Rollator

A rollator is a lightweight frame that is used to provide walking support, with the added advantages of swivel front wheels and a temporary seat.

How to adjust the walker height:
1. Stand with your shoulders relaxed and your arms hanging loosely at your sides. Have someone stand by to assist with balance if necessary.
2. Loosen the knobs on the outside of the handlebars. For some models, this may be sufficient to allow you to raise and lower the handlebars. If the walker has bolts that go through the handlebars, remove them.
3. Adjust the handlebar height so it is at the crease of your wrist when your arms are relaxed at your sides.
4. Tighten the knobs or replace the bolts and screw the knobs to the bolts (the knobs should be on the outside of the handlebars).
5. The seat height is not adjustable. If the seat is too high or too low, a different size walker may be more appropriate. You should be able to sit on the seat with the balls of your feet touching the ground.

How to use the 4 wheeled walker (rollator):
- Lean on the walker, allow it to roll forward with control as you step forward
- To slow the walker down, squeeze or pull up on the handbrake
- Before using the seat, activate parking brake by pushing down on handbrake
- To release the brake, carefully squeeze the brake handles again, being careful not to pinch your fingers

Caring for the 4 wheeled walker (rollator):
- Use a non-abrasive detergent or cleaner with warm water
- Periodically check knobs and screws to ensure they are tight

Folding and unfolding the walker:
- To unfold the walker, push down on the seat to open it fully
- To fold the walker, lift up on the handle attached to the seat. The walker may have a tab under the seat that locks the walker in the open position. Lift up on the tab to release the seat so it will fold. Ensure all body parts are clear of the frame before folding the walker.

Sitting on the walker:
- Apply the parking brake by pushing down on the brakes until you feel them engage
- Turn around, and back up until you feel the seat touch the back of your legs
- Reach back and place your arms on the handles of the walker
- Sit down slowly and carefully

WARNING
Do not overload the basket. An oxygen tank or other awkward load should be fastened down. Some walkers come with a flexible back strap. Do not push down or lean on this strap with your hand. Do not use the back strap to lift or carry the walker. If the walker has a basket, be sure it is securely hooked on to the cross rail before putting anything on it.

The walker is not intended to be used as a wheelchair. DO NOT move the walker when sitting on it.

Do not use the walker on stairs or escalators. Pay special attention on ramps or slopes.