



# User Instructions for Medline Walkers

- MDS864101 • MDS8641W4 • MDS86410W54 •
- MDS86410J4 • MDS86410JW4 • MDS86410JW54 •



Congratulations on purchasing a quality Medline Walker. Please read the following instructions before using the product.

*This Product Contains Dry Natural Rubber.*

## Wheelchair to Walker Transfer

(no specific lower extremity injury)



With the wheelchair wheels locked, push down on the armrests and transfer one hand at a time to the walker.

## Wheelchair to Walker Transfer

(injury to lower right leg or foot)



With the wheelchair wheels locked, push down on the armrests and transfer the left hand to the walker, followed by the right hand.

## Three-Point Gait

(for walking with walker)



1. Start with the middle of your feet even with the walker's back legs.
- 2-3. Pick the walker up and place it in front of you. Be sure all four legs are on the floor.
- 4-5. Then carefully step forward, one foot at a time.

## WARNING!

Be sure all locking mechanisms are secure before using the walker.



## Adjusting the Walker to Fit You.

With your arm extended, the handle should be at wrist height. With your hands on the grips, your arms should be flexed between 20 and 30 degrees.



## Watch out for:

- Electrical cords in your path
- Water or oil on the floor
- Throw rugs
- Toys on the floor
- Bedsprad corners
- Furniture

## Important Precautions:

1. When using wheels, use on front legs only. The use of 4 wheels requires the rear wheels to be equipped with brakes.
2. When moving walker forward, left and right sides should move forward at the same distance.
3. Use Medline accessories only. Use of other accessories may result in improper fit and risk of fall and or injury.
4. Do not use on stairs.

## WARNINGS

- Do not use this product or any accessories without first completely reading and understanding all instructions. If you are unable to understand the warnings, cautions or instructions, contact a healthcare professional, dealer or technical personnel before attempting to use this equipment. Failure to do so may result in an injury. Consult with your physician or therapist to obtain specific instructions pertaining to walker adjustment and use.

Medline walkers are designed and tested for use in conjunction with Medline accessories. Walkers or walker accessories designed by other manufacturers have not been tested by Medline and are not recommended for use with Medline products.

- Exercise caution when using the walker. Avoid wet or icy surfaces. Remove all obstacles from your path as they increase your chance tripping or falling.

- Do not push one side of the walker forward and then the other side without lifting the walker.

- Do not use walker on stairs or steep surfaces.

- Check that the walker and attachments are properly secured in place before using. Do not use anything other than the manufacturer's recommended accessories on the front or side of the walker. This may depress the release mechanisms and prevent walker from locking into place when fully opened. Using accessories not recommended by the manufacturer may result in damage to the product or injury. Do not use a walker if the locking mechanisms do not function properly.

- Make sure all hardware including nuts, bolts, rivets, and fasteners are securely fastened. If the walker has noticeable play or seems unstable, stop using the walker immediately.

- After unfolding or assembling walker, make sure the walker is securely locked in the open position and level to the ground before using.

- The handgrips must be tight and secure. Ensure that the handgrips do not twist or move.

- Ensure that tips and/or plastic glide caps are not ripped, worn or missing. Replace the tips as necessary before using the walker. When using wheeled extensions on the front of the walker use the provided glide caps for the rear extension legs.

- All leg extensions must be adjusted to the same height to ensure the walker is level. When using wheeled attachments on the front legs, the rear leg extensions must be adjusted to make the side frames level or with the back 1 inch lower than the front.

- Rear extension legs with glide caps must be in contact with floor/ground surfaces at all times.

- Glide caps are used on rear leg extensions only to allow walker to roll easily over indoor floor surfaces without lifting the walker off the ground. Glide caps are not recommended for use on rough surfaces (concrete, gravel, etc).

- Glide caps on rear leg extensions should only be used when the front extensions have wheels. Do not use glide caps on all four leg extensions at once.

- When using glide caps on the walker, short steps should be taken. Make sure that your weight is distributed evenly and directly over the walker legs. These precautions will prevent uncontrollable movement of walker.

- Always observe the weight limit on the labeling of your walker. The walker is not intended to support the full weight of the user.

- Wheeled accessories are only to be used on the front walker legs with the exception of wheeled accessories with brakes.

