

# Adjusting the handles and seat height

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Carex® offers several styles of rollators and accessories for easy mobility, maneuvering, and convenience.

## HOW DO I ADJUST MY ROLLER WALKER?

1. Stand with your shoulders relaxed and your arms hanging loosely at your sides.
2. The handlebar height should be at the crease of your wrist when your arms are relaxed at your sides.
3. Loosen the knobs on the outside of the handlebars, remove the bolts, then move the handlebars to the desired height.
4. Re-install the bolts and screw the knobs to the bolt. Ensure the bolt head is properly aligned with the hole before tightening fully.
5. When sitting on the seat the balls of your feet should touch the ground.

## HOW DO I USE MY ROLLER WALKER?

1. Push the walker forward, allowing it to roll forward with control as you step forward.
2. To slow the walker down, squeeze or pull up on the handbrake.
3. Before using the seat, activate the parking brake.
4. To release the brake, carefully squeeze the brake handles again, being careful not to pinch your fingers.