

UP WALKER



A. Opening the UPWalker:

1. To open the UPWalker, begin by standing the UPWalker on all four wheels on a level floor (Fig A1).



Fig A1

2. Open the Velcro strap on front legs of the frame to enable opening of the UPWalker (Fig A2). Stow the strap by wrapping around attached frame and securing with Velcro.



Fig A2

3. Standing behind the UPWalker, lift up slightly on the sit-to-stand assist handles while pulling outward in opposite directions to open frame (Fig A3).



Fig A3

4. Continue opening the UPWalker by pushing slightly inward simultaneously on the sit-to-stand assist handles to align and connect seat rails with frame (Fig A4).



Fig A4

5. To complete opening of the UPWalker, move seat to most forward position (Fig G1) and push downward on the seat where marked **“Push Down To Secure”** until seat rails sit securely inside the **support brackets on frame** (Fig A5).

CAUTION: THE UPWALKER IS NOT SECURE FOR USE IF SEAT RAILS ARE NOT PUSHED FIRMLY INTO THE FRAME BRACKETS AS DEMONSTRATED IN FIG A6. DO NOT USE THE UPWALKER IF SEAT RAILS ARE OUT OF FRAME BRACKETS (FIG A7).



Fig A5



Fig A6



Fig A7

B. Setting Desired Armrest Height

1. The armrests on the UPWalker are raised and lowered independently of each other. It is recommended that the armrests be set at the same height. Should the user have a physical condition that requires offsetting the height of the armrests, the armrests can be set accordingly for comfort.

2. To raise and lower the armrests, first push in the light gray height adjustment tab (Fig B1) and, while keeping the tab depressed with one hand, use your other hand centered over armrest pad to raise or lower the armrest to the desired height (Fig B2). When the armrest is at the desired height, release the height adjustment tab to automatically engage the tab's pin in the tube hole. You will hear a "click" when the tab is engaged. Avoid pinching your fingers between the armrest and the top of the height adjustment tube while raising or lowering the armrests.



Fig B1



Fig B2

CHECK THAT THE HEIGHT ADJUSTMENT TABS ARE SECURELY IN PLACE BEFORE PLACING WEIGHT ON THE ARMRESTS AND WALKING IN THE UPWALKER.

3. The armrest should be set at a height that is high enough that you feel support under your forearms when standing upright inside the UPWalker but not so high as to cause your shoulders to "hunch." Put equal weight on each forearm while using the UPWalker. You may find it beneficial to displace some of your body weight on your forearms while walking.

4. Each setting is marked with a number on the height adjustment tube for future reference. Note and remember the setting you prefer.

5. The UPWalker includes a convenient height adjustment memory stop on the bottom of each height adjustment tube (Fig B3). After you have established your preferred height setting, unlock the height adjustment memory stop using the gray knob, turning it in a counterclockwise direction. Slide the memory stop up to the frame and relock in place by turning the gray knob in a clockwise direction until tight. Once set you may raise an armrest from a lowered position until the memory stop is reached. The memory stop does not need to be moved again unless a different armrest height is required.



Fig B3

C. Setting Handgrip Angle

1. To set the handgrip at the desired angle, open the chrome cam lever under the armrest pad and swivel the handgrip to the preferred position (Fig C1).



Fig C1

2. There are three suggested handgrip positions – horizontal (Fig C2), vertical (Fig C3) or 45 degrees (Fig C4) (where you will feel a slight "stop" as you swivel the handgrips). The handgrip angles can be set at other angles, if that suits the user.



Fig C2

3. Once the preferred angle is established, close the chrome cam lever firmly to secure the handgrip in place (Fig C6). The tightness of the cam lever can be adjusted by turning the cam lever nut on the outer side of the armrest.



Fig C3

4. To close the UPWalker to its most compact size for storage or transport, point handgrips directly downward or upward in a vertical position so they don't conflict when folding (Fig C5 or C3).



