

Scenic City Medical Equipment

423-847-1202

Walker Instructions

- Adjust telescoping legs to fit your height. A 30-degree bend in the elbow is desirable, which will place the handgrips slightly above your wrist.

OPENING WALKER

- Rotate the frames on the right and left sides outward until the release mechanisms click into locked position. Check security of frame by gripping both sides and attempting to fold sides inward. Walker should remain locked in open position.

TO FOLD WALKER

- Press down on each release button and rotate right and left sides inward behind the front crossbar.

SITTING

- With your walker, directly in front of you, place your least affected leg against the front of the chair. Place your weight on this leg.
- Remain facing forward. Lift your other leg off the floor and grasp both armrests on the chair with your hands.
- Slowly lower your body into the chair and adjust yourself back in the chair.

RISING

- Slide forward in your chair with your walker locked open in front of you.
- Place your least affected leg directly in front of the edge of the seat and bring your other leg forward.
- Push yourself up to a standing position using the chair armrests.
- Grasp your walker securely with your free hand, then with the other.

CLIMBING UP A SINGLE STEP

- If facing forward, place your walker on the step. Then step up with your least affected leg. Follow with your other leg.
- If facing backward, back up to step. Then step up with your least affected leg. Follow with your other leg and the walker.

STEPPING DOWN A SINGLE STEP

- Place walker on step below and step down with your most affected leg. Follow with your other leg.

SAFETY ISSUES

- Before each use, always check to make sure your walker is in open locked position.
- Do not step completely into walker, rather keep it slightly in front of you always.
- Hold the handgrips firmly and equally always.
- Avoid ice or slippery conditions. Also, be mindful of throw rugs as they can trip you.
- Inspect your walker grips and glider tips monthly for splits or looseness.
- Keep your walker clean of debris.
- Do not use in the shower
- You may lubricate hinges and/or wheels with a light silicone spray(WD40).

COMMUNE INSTRUCTION

SETTING UP YOUR EQUIPMENT

- Make sure commode is adjusted to proper height for user.
- Seat must be down before using commode. Do not sit on pail holder.
- If commode has drop arms, ensure they are locked before using.
- If using elevated commode seat on toilet bowl, make sure the seat is properly attached to prevent loss of balance and/or tipping.

SAFETY ISSUES

- Do not sit on commode for extended periods.
- Commode seats are not intended to serve as wheelchairs, if using a commode with wheels. Also make sure if using a commode with wheels, make sure the wheels are locked.
- Make sure the user can support themselves while using the commode. If the user is unsteady or weak, a caregiver should provide support during the toileting process.
- Make sure all screws, bolts, and nuts are tight at all times.
- Inspect rubber tips on legs to ensure they are not worn or torn.
- For hygiene, empty pail and clean it after each use.