

ROLLATOR WALKER

Purpose

Rollator walkers are designed to provide a lightweight and stable assistive device for ambulating. When properly used, a rollator walker can provide added stability and assistance to an individual while walking. Your physician or therapist has ordered your walking aid for a specific reason. If your physician or therapist has given you specific instructions, follow them. If you have not seen a therapist or physician, we recommend that you do so.

Types

Rollator walkers come in a variety of styles and sizes, each with a specific purpose. Rollator walkers can come with seats, brakes, and baskets. Make sure you read and understand all manufacturers' operating instructions. Folding rollator walkers are just as strong as non-folding walkers and have the added convenience of compact storage.

All rollator walkers have a maximum weight limit (including any storage in baskets) that they can support. It is important to understand the limits and capacities of your walker:

Weight of user (stated by user) is _____ pounds.
Maximum weight capacity of rollator walker is _____ pounds.

Use

A properly fitted rollator walker is adjusted for height when wearing the shoes you will be wearing while using the walker. The top of the handgrips should be approximately at the hip joint and the elbows will be slightly bent (20 - 30 degree angle). Make sure all walker legs are adjusted to the same height, and if the walker is foldable, make sure it is securely locked in the open position before using. Your physician or therapist may determine different walker adjustments and uses from those described in this educational sheet.

Your wrists must be straight and firmly grasping the handgrips. Your first step should be even with the back two legs of the walker, followed by a second step into the middle of the walker. The walker is then moved forward, stepping through the walker last (exactly the same as a normal walk). The feet do not meet side by side unless stopping for a reason. If your walker has a seat, the brake must be fully engaged when utilizing the seat. If your walker is of the folding type, make sure the spring buttons are fully engaged.

Safety

The safe use of a walker requires it to be used as instructed, which includes the following safety precautions:

- Do not use the walker without first reading and understanding the manufacturer's operating instructions.
- Check the security of the handgrips.
- Check the walker and verify that all attachments are securely engaged before using.
- Do not self-propel while seated on the walker.
- Do not hang anything on or around the locking pin, this may depress the button.
- Do not hang anything on the side support frames.
- Ensure that all snap buttons protrude through the adjusting holes of each leg.
- Ensure that the brake cables are not tangled, kinked, or bent.
- Ensure that the walker is adjusted so the height is even and all adjustments are tight.
- Ensure that the seat is in the down position before using the walker.
- Ensure that the brakes are applied when using the seat.
- Use only parts, accessories, or adapters authorized by the walker manufacturer.

If the walker is to be used in environments that are above 100° F (32° C) or have high humidity or conditions that will cause the walker to get wet, the operator must ensure that the handgrips are secure; these types of environments may cause the handgrips to twist. Always use caution when using a walker on any wet or icy surface.

In order to ensure care and provide operator safety, make sure you follow these safety guidelines:

- Use nightlights to increase vision around areas of use.
- Wipe up any water or slippery floor spills.
- Remove tripping hazards (loose floorboards, uneven floors, throw rugs, extension cords, clutter, etc.)
- Install grab bars, use bath mats with suction cups, and use elevated toilet seats to prevent falls.
- Do not use a walker when taking any medications that may cause dizziness, drowsiness, and/or unsteadiness.

Maintenance

The handgrips are very important and you should inspect them regularly. Worn or damaged handgrips must be replaced immediately. The handgrips should be checked for movement or slippage on a regular basis and replaced if damaged. Braking mechanisms should be checked for braking ability at least monthly. If your walker does not brake completely, please bring it in for an adjustment.

Wheels should be kept clean by rinsing with warm water and a mild cleanser. Make sure the walker is completely dry before using. Lubricate squeaky wheels with a small amount of 3-in-1® oil.