



WALKERS

Instructions for Use, Cleaning, and Care

*These instructions
are guidelines only.
Use only as instructed
by your healthcare
provider.*



WHAT ARE WALKERS USED FOR?

A walker is a lightweight metal frame that is used to provide walking support. The walker frame folds flat for storage and transport.

How Do I Adjust the Walker?

- Stand with your shoulders relaxed and your arms hanging loosely at your sides.
- The walker height should be at the crease of your wrist when your arm is at its side.
- Carex walkers are equipped with push buttons and holes on all four legs.
- Push the button with your thumb and adjust to the correct hole height.
- Repeat this adjustment for all four walker legs making sure that the walker is level with your wrist crease.
- Make sure that each push button locks in place after the height is adjusted.

Folding a Walker

- Paddle Folding
 - Push down on paddles to unlock and fold sides of walker towards front bar.
- Single Button
 - Find the plastic piece on the top of the front bar.
 - Place your thumb on the top of the plastic piece.
 - Place your index finger on the bottom of the plastic piece.
 - Squeeze your finger and thumb together to unlock (should hear a click).
 - Fold the sides of the walker towards the front bar.

Unfolding a Walker

- Paddle Folding
 - Unfold sides of walker away from the front bar
 - Press right side until you hear a click from the pin fitting into the hole
 - Press the left side until you hear a click from the pin fitting into the hole
 - Jiggle each side back and forth to make sure sides are locked.
- Single Button
 - Unfold sides of the walker away from the front bar until you hear the plastic piece in the middle of the bar click to lock.
 - Jiggle each side back and forth to make sure sides are locked.

HOW DO I USE THE WALKER?

Begin use with someone able to supervise.



WARNING Do not hold onto the walker with both hands when in the process of sitting down or standing up. Use one hand to steady yourself.

SITTING DOWN

- Back up until you can feel what you want to sit on (bed, chair, toilet) touch the back of your legs.

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Carex Health Brands

921 E. Amidon
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- Reach back and place your arms on the arm rest of the chair. If there are no arms, reach at least one of your arms back to the seat.
- Sit down carefully and slowly.

WALKING

Begin use with someone able to supervise.

! **WARNING** Make sure walker is locked open and that the walker sits level, with all legs adjusted to an equal height, and that buttons are fully engaged in the height holes.

! **WARNING** Do not use on stairs or elevators.

! **WARNING** Do not “rock” the walker by pushing one side forward and then the other side without lifting the walker.

Wheeled Walker

- Starting from a standing position push the walker forward about 12” to 15”.
- Step forward with your weaker leg, so the middle of this foot is at the back of the walker.
- Putting as much weight as necessary through your arms onto the walker, step forward with your stronger leg. Try to keep your steps equal in length
- Repeat the process.

Standard Walker (no wheels)

- Starting from a standing position pick up the walker.
- Place the walker about 12 to 15 inches in front of you with all four legs on the floor.
- Step forward with your weaker leg, so the middle of this foot is at the back of the walker.
- Putting as much weight as necessary through your arms onto the walker, step forward with your stronger leg. Try to keep your steps equal in length.
- Repeat the process.

WALKER CARE AND MAINTENANCE

- Clean the walker with mild, soapy water.
- Periodically check the tips and wheels for rips, tears and wear, if any.
- Store walker indoors. Cover to prevent dust buildup if not in use for a long period of time.

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FRONT WALKER WHEEL ATTACHMENTS

Assembly Instructions (A832, A833, A843, A844, A837, A839)

- Remove existing front height adjustment leg and replace with walker wheels. Follow walker use instructions for wheeled walker above.

⚠ WARNING Do not assemble walker wheels to inside of legs or to the back legs.

Maintenance and Care

- Check periodically for wear and to make sure the wheel still spins or swivels easily.

REAR WALKER WHEEL ATTACHMENTS

Rear Walker Wheel Glide Attachment (A834)

- Remove rear height adjustment leg and replace with wheel glide extensions.

Rear Walker Glide Attachments (A831, A835, A836)

- Remove tips from rear leg extensions of walker.
- Replace tips with walker glides.

Use of Rear Walker Glides

Glides allow the user to glide along a surface until downward pressure is applied to handgrips.

- Begin use with someone who is able to supervise.
- Before using test the walker to make sure there the walker is stable.
- Do a trial run with a caretaker to make certain it works comfortably and safely for you.

WALKER SKI GLIDE ATTACHMENTS (A808, A809)

- Remove tips from rear leg extensions of walker and replace tips with ski glides.

Use of Walker Ski Glide Attachments

- Begin use with someone who is able to supervise.
- Before using test the walker to make sure there the walker is stable and there is no unevenness.
- Do a trial run with a caretaker to make certain it works comfortably and safely for you.

Maintenance and Care

- Check glides periodically for wear and to assure the glide has not become sticky or clogged with gum or other material.
- Clean or replace as necessary.

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REPLACEMENT WALKER TIPS ATTACHMENTS (A821)

- Remove existing walker tips when worn.
- Replace with new walker tip attachment. Assure walker tips are the appropriate size for the walker by measuring the width of the leg extension tubing in inches. The width (diameter) should match the size listed on the walker tip packaging.

Use of Walker Tips

- Begin use with someone who is able to supervise.
- Before using test the walker to make sure there the walker is stable.
- If uneven make sure tips are pushed on all the way.
- Do a trial run with a caretaker to make certain walker works comfortably and safely for you.

Maintenance and Care

- Check tips periodically for wear and replace when worn.

WALKER SKI GLIDES A808
A809

HCPCS Code:
E1399

WALKER TIPS A821

HCPCS Code:
A4637

REAR WHEEL ATTACHMENTS A831
A834
A835
A836

HCPCS Code:
E0155

FRONT WHEEL ATTACHMENTS A832 A839
A833 A840
A837 A843
A838 A844

HCPCS Code:
E0155

BARIATRIC WALKERS A224 (500 lbs.)
A848 (400 lbs.)
A849

HCPCS Code:
E0148

WALKERS WITHOUT WHEELS A845-00 A855-00
A846-00 A856-00
A847-00 A857-C0
A853-00 A867-00
A854-00 A873-C0

HCPCS Code:
E0135

WALKERS WITH WHEELS A847-90
A856-88
A857-86
A857-90
A867-90

HCPCS Code:
E0143

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All walkers and accessories have a weight capacity of 300 lbs. unless otherwise noted.