



4 WHEEL WALKER



This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

Note: When opening/unfolding the walker make sure the legs are locked in position before use. On some models, press down on the hand grips until you hear the walker lock. On models with side braces, press the braces down to the locked position.

There are four main activities that you need to perform safely when using your walker. These are: walking/turning, sitting down, and standing up.

Walking with a Wheeled Walker:

1. Place your walker ahead of you before you take any steps.
2. Gently roll the walker ahead of you as you walk. Keep the walker close enough to you that it is supportive.
3. To turn around: stay within the width of the walker even if you are slightly behind. Roll the walker around you without twisting your back – you should always be facing the front of the walker.
4. When standing in the kitchen and bathroom: use the counters for your support rather than the walker – but keep the walker within reach.

Preparing to Sit Down:

1. Stand directly in front of the seat, facing away from it. The back of your legs should be almost touching the chair. Do not start to sit until you are balanced and standing still and the brakes are locked.
2. Reach behind for the seat with both hands (preferred) or with one hand and one hand on the walker. Do not tip the walker by placing too much weight one side as you sit.
3. Slowly lower yourself using your legs as much as you can.

Preparing to Stand Up:

1. Lock the brakes.
2. Place both hands on the arms/seat OR one hand on the chair and one hand on the walker. Do not tip the walker by placing too much weight on one side of the walker as you stand.
3. Lean forward until you feel some of your weight on your feet.
4. Use your legs to stand as much as possible – your arms should only lift what your legs cannot. Use your arms mostly to help keep your balance as you stand.
5. Do not walk forward until you have tested your balance and you feel strong enough to walk.
6. Disengage the brakes.