

Four wheeled walker with hand brakes A user guide



The four wheeled walker is designed to assist you with your walking by giving you a large base of support. It has a basket, a seat and is height adjustable. It's also lightweight, can be folded and has a hand operated braking system.

Adjusting the height of your four wheeled walker

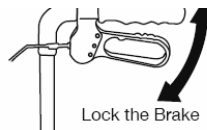
1. Stand with your shoulders relaxed and arms by your side
2. The handlebar height should be at the crease of your wrist
3. Loosen the knobs on the outside of the handlebars to raise or lower the height
4. Tighten the knobs once you find the desired height of the handlebars

Getting up from a chair



1. Place the four wheeled walker in front of your seated position

2. Lock the brakes (i.e. down position)



3. Pull feet back with hands on arm rests of the chair

4. Lean forward, push up from arm rests

5. Stand up

IMPORTANT: Don't pull on the handles of your four wheel walker to stand up as it may tip/overbalance

Walking with your four wheeled walker



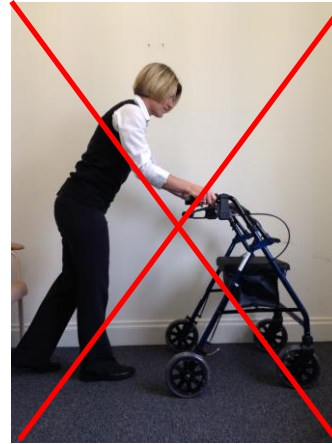
1. Stand upright and get your balance



2. Unlock the brakes



3. Walk in the middle and close to the four wheeled walker



Do not walk with four wheeled walker too far ahead of you



Do not walk to the side as you may kick the leg of the walker or get scratched by the frame. It can also tip over.

- ✓ Squeeze the handbrakes to slow the four wheeled walker down
- ✓ Take care when walking with the four wheeled walker on slippery or uneven surfaces, grass, slopes and ramps

CAUTION: **X DO NOT** leave your walker in the sun. It may become too hot to touch and the seat could be damaged

- ✓ Check your brakes regularly

Turning with your four wheeled walker



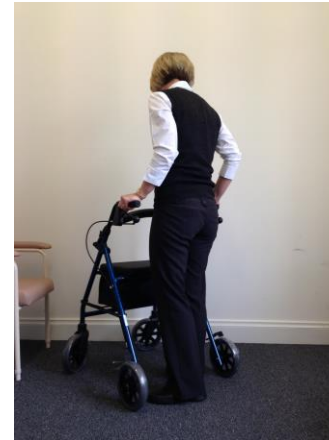
1. Grasp onto handle bars



2. Control the walker as you step and turn around in a large arc



3. Keep your feet between the wheels when turning



4. Turning towards your stronger leg will help support you

CAUTION: Avoid twisting on your leg when turning

Sitting down into a chair with your four wheeled walker



1. Walk back until you touch the chair with the back of your legs



2. Lock the brakes (i.e. down position)



3. Reach your arms back and down onto arm rests of the chair



4. Lean forward, poke your bottom out and slowly lower into chair

Sitting down on the seat of your four wheeled walker



1. Position the four wheeled walker against a fixed object e.g. a wall



2. Lock the brakes (i.e. down position)



3. Turn around slowly, reach down and hold the handlebars of the four wheeled walker



4. Sit down slowly and carefully

Standing up from the seat of your four wheeled walker



1. Lock the brakes (i.e. down position)



2. Push up with your hands on the handlebars



3. Lean forward, stand up and get your balance



5. Turn around slowly, using the handlebars for support