

# WALKER/ROLLATOR



**PURPOSE:** Walking aids are designed to give the user added stability and when used properly, increased independence. Your physician has ordered your walking aid for a specific reason. If your physician has given you specific instructions, you must follow them specifically. If you have not seen a therapist or physician, please do so.

**TYPES:** Walker/rollators come with seats, brakes, baskets, and wheels. Make sure you read and understand all manufacturers' operating instructions. All walker/rollators fold up for compact storage. Most walker/rollators have a 250-300 pound weight limit. Check your medical equipment supplier for the specific weight requirements for your walker/rollator; heavier duty models are available by special order.

**FITTING:** A properly fitted walker/rollator is adjusted for height when wearing the shoes you will be wearing while walking with the walker/rollator. The top of the handgrips should be approximately at the hip joint and the elbows will be slightly bent (20-30 degree angle). Make sure all walker legs are adjusted to the same height.

**WHEELS & BRAKES:** Because walker/rollators have four wheels, they must have a braking mechanism due to the possibility of losing balance. Braking mechanisms vary in their performance and braking ability; the user must comply fully with manufacturers' operating procedures.

**USE:** Your wrists must be straight and firmly grasping the handgrips. Your first step should be even with the back two legs of the walker/rollator, followed by a second step into the middle of the walker/rollator. The walker/rollator is then rolled forward, stepping through the walker (exactly the same as a normal walk). The feet do not meet side by side unless stopping for a reason. The brake on your walker/rollator must be fully engaged when utilizing the seat. **Your walker/rollator is NOT to be used as a wheelchair or a transport wheelchair. Use seat for stationary seating only. Never sit and push with your feet. Do not go up or down stairs or use on escalators. If it is used in such a manner and breaks, the warranty is void.**

**SAFETY:** Use extra caution for mobility risks and risks of falling, including:

- **Poor lighting:** Use of nightlights, flashlight by bedside, lamps or light switch that can be reached easily.
- **Poor walk spaces:** Fix loose floorboards, paint uneven floors, use wet floors signs, keep snow and ice cleared from entrances, ensure carpet is firmly attached to the stairs, do not walking in stocking feet, and remove loose rugs, clutter, cords, and excess oxygen tubing.
- **Equipment:** Replace worn or cracked walker, crutch, and cane tips, use colored oxygen tubing on light carpet, and tighten loose handrails.
- **Bathroom:** Install grab bars, use bath mats with suction cups, and use elevated toilet seat.
- **Medications:** Be aware of medications that may cause dizziness, drowsiness, and unsteadiness.

**MAINTENANCE:** The wheels on your walker/rollator are very important and you should inspect them regularly. Worn or damaged wheels must be replaced immediately. Braking mechanisms should be checked for braking ability at least monthly. If your walker/rollator does not brake completely, please bring it to the store where you purchased it so adjustments can be made.