

## Walker: Standard and Two-Wheeled

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

### What is a Walker Used For?

A walker is a lightweight metal frame that is used to provide walking support.

### How Do I Adjust the Walker Height?

- Stand with your shoulders relaxed and your arms hanging loosely at your sides.
- The walker height should be at the crease of your wrist when your arm is extended (Figure 1).

#### To adjust the walker:

- Depress the spring button on a leg and slide the leg up or down.
- Engage the spring button into the hole that provides the correct height.
- Repeat for each walker leg, making sure that the walker is level.

**!** **WARNING** Do not move walker wheels to inside of legs or to the back legs.

### How Do I Use the Walker?

**!** **WARNING** If you are using a folding walker, make sure that it is locked open prior to use.

**!** **WARNING** Ensure the walker sits level, and all legs are adjusted to an equal height.

**!** **WARNING** Ensure that the spring buttons are fully engaged in the adjustment holes.

**!** **WARNING** Do not use the walker on stairs or escalators.

**!** **WARNING** Indoor use only. Using outside will wear down tips and cause permanent damage.

#### Sitting

- Back up until you can feel what you want to sit on (bed, chair, toilet) touch the back of your legs.
- Reach back and place your arms on the arm rest of the chair. If there are no arms, reach at least one of your arms back to the seat.
- Sit down carefully and slowly.

**!** **WARNING** Do not hold onto the walker with both hands when in the process of sitting down or standing up. It may topple over.

#### Walking

**!** **WARNING** Do not “rock” the walker by pushing one side forward and then the other side without lifting the walker.

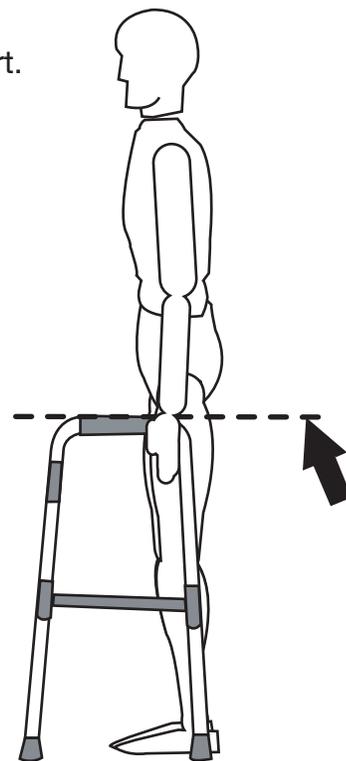
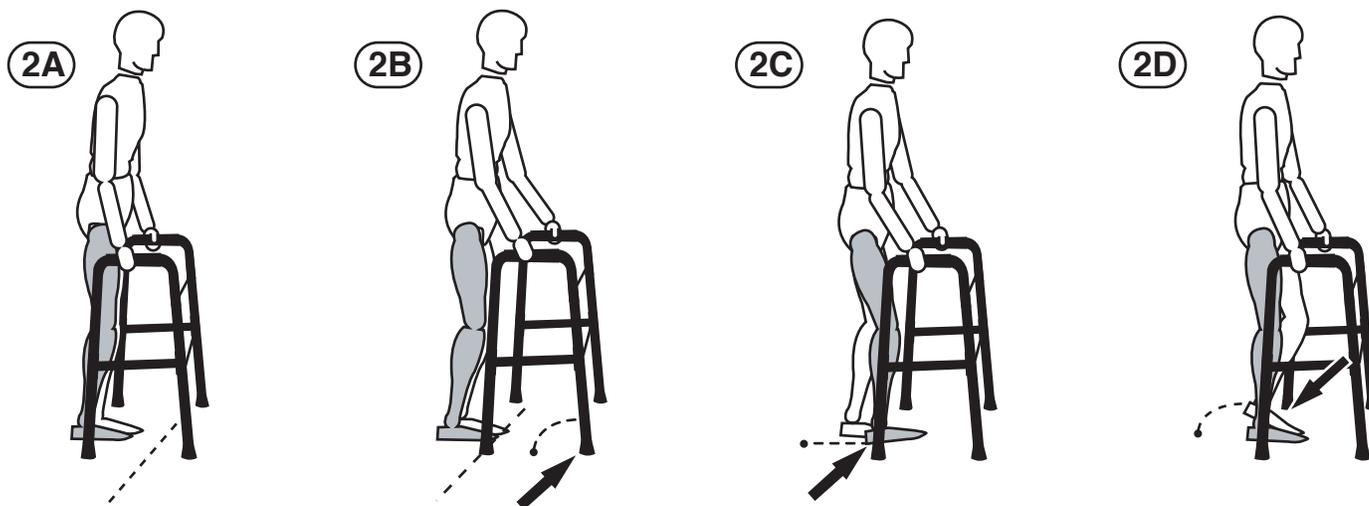


