

Front Wheeled Walker

Your front wheeled walker is designed to provide support to you as you walk. The walker has been adjusted to your height and should always be set at this level. When you are standing at the walker, the bend of your wrist should be at the level of the handholds. When you hold the walker, your elbows should be slightly bent. Your walker can be folded for storage or for transport in a car. For your safety please follow these guidelines:

- ◆ To use the walker, lift the back and roll it forward on the wheels to a comfortable distance. Put the back legs firmly on the floor (the walker should not roll at this point). Step forward into the walker, using the handholds for support. The wheels are designed to assist with movement of the walker without having to lift it.
- ◆ Remove loose rugs and cords that may cause you to slip or trip while using the walker.
- ◆ Make sure that all four legs of the walker are the same height and completely locked in place. Use glide tips indoors only, not outdoors. Take short steps when using glide tips.
- ◆ Avoid placing any baskets, purses, or bags on the front of the walker so that it will not tip.
- ◆ If you use oxygen, take particular care to avoid tripping over the oxygen tubing while using the walker.
- ◆ Check the rubber tips or glide tips on the walker's legs periodically to make sure they are not worn, ripped, or missing.
- ◆ Clean your walker periodically with a damp cloth. Wheels should be cleaned with warm water and a mild cleanser. Lubricate the wheels with 3-in-1 oil if they squeak.
- ◆ Do not use the walker around stairs and take extra care when using your walker around steps.
- ◆ When unfolding your walker, make sure that it locks into place.