Fig C4

Fig C5



Fig C6

D. Setting Length of Handgrip Arm

1. The UPWalker is shipped with the handgrips set in the extended length position relative to the armrest pads. This default length should fit most users.



Fig D1

2. Should the user want to shorten the reach from the armrest pads to the handgrips, first release the chrome cam lever under the armrest pad (Fig D1).



Fig D2

3. Swivel the handgrip arm inward to access the brass pin (Fig D2) in the slot under the armrest pad, depress the pin and pull the handgrip backward until the second (originally unexposed) pin locks in the slot (Fig D3). Return handgrip to desired angle and close the cam lever (Fig C6).



Fig D3

4. Repeat on both sides so the reach is uniform left and right.

To lengthen the reach of the handgrip, release the cam lever and swivel the handgrip arm, push in the brass pins one at a time and pull the handgrip forward until the rear brass pin engages in the slot. Return handgrip to desired angle and close cam lever (Fig C6).

E. How to Use Parking Brakes

1. To set parking brake, push the brake handle forward until it clicks in locked position. Some users may want to hold the handgrip with one hand while using the other hand to push the brake handle forward. (Fig E1).



Fig E1

2. To unlock brakes, simply pull brake handles back toward you.

3. It is strongly recommended that the parking brakes be set in the locked position when the user is sitting down in the UPWalker or standing from a seated position and when the user is making adjustments to the UPWalker's settings.

4. When using brakes while walking, both brakes should be applied with equal pressure.



Fig F1

F. How to Adjust Brakes

The following information is intended to assist you with the adjustment of your brakes.

Note: The brakes on your new UPWalker have been preset from the factory. Due to normal use over time you may need to make adjustment to maintain this setting. You can adjust the brakes by making the following adjustments at either the brake handle position (Fig F1) or above the rear



Fig F2

wheel (Fig F2). Before attempting to adjust the brakes, ensure that the parking brake is disengaged (see "How to Use Parking Brakes" page 10).

Brake is Too Loose

Use fingers or pliers to turn the barrel adjuster nut counterclockwise a half rotation (Fig F3). Try the brake. If this does not correct the problem, repeat turning the barrel adjuster nut a half rotation at a time until the brake functions as expected. Then turn the larger locking nut clockwise using fingers or a 10 mm or 13/32 wrench until it presses tightly against the housing to prevent the barrel adjuster nut from loosening.



Fig F3

Brake is Too Tight

Use fingers or a 10 mm or 13/32 wrench to turn the larger locking nut counterclockwise until loosened. Then use fingers or pliers to turn barrel adjuster nut clockwise a half rotation (Fig F3) and try the brake. If this does not correct the problem, repeat turning the barrel adjuster nut a half rotation at a time until the brake functions as expected. Then turn the locking nut clockwise until it presses tightly against the housing to prevent the barrel adjuster nut from loosening.

Resetting the Brakes

NOTE: DO NOT ATTEMPT TO PERFORM THIS TASK IF YOU ARE NOT MECHANICALLY INCLINED.

If you cannot achieve the desired adjustment by means of the above, you may use a 4 mm or 5/32" Allen wrench to reset the brake using the brake cable nut attached to the brake pad at each rear wheel (Fig F4). First loosen the nut by turning Allen wrench counterclockwise. Once loosened, you may pull the brake cable out of the nut to tighten the brake, or push the brake cable into the nut to loosen the brake. After achieving desired cable length, tighten the nut by turning clockwise. You may have to repeat adjustment a few times to get it right.



Fig F4

If you are not comfortable with adjusting your brakes please consult a local Durable Medical Equipment dealer or contact LifeWalker Customer Service

at 866-588-1845 or customerservice@lifewalkermobility.com. Please note, LifeWalker does not reimburse customers for maintenance charges on the UPWalker, including brake adjustments.

