

# Knee Walker:

## Training and safety guidelines

### Adjusting your knee walker to fit

Before using your knee walker, you will need to adjust it to fit your body correctly. To get started:

- 1 Position the platform so it is closer to your healthy (good) leg.** Remove the platform pin located beneath the platform. Turn the platform so its edge aligns with the edge of the frame of the walker on the side of your healthy leg.
- 2 Check the position of the platform by looking at the walker from behind.** The platform will be more to the right of the center for a left leg injury and more to the left of the center for a right leg injury.
- 3 Adjust the height of the platform to a comfortable position,** and put the platform pin back in place to hold it there.
- 4 Attach knee pads (if necessary).** Some knee walkers have removable pads on the platform. The larger pad should be in the front and the smaller pad should be in the back.
- 5 Adjust the height of the handlebar** by removing the pin (or clamp on older models) on the mast pole. Slide the handlebar to about waist level. Then, secure the pin (or clamp) to hold them in place.



## Using your knee walker

To safely use your knee walker:

- 1 Stand on the side of the walker where your pushing foot will be.
- 2 Place your hands on the handlebar and squeeze the handbrake. The handbrake is designed to help you to stop and stay stopped. If your model has a parking brake, press the brake lever down.
- 3 Place the knee of your injured foot or ankle centered on the front padding of the platform.
- 4 Release the handbrake and carefully move forward or backward with your pushing foot. (If your model has a parking brake, be sure to pull up on the brake lever before releasing the handbrake.) Move slowly so that you can stop safely using your pushing foot.
- 5 When braking, the braking wheel must be in contact with the floor. It works best when you put weight on the walker.

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

## Staying safe

To stay safe and prevent further injury when using your knee walker, follow these precautions:

- Wear a non-slip shoe on your non-injured foot.
- Do not use the walker to pull yourself up from a seated position.
- Check the clamps, pins, nuts, and bolts now and then to make sure they are not loose or missing.
- Do not use near stairs or escalators.
- Do not use your knee walker if you have been drinking alcohol or using opioids or street drugs as these substances can make you unsteady.
- Take extra care when moving from one surface type to another (for example, from carpet to tile or from hardwood to a throw rug).
- Take extra care when changing surface levels (for example, from a curb to the street or ramp).
- Don't make sharp turns. You could tip over.
- Use the brake to control your speed while going downhill.
- Do not go over the manufacturer's suggested weight limitations (see the sticker on the equipment).

To find more information about your equipment, go to the manufacturer's website.

Content created and approved by Intermountain Homecare & Hospice

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。