



### *Folding Walker*

Model #: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Serial #: \_\_\_\_\_

Phone #: \_\_\_\_\_

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.
- Adjust telescoping legs to fit your height. A 30° 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.



### 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.
- Climbing Up a Single Step:
  - If facing forward, place your walker on the step. Then step up with your **least** affected leg. Follow with your other leg.
  - If facing backward, back up to the step. Then step up with your **least** affected leg. Follow with your other leg and the walker.
- Stepping Down a Single Step:
  - Place walker on step below and step down with your **most** affected leg. Follow with your other leg.

Diagram 1: Dual Release



### 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.

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

Your local provider:



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