

Four Wheeled Walker

What is a Four Wheeled Walker Used For?

A four wheeled walker is a lightweight frame that is used to provide walking support with the added advantages of swivel front wheels and a temporary seat.

How Do I Adjust the Walker Height?

- Stand with your shoulders relaxed and your arms hanging loosely at your sides.
- The handlebar height should be at the crease of your wrist when your arms are relaxed at your sides (Figure 1).
- Loosen the knobs on the outside of the handlebars (Figure 2). For some models this may be sufficient to allow you to raise and lower the handlebars. If so, move the handlebars to the desired height. Tighten the knobs.
- If the walker has bolts which go through the handlebars, remove them and then move the handlebars to the desired height. Re-install the bolts and screw the knobs to the bolt. The knobs should be on the outside of the handlebars. Some frames have a hexagonal hole for the bolt head to fit into. Ensure the bolt head is properly aligned with hole before tightening fully
- The seat is not adjustable.

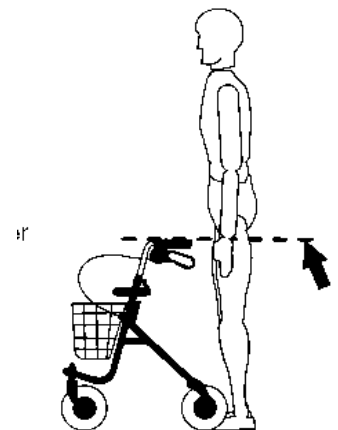


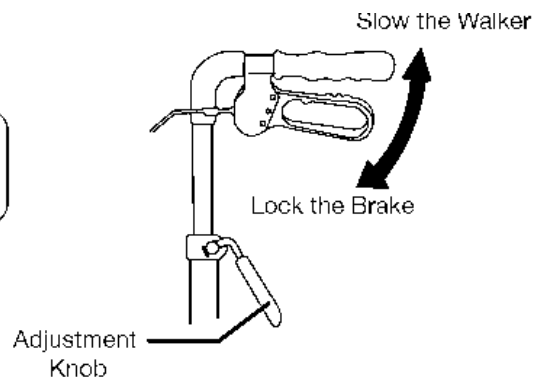
Figure 1:
Correct sizing

How Do I Use the Four Wheeled Walker?

- Lean on the walker, allowing it to roll forward with control as you step forward.
- To slow the walker down, squeeze or pull up on the handbrake (Figure 2).
- Before using the seat, activate the parking brake by pushing down on the handbrake (Figure 2). To release the brake, carefully squeeze the brake handles again, being careful not to pinch your fingers.

WARNING Do not use the walker on stairs or escalators. Pay special attention on ramps or slopes.

Figure 2:
Handbrake Positions and
Adjustment Knob



Sitting on the Walker

- To sit on the walker, turn around and back up until you feel the seat touch the back of your legs

WARNING Always lock the brakes of the walker before sitting or standing up.

- Reach back and place your arms on the handles of the walker.
- Sit down slowly and carefully

WARNING The walker is not intended to be used as a wheelchair. Do not move the walker when sitting in it.

Loading the Basket

- If the walker has a basket, be sure it is securely hooked on to the cross rail before putting anything in it.

WARNING Do not overload the basket. An oxygen tank or other awkward load should be fastened down.

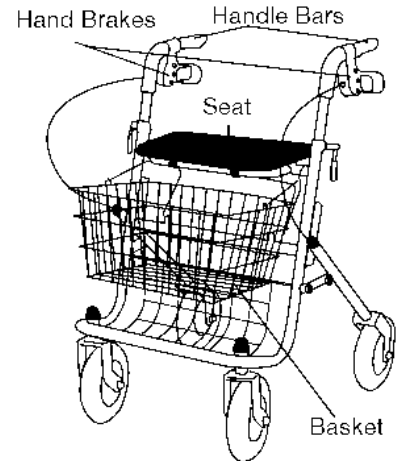


Figure 3:
Four Wheeled Walker