Front Wheeled Walker

Fit and walking guidance for your walker



APPLICATION

- Stand behind the walker with your arms and hands hanging at your sides and both feet in line with the rear supports.
- Adjust the height of the walker handles so that they are even with your hip joint and wrists.
- When you stand straight and grip the handles, your arms should be slightly bent at your elbows (approximately 20 to 30 degrees).
- Keep in mind this is a “general measurement” since there are all kinds of users.
- No adjustments need to be made once fit by a healthcare provider.

WALKER USE

- Look forward when walking, not down at your feet.
- Push the walker slightly in front of you, making sure all 4 tips are touching the ground.
- Step forward with your weak side first, then with the other leg.
- Repeat these steps, moving slowly, maintaining upright posture.
- When going from standing to sitting, back up until the seat touches the back of your legs.
- Do not pull the walker to help stand up. Keep all 4 tips on the ground at all times.
- Be sure you feel steady before moving forward.

CARE

- Wipe clean as needed with a damp cloth.

Note: *If you feel unsteady, dizzy, or experience increased pain while using your walker, stop and contact your healthcare provider.*