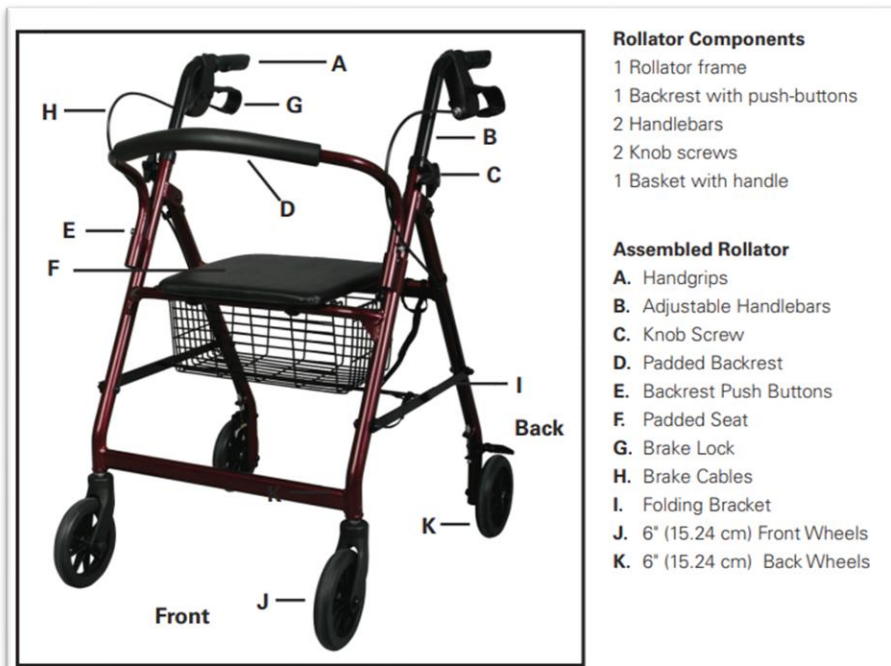


## Rollator (4 wheeled walker)



A rollator walker is simply a 4-wheeled walker with a seat and offers improved base of support for balance deficits while maximizing ease of mobility without lifting the walker. Rollators generally have larger casters, a hand braking system, and a seat with back rest for sitting when needed. Some advantages of the rollator walker are improved mobility over multiple surfaces, improved maneuverability, and they allow

the user to sit if they have limited endurance. Disadvantages include an increased risk for falls if the user is not capable of managing the braking system, especially with trying to turn and sit on the walker. Other disadvantages are increased weight (over a standard walker) and more difficulty folding and transporting (over a standard walker)

A typical rollator measures about 24" across with an 18" interior width.

### **Adjust the height of the handlebars (B) for proper fit.**

To determine proper height, stand upright behind the rollator with shoulders relaxed, arms hanging at your side and eyes looking straight ahead. Standing in this position, the handgrips (A) of the rollator should be adjusted to a height even with the wrists. This will position the arms at an approximate 20° to 30° bend when using the rollator. Secure the handlebars at the closest hold to the desired height. Insert and tighten the star hand screws until secure. (Some models also offer a second set of height adjustment knobs located between the seat and the wheels.)

## **Operating Instructions**

### **Opening the Rollator:**

Hold one handlebar and push down on the seat (F) until all four wheels are extended out and the seat is completely flat. Before using the rollator make sure that all four wheels make contact with the floor and the rollator is stable in the open position.

### **Folding the Rollator:**

Pull up the padded seat and remove the basket. Pull up on the strap under the seat until the rollator closes. Note: For more compact storage remove the backrest.

### **To Operate the Brakes:**

- To slow down, squeeze the brake handles up.
- To lock the brakes, push down on the brake handles until you feel or hear the brakes click into locked position. If the brakes have been adjusted but the rear wheels on the rollator move while the brakes are in the locked position, DO NOT use the rollator.
- To release the brakes from the locked position, simply pull up on the brake handles.

### **To use the Rollator as a Walker:**

For proper positioning and use of your rollator, imagine a line drawn across the back of the rear wheels. Part of one foot should be slightly ahead of that line as you walk.

### **To Use the Rollator as a Seat:**

- Push the rollator into the position where you want to sit
- LOCK the brakes BEFORE sitting.

### **Safety Warnings:**

**Before using the seat portion of your rollator, ALWAYS lock the brakes FIRST.**

**DO NOT navigate the rollator while sitting on the seat.**

**The brakes should always be locked when the seat is being used.**

**Risk of fall and serious injury can occur if these instructions are not followed.**