Figure 1: Correct sizing on standard walker

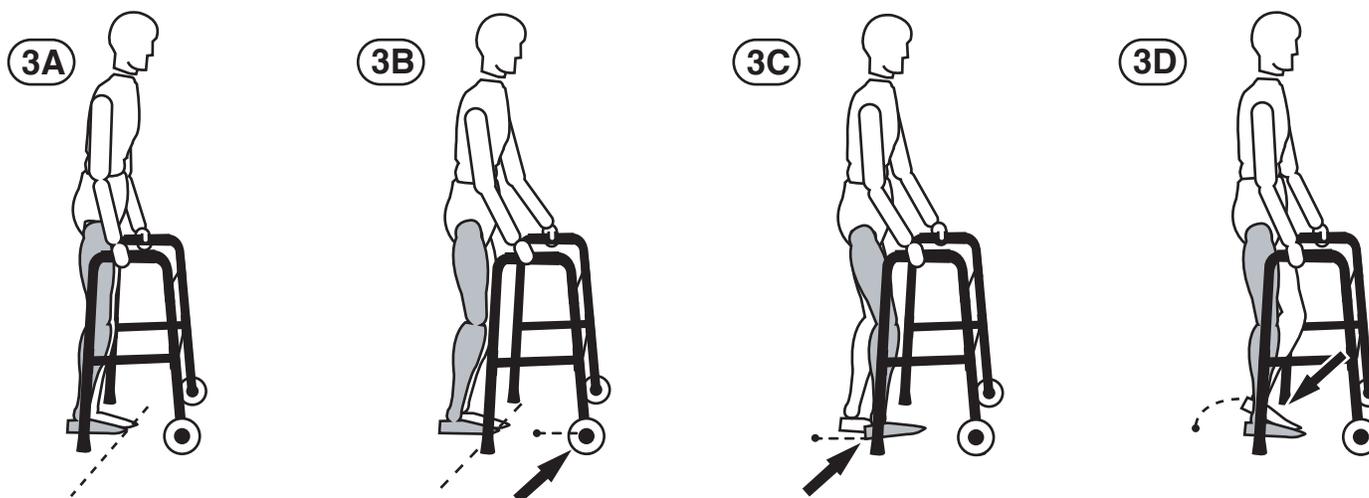
### Standard Walker (no wheels)

1. Starting from a standing position (Figure 2A), pick up the walker.
2. Place the walker about 12 to 15 inches in front of you with all four legs on the floor (Figure 2B).
3. Step forward with your weaker leg, so the middle of this foot is at the back of the walker (Figure 2C).
4. Putting as much weight as necessary through your arms onto the walker, step forward with your stronger leg. Try to keep your steps equal in length (Figure 2D).
5. Repeat the process.



### Two-wheeled Walker

1. Starting from a standing position (Figure 3A), push the walker forward about 12 to 15 inches (Figure 3B).
2. Step forward with your weaker leg, so the middle of this foot is at the back of the walker (Figure 3C).
3. Putting as much weight as necessary through your arms onto the walker, step forward with your stronger leg. Try to keep your steps equal in length (Figure 3D).
4. Repeat the process.



### How Do I Care for the Walker?

- Clean the walker with mild, soapy water.
- Periodically check the tips and wheels for rips, tears and wear. If any of these conditions are found, contact the Red Cross immediately.

*Please ensure that equipment returned to the Red Cross is clean and in good condition.*

