



BASIC LESSONS
FOR UNDERSTANDING
EQUIPMENT



Rollator Walker

Model #: _____

Provider Name: PULMONARY ASSOCIATES

Serial #: _____

Phone #: 866-502-1006

Date: _____

Contact Person: _____

Setting up your equipment:

- 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.
- Consult with your physician or therapist to determine the proper height of your rollator and usage. A 30° bend in the elbow is desirable.
- Read the entire equipment manual for a full explanation of the equipment.

Using your equipment:

- Before each use, always check to make sure your rollator is in the open position. (*See Special Procedures: Opening/Closing Your Rollator Walker.*)
- Please observe the maximum weight capacity for your model of rollator.
- Begin with small steps and eventually you will gain confidence as you become more comfortable with your rollator.
- Do not step completely into the rollator; rather, keep it slightly in front of you at all times.
- The wheels must be in contact with the floor at all times during use.
- Hold the hand grips firmly and equally at all times.
- Do not use the rollator as a wheelchair or transport device. The rollator is not intended to be propelled while seated.
- Do not use the rollator to transport or carry anything.
- Avoid ice or slippery conditions that may cause the rollator to slip, causing injury to your or damage to the equipment.

Maintenance:

- Clean your rollator as necessary.
- Replace any broken, damaged or worn items immediately.
- Check that the handgrips remain secure around the rollator frame.
- The brakes should be checked periodically to ensure proper function.
- If tightening and/or adjustments are required, contact your provider.
- Periodically inspect the wheels for wear and damage. Also look to see that the wheels are free of debris.
- Do not use your rollator if any parts are damaged. Call your provider for repairs.



Special Procedures:

Diagram 1

- Opening/Closing Your Rollator Walker:
 - Unfold the rollator by pushing down on the support rod. (Diagram 1)
 - Lower the seat down into place.
- Closing:
 - Remove the basket and lift the seat up.
 - Pull up on the support rod until the frame is fully collapsed.
- Sitting:
 - Push the rollator to the area where you want to sit.
 - Lock the brakes.
 - Carefully sit down.
 - Do not rock or use the rollator as a wheelchair while sitting on the seat.
 - The backrest is intended to provide back support; it will not support your full weight.
- Standing from a Seated Position:
 - Confirm that the breaks are set, then grasp both side handles and carefully lift yourself up into a standing position.
- Using Hand Brakes (dependent on the model):
 - To engage the break, pull up on the brake handles. To lock the hand brakes in the “on” position, push down on the brake handles until they lock into place.
 - Release the brake handles by pulling up slightly on the handles until the brakes release.
 - Caution: The brakes are not intended to be used for stopping the walker while you are walking.
- Adjusting Height:
 - Consult your physician or therapist to determine the proper adjustment and usage.
- Reaching for objects:
 - Do not reach for objects if you have to move forward in the seat. Reaching for objects can cause a loss of balance and may cause the unit to tip, resulting in injury to you or damage to the rollator.

Support Rod



Safety Issues:

- Inspect your rollator grips monthly for damage. Do not twist the hand grips; they are not meant to be twisted.
- Be aware of snow, ice, and loose gravel, which may cause you to lose balance.
- Keep walkways free of clutter or anything that could interfere with your use of the rollator.
- Extreme temperature (above 100 degrees F or below 32 degrees F) can damage your rollator. High humidity and water can also damage your rollator.
- Do not hang anything from the frame other than the basket or tote. Put no more than 10 pounds worth of items in your basket or tote.

Please contact your equipment provider for any questions, adjustments, or repairs.

Your local provider:
PULMONARY ASSOCIATES
866-502-1006



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