

Folding Walker

Set Up

- Check your equipment to make sure you have all accessories that were ordered for you. If you are missing anything, contact your equipment provider immediately.
Adjust telescoping legs to fit your height. A 30 degree bend in the elbow is desirable, which will place the handgrips slightly above your wrists (if the arm was straight at your side).

Using Your Equipment

- Before each use, always check to make sure your walker is in the open locked position. (See Special Procedures: Opening Walker.)
- Begin with small steps and eventually you will gain confidence as you become more comfortable with your walker.
- Do not step completely into the walker; rather keep it slightly in front of you at all times.
- Hold hand grips firmly and equally at all times.
- Avoid ice or slippery conditions that may cause the feet of your walker to slide.
- When going up or down a flight of stairs, your walker may be used in the folded position like a cane. Your delivery technician and/or your physical therapist can train you for this. (For a single step, see Special Procedures: Climbing a Single Step & Stepping Down a Single Step.)

Frequent Replacement Items

- Tips may need to be replaced depending on usage. **Picture 1**)
- Handgrips may need to be replaced depending on wear, splits or if they rotate on the tubing.



Picture 1

Maintenance

- You should clean your walker as necessary and keep tips free of debris.
- Do not use your walker in the shower; this may cause equipment to corrode.
- Check that handgrips remain secure around the walker frame.
- You may need to lubricate hinges and/or wheels by using a light silicone spray (i.e. WD40)
- If tightening and/or adjusting are required, contact your provider.

Safety Issues

- Inspect your walker grips monthly for splits or looseness.
- Be aware of snow, ice, and loose gravel, which may cause you to lose balance.
- Keep all walkways free of clutter and/or rugs, which could interfere with walker use.

Tips, Safety & Maintenance

Special Procedures

- **Opening Walker:**
 - Rotate the frames on right and left sides outward until the release mechanisms click into the locked position. (Diagram 1)
 - Check security of frame by gripping both sides and attempting to fold sides inward. Walker should remain locked in open position.
- **To Fold the Walker**
 - Press down on each release button and rotate right and left sides inward behind the front crossbar.
- **Sitting:**
 - With your walker directly in front of you, place your least affected leg against the front of the chair. Place your weight on this leg.
 - Remain facing forward. Lift your other leg off the floor and grasp both armrests on the chair with your hands.
 - Slowly lower your body into the chair and adjust yourself back into the chair.
- **Rising:**
 - Slide forward in your chair with your walker locked open in front of you.
 - Place your least affected leg directly in front of the edge of the seat and bring your other leg forward.
 - Push yourself up to a standing position using the chair armrests.
 - Grasp your walker securely with your first free hand, then with the other.



Diagram 1