Intermountain® Healthcare

HOMECARE SERIES

Knee Walker — *Use and Care Guidelines*

A knee walker will increase your mobility during your recovery from foot or ankle surgery or injury.

Safely use your knee walker

Improper use of this equipment can lead to unstable handling. Please use with extreme caution.

- Wear a non-slip shoe on your non-injured foot
- Do not use the walker to pull yourself up from a seated position
- Periodically check to make sure clamps, pins, nuts, bolts, etc. are not loose or missing
- Do not use near stairs
- Do not use under the influence of drugs or alcohol
- Use caution when moving from one surface type to another (e.g., from carpet to hard floor or throw rugs)
- Use caution when changing surface levels (e.g., from a sidewalk curb to the street or ramp)
- Avoid sharp turns
- Control speed while going down sloped surfaces
- Do not exceed manufacturer's weight limitations (see sticker on equipment)

Adjust the knee walker to fit you

Rotate the knee platform to the correct side

Remove the platform pin located beneath the platform. Rotate the platform so its edge aligns with the edge of the frame of the walker on the side of your non-injured leg. From behind the walker, the platform will be off-center to the right for a left leg injury and off-center to the left for a right leg injury.

Set the desired height of the platform

Adjust the height of the platform to a comfortable position and secure the platform pin.

Attach knee pads if necessary

Some knee walkers have removable pads on the platform. The larger pad should be to the front and the smaller pad to the back.

Adjust height of the hand grips. Remove the pin (release the clamp on older models) on the mast pole and slide the handle bars to a comfortable position — about waist level. Then secure the pin (or clamp).

Get moving... slowly

To be successful with the knee walker, use common sense, practice, and gradually increase the time you use it. This will allow you to increase your skill, to increase your confidence in using the walker, and to become physically conditioned.

1. Stand on the side of the scooter where your pushing foot will be.
2. Place your hands on the handlebars and engage the brake.

3 Place the knee of your injured leg or foot on the front padding of the platform.

4 Rest your lower leg on the padding at the rear of the platform.

5 Release the brake and carefully propel yourself forward or backward with your pushing foot.

6 Keep the knee of your injured foot centered on the front of the platform.

Other Tips

- Move slowly so that you can stop safely using your pushing foot.
- The hand brake is designed to maintain a stopped stance — not to stop motion.
- When braking, the braking wheel must be in contact with the floor and it works best with weight on the walker.
- To set the parking brake, press the brake lever down. (On older models, press the brake lever and depress the button on the top of the lever.)
- To release the parking brake, pull up on the brake lever. (Press the brake lever on older models.)

Questions

Refer to the manufacture's website for further information about your equipment. Call Intermountain Homecare if you experience any problems with your knee walker.

Intermountain® Homecare

Content created and approved by Intermountain Homecare

© 2012-2013 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at **intermountainhealthcare.org. Patient and Provider Publications 801-442-2963 FSHC011 - 05/13**