G. Positioning the Seat

1. To walk in the UPWalker, pull the seat to the most forward position by lifting up and pulling forward the tab on the front of the seat (Fig G1).
2. To sit on the seat, set the parking brake, pull the seat fully backward using the rear pull tab (Fig G2), and sit with legs facing the rear. Sitting on the seat with the armrests in their raised position is often preferred.
3. Use the sit-to-stand assist handles as needed when sitting and standing (Fig G3).



Fig G1



Fig G2



Fig G3

H. Using Sit-to-Stand Assist Handles

1. Move rear wheels of the UPWalker under the chair in which you are seated, aligned with your feet.
2. Set parking brakes (see "How to Use Parking Brakes" on page 10).
3. Place hands on left and right sit-to-stand assist handles.
4. Bend over to where your nose is over your toes and push down on the sit-to-stand assist handles to stand up into the UPWalker (Fig H1).
5. Release parking brake (see "How to Use Parking Brakes" on page 10)



Fig H1

I. Locking and Unlocking the Wheels

1. For most users the front wheels should be set to pivot freely and allow the UPWalker to turn left and right. This is achieved by placing the light gray tab above each front wheel in the down position (Fig I1). However, the front wheels can be locked to roll only in a straight line by flipping the gray wheel lock tabs to the up position (Fig I2).



Fig I1



Fig I2

2. The rear wheels should be kept in the locked position when using the UPWalker. If you need to unlock the rear wheels to reduce the size of the unit for shipping, storage or transport, lift up the black wheel lock tabs above the rear wheels (Fig I3) and pivot the wheels inward. Push wheel lock tabs down to closed position after turning wheels under the UPWalker.



Fig I3

J. Closing the UPWalker

1. Lower the armrests to the lowest setting (see "Setting Desired Armrest Height" on page 7). Lift the seat up by seat lift handle (Fig J1) and allow UPWalker to fold in (Fig J2). Stand the UPWalker on all four wheels to roll or stow. Use the Velcro strap on front of the UPWalker to secure folded unit for storage or transport.



Fig J1

2. When folding for storage or transport, it is recommended that the handgrips be turned either vertically upward (Fig C3) or fully downward toward the ground (Fig C5), and the armrests should be returned to their lowest height position (Fig A1).



Fig J2

3. Luxury Personal Item Bag must be removed to avoid damage to bag.

K. Using Your UPWalker

1. Once standing in the UPWalker move forward so your body is between the armrest pads, standing in an upright position with good posture.
2. Put equal arm pressure on the left and right armrest pads. Put hands on handgrips with fingers around the brake handles. Take full-stride steps with constant gait.
3. Pull on brake handles while going down hills to control speed.
4. Walk regularly for exercise to maintain good health.

SAFETY WARNINGS TO ENSURE YOUR SAFETY IN USING THE UPWALKER®, THE FOLLOWING SAFETY INFORMATION AND ALL INSTRUCTIONS MUST BE FOLLOWED.

DO NOT exceed 300lb (136kg) weight limit.

User assistance is recommended for customers with fall risk.

Care should be taken to ensure that all height adjustment locks, handles, brakes or any other functional or moving parts are in good working order before operation.

DO NOT ride the UPWalker with all your weight on the armrests

DO NOT go up or down inclines greater than 15% or diagonally across inclines greater than 5%.

Be careful to avoid pinching your fingers while raising and lowering the armrests and opening and closing the UPWalker frame.

ALL WHEELS must be in contact with the floor at ALL TIMES. This will ensure that the UPWalker is properly balanced.

FAILURE TO FOLLOW THESE INSTRUCTIONS CAN LEAD TO SERIOUS INJURY OR DEATH. FOR SAFETY AND WARRANTY COMPLIANCE, THE UPWALKER IS ONLY TO BE USED BY A CONSUMER IN A MANNER AS DEMONSTRATED FOR INTENDED USE AS A MOBILITY ASSISTANCE DEVICE. MISUSE OF THE UPWALKER MAY VOID WARRANTY.