

# Hemi Walker



A hemi walker is a variation of a standard walker that allows for a broad base of support to improve balance. A hemi walker is more stable than a quad cane but also allows for use when one arm or hand is incapacitated. The straight legs are always positioned near the body and the angled legs away from the body to prevent tripping. Placing the four legs onto the floor evenly at the same time will also improve stability and prevent falls. Aligning the top handle of the hemi walker to the bend in the wrist is usually appropriate for setting the height for most individuals. Allowing approx. 20-30 degrees bend in the elbow is also appropriate. Hemi walkers are made of aluminum and are height adjustable through a push-pin system on the legs. They fold easily for travel and storage and should not be used on stairs when not folded.

## Hemi Walker Instructions

### **OPENING/FOLDING THE WALKER (FIGURE 1)**

1. Grasp the top hand grip of the hemi-walker. With other hand, push of the pivot lock handle down towards the cross brace.

*NOTE: The pivot lock MUST rest directly on top of the cross brace.*

2. Reverse STEP 1 to close the walker.

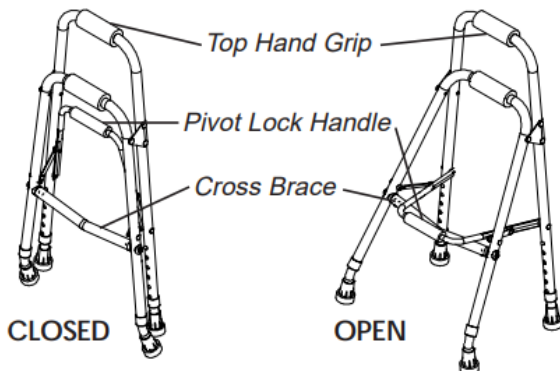


FIGURE 1 – OPENING/FOLDING THE WALKER

### **ADJUSTING THE LEG EXTENSIONS (FIGURE 2)**

1. Adjust the leg extensions by depressing the snap button on the leg extension and allowing it to snap through the appropriate adjustment hole on the walker leg frame.

*NOTE: Make certain that the snap buttons are fully engaged into the adjustment hole of each leg frame and are at the same height before using.*

2. Repeat this procedure for each leg extensions.

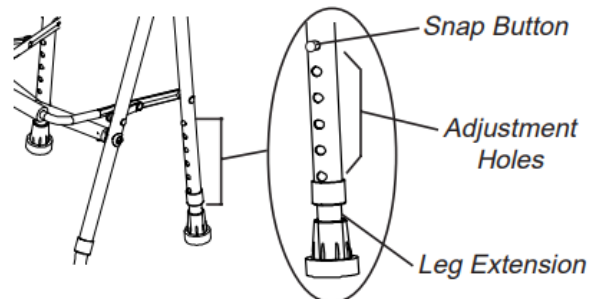


FIGURE 2 – ADJUSTING THE LEG EXTENSIONS