

Folding Wheeled Walker: Training and safety guidelines

For your safety

Following these guidelines will help keep you safe as you use your walker.

- Make sure all 4 legs of the walker are on the ground before taking a step.
- Always have at least part of your body inside the walker frame to support your weight.
- Work at keeping a good posture — don't lean forward over the walker.
- If you are sitting and want to stand, don't use your walker to pull yourself up. Instead, push up from your seat into a standing position.
- Do not use your walker on stairs or escalators.
- Watch out for tripping hazards such as electrical cords, water, toys, or throw rugs on the floor.
- Use caution when moving from 1 type of flooring to another (for example carpet to tile).

Refer to the manufacturer's website if you would like further information about your equipment. It can be found on the information that came with your walker.

How to set up your walker

Unfolding

Pull the side frames open and listen for the click as the frames lock into place.

Folding

Hold down the tab on the top cross bar, then swing in the side frames toward the center of the walker.



Adjusting the height

Adjust the walker to the proper height to maintain good posture and balance.

When you are standing as straight as possible and your arms are hanging at your sides, the handles of the walker should be at the height of your wrists.

Adjust the height by changing the length of each leg near the end. Push the pin in on the leg you are changing and pull the leg out or push it in as needed. Make sure the pin snaps back into place. You should see the pin sticking out about ¼ inch through a hole after you have made the proper adjustments. Some walkers use a different method for adjusting the leg length. Read the manufacturer's instructions if your walker is different.

How to use your walker if both your legs are equally strong

- Stand in the middle of the walker.
- Grasp the grips on each side of the walker with both hands.
- Push the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes.
- Step forward with any leg into the middle of the walker. Continue to grasp the walker grips with both hands.
- Then bring your other leg forward until it is next to the first one. You should now be in the middle of the walker again. Repeat the steps.

How to use your walker if one of your legs is weaker than the other

- Stand in the middle of the walker.
- Grasp the grips on each side of the walker with both hands.
- Push the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes.
- Step forward with your weak leg into the middle of the walker. Continue to grasp the walker grips with both hands.
- Bring your strong leg forward until it is next to your weak one. While you are bringing your strong leg forward, keep much of your weight off your weak leg. You can do this by using your arms and the walker to support some of your weight.
- You should now be in the middle of the walker again. Repeat the steps.

Other Tips

- Keep your elbows bent slightly to help maintain good posture.
- Keep an eye on what's ahead of you.
- To turn or change direction, you may need to lift the walker.
- Your healthcare professional may adjust the walker to meet your particular needs.
- Glides may be used on the back legs of the walker and may reduce wear on your carpets. You can get them through Intermountain Homecare and Hospice.

Cleaning and Maintenance

- Wipe with a damp cloth once a week or more often if it gets dirty.
- Check the tips on the back legs of the walker often and replace them when they become worn. New tips are available from your medical equipment supplier.

**Call Intermountain
Homecare & Hospice
if you experience any
problems with your walker:
1-800-527-1118**

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