up. Push up from your seat into a standing position instead.
- + Do not use your walker on stairs or escalators.
- + Watch out for tripping hazards such as cords, water, toys, or rugs on the floor.
- + Use caution when moving from a type of floor to another such as carpet to hard wood.

Set Up

Unfolding

Pull the side frames open and listen for the click as the frames lock into place.

Folding

Push down on the red tab on top of the cross bar, then swing in the side frames inward.

Height Adjustment

**NOTE: Refer to the manufacturer's manual or website for specific instruction if your walker is different.*

1. While standing with good posture and arms hanging by your sides, the handles should be at the height of your wrists.
2. To adjust the height of the walker, change the length of each leg.
3. Push the pin in on the leg of the walker and pull or push the leg in or out as needed. Make sure the pins snap back into place. Be sure to check that each leg is the same length.

How to Use

1. Stand in the middle of the walker.
2. Grasp the grips on each handle on each side of the walker with both hands.
3. Push the walker forward at an arm's length that feels comfortable.
4. Step forward with one leg into the middle of the walker. If one leg is weaker than the other, move the weaker one forward first. Make sure to keep both hands gripped on the handles.
5. Bring your other leg forward next to your first leg. If you are bringing your stronger leg forward, keep most weight off your weak leg. Use your arms and the walker to support some of your weight.
6. You should now be in the middle of the walker. Repeat the steps.

Tips

- + Keep elbows bent slightly to maintain good posture.
- + Watch what is ahead of you.
- + To change direction, you may have to lift the walker.
- + Your physical therapist may correctly adjust the walker to meet your needs.
- + Glides may be used on the back legs of the walker which may reduce wear on carpet.

Cleaning

- + Wipe parts with a damp cloth as needed.
- + Check on the tips of the back legs of the walker and replace when they become worn.