

Rollator Walker

Set Up

- Check your equipment to make sure you have all accessories that were ordered for you. If you are missing anything, contact your equipment provider immediately.
- Consult with your physician or therapist to determine the proper height of your rollator and usage. A 30 degree bend in the elbow is desirable.
- Read the entire equipment manual for a full explanation of the equipment.

Using Your Equipment

- Before each use, always check to make sure your rollator is in the open position. *(See Special Procedures: Opening/Closing Your Rollator Walker.)*
- Please observe the maximum weight capacity for your model of rollator.
- Begin with small steps and eventually you will gain confidence as you become more comfortable with your rollator.
- Do not step completely into the rollator; rather, keep it slightly in front of you at all times.
- The wheels must be in contact with the floor at all times during use.
- Hold the hand grips firmly and equally at all times.
- Do not use the rollator as a wheelchair or transport device. The rollator is not intended to be propelled while seated.
- Do not use the rollator to transport or carry anything.
- Avoid ice or slippery conditions that may cause the rollator to slip, causing injury to your or damage to the equipment.

Maintenance

- Clean your rollator as necessary.
- Replace any broken, damaged or worn items immediately.
- Check that the handgrips remain secure around the rollator frame.
- The brakes should be checked periodically to ensure proper function.
- If tightening and/or adjustments are required, contact your provider.
- Periodically inspect the wheels for wear and damage. Also look to see that the wheels are free of debris.
- Do not use your rollator if any parts are damaged. Call your provider for repairs.

Safety

- Inspect your rollator grips monthly for damage. Do not twist the hand grips; they are not meant to be twisted.
- Be aware of snow, ice, and loose gravel, which may cause you to lose balance.
- Keep walkways free of clutter or anything that could interfere with your use of the rollator.
- Extreme temperature (above 100 degrees F or below 32 degrees F) can damage your rollator. High humidity and water can also damage your rollator.
- Do not hang anything from the frame other than the basket or tote. Put no more than 10 pounds worth of items in your basket or tote.

Special Procedures

- Opening/Closing Your Rollator Walker:
 - Unfold the rollator by pushing down on the support rod. **Diagram 1)**
 - Lower the seat down into place.
- Closing:
 - Remove the basket and lift the seat up.
 - Pull up on the support rod until the frame is fully collapsed.
- Sitting:
 - Push the rollator to the area where you want to sit.
 - Lock the brakes.
 - Carefully sit down.
 - Do not rock or use the rollator as a wheelchair while sitting on the seat.
 - The backrest is intended to provide back support; it will not support your full weight.
- Standing from a Seated Position:
 - Confirm that the breaks are set, then grasp both side handles and carefully lift yourself up into a standing position.
- Using Hand Brakes (dependent on the model):
 - To engage the break, pull up on the brake handles. To lock the hand brakes in the “on” position, push down on the brake handles until they lock into place.
 - Release the brake handles by pulling up slightly on the handles until the brakes release.
 - Caution: The brakes are not intended to be used for stopping the walker while you are walking.
- Adjusting Height:
 - Consult your physician or therapist to determine the proper adjustment and usage.
- Reaching for objects:
 - Do not reach for objects if you have to move forward in the seat. Reaching for objects can cause a loss of balance and may cause the unit to tip, resulting in injury to you or damage to the rollator.

