



3 Wheel Walkers



This information is a general guideline. Use mobility aids only as directed by your healthcare provider.

How to Use a 3 Wheel Walker

- Make sure the brakes are on - most lock by pushing the levers down.
- Stand tall with both feet in line with the rear wheels
- Elbows should be slightly bent in a natural position
- Release the brakes and walk forward with the walker - Try to maintain a natural walking position, do not lean forward or have the walker too far in front.
- Lock the brakes when getting into/out of chair, couch, bed or car.