

So Lite™ GLIDE

PRODUCT MANUAL



Journey
HEALTH & LIFESTYLE

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GENERAL WARNINGS AND SAFETY INSTRUCTIONS

- DO NOT exceed the 400-lb weight capacity.
- DO NOT use as a wheelchair or to transport someone.
- DO NOT self-propel or scoot around while seated.
- Care should be taken to ensure that all moving parts are in good working order before operation.
- Check the handle push buttons to make sure they are secure.
- Contact your therapist or physician before first use to determine proper adjustment and usage.
- Brakes must be in a locked position before using the seat. Do not attempt to push yourself or ambulate in any way.
- Both feet should rest flat on the ground when sitting.
- DO NOT push back on the backrest or extend your body over the backrest. It is not designed to support the entire weight of the user. Backrest must always be attached when walker is in use.
- DO NOT use on stairs, escalators, moving sidewalks or any uneven surfaces.
- DO NOT attempt to reach for items while seated on the walker. This motion may cause a change in weight distribution and cause the walker to tip or become unstable.
- The walker bag/basket has a weight capacity of 10 lb. Items should not hang over the top or front of the basket.
- Make sure walker frame is fully opened and in a locked position before use.
- DO NOT sit on the walker on an incline.
- DO NOT support your full body weight on the handles when attempting to sit down.

If you have any questions, call us at our toll-free number:

1-800-958-8324



- ① Handgrip
- ② Parking/handbrake
- ③ Armrest pad
- ④ Height-adjustment tube
- ⑤ Height-adjustment lock
- ⑥ Fold-adjustment Lock
- ⑦ Rear wheel
- ⑧ Brake-adjustment knob
- ⑨ Front wheel
- ⑩ Seat
- ⑪ Seat rail
- ⑫ Backrest
- ⑬ Personal item bag
- ⑭ Cane holder
- ⑮ Handgrip arm-adjustment lever

Carefully remove the accessories from the box and remove all protective packaging.

STEP 1

Unbox

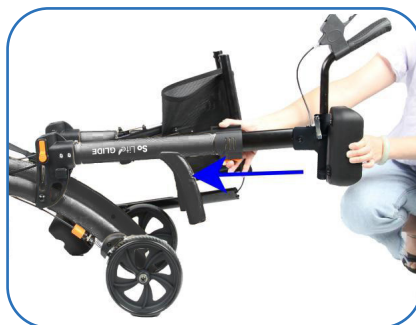
Remove product from shipping carton and lay down on a flat surface

STEP 2

Unfold the walker base

Unfold and stand the walker base on all four wheels.

Hold the handle and push it upward to make the folding device buckle with the main frame.



STEP 3

Unfold the walker frame

Push down and out on the seat support tubes until they are secured in the frame cradles.

You should hear the seat click when properly engaged.



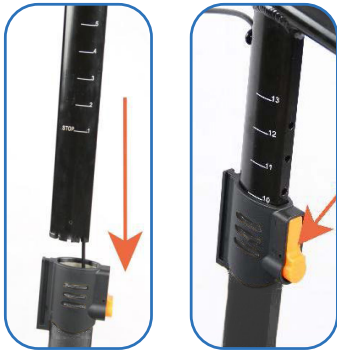
STEP 4

Handle and forearm adjustment

Press the orange release button and push the armrest tube downward to your desired height. There should be an audible “click” to signal that the orange release button is fully engaged. Repeat the steps for the other armrest.

The armrests should be set at a height high enough when you are standing upright but not so high as to cause your shoulders to “hunch.”

Set both armrests at the same height and put equal weight on each forearm while using.



CAUTION

Prior to each use, please ensure the following:

1. Both adjustment buttons are engaged with the handles in a locked position.
2. Both handles are set at the same adjustment.

WARNING: Failure to follow safety instructions may cause serious injury or death.



STEP 5

Attaching the cane holder

Take the cane holder (if available) from the personal bag.

STEP 6

Handgrip arm adjustment

Pull lever to adjust the handgrip arms, then push lever to lock in position.



STEP 7

Attaching the cane holder

Snap the cane holder (if available) all the way until it's secured.



STEP 8

Attaching/removing the personal item bag

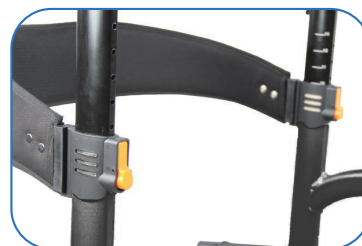
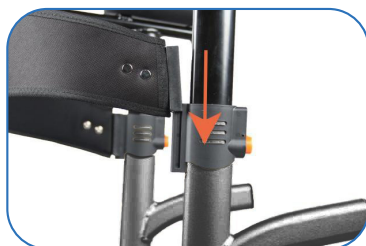
The personal item bag has plastic clips that go over the seat rail extensions on the front end of the walker's seat. Slide the clips over the right and left seat rail extensions.



STEP 9

Attaching/removing the backrest

With the logo side of the backrest upright and facing the front of the walker, slide the T-slot on the end of the backrest onto the respective mating T-ridge on the front of the frame under the armrests. Repeat for the other end of the backrest. Check to confirm that the T-slots and T-ridges are fully engaged on both ends of the backrest. Backrest may be left on the walker or removed when not in use.



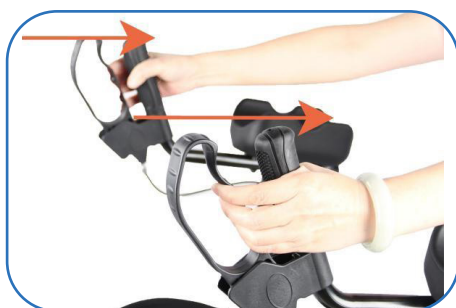
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How to make the most of your new So Lite™ GLIDE!

Using Brakes/Parking Brakes

To apply the brakes while walking with the walker, pull both brake handles evenly toward you.

To set the parking brakes, while using one hand to hold the handgrip, use the other hand to push the brake handle forward until it clicks in locked position.



Adjusting Brakes

Basic Adjustments:

To tighten the brakes if they are too loose, locate the orange screw knob under the frame near the rear wheel. Press the knob downward and turn to the left (counterclockwise) a half rotation at a time until desired tightness is reached. To loosen the brakes if too tight, press the orange screw knob downwards and turn to the right (clockwise) until desired tightness is reached. Always ensure that the parking brake is disengaged when adjusting brakes.



How to properly “fit” your walker

Walkers are not One Size Fits All, and it is very important to choose a walker that fits your height. Two things to consider are 1) the correct handle height for proper walking posture and 2) a proper seat height to allow you to sit safely and comfortably on the walker with your back resting on the backrest, your feet flat on the ground and your legs at a 90-degree angle.

How to sit with a walker

1. Lock the brakes by pushing down on the brake handles until they lock in the downward position. Brakes must be in the lock position for sitting.
2. Test the walker before sitting down to make sure that it will not roll.
3. Use the handles to stabilize your body as you turn around.
4. Before sitting, touch the back of your legs to the edge of the seat to ensure proper positioning of the walker.
5. Holding the handles, slowly lower your body onto the seat.

DO NOT support your full body weight on the handles when attempting to sit down. The walker is intended for stationary seating only. If someone sits and then pushes with their feet, the walker could easily tip and cause a fall. The walker should not be used as a wheelchair, and it should never be pushed or rolled when someone is sitting on it.

How to stand with a walker

1. Make sure the brakes are engaged in the downward position.
2. Sit forward comfortably and safely near the front edge of the seat.
3. Keep your toes in line with the edge of your seat.
4. Place both hands on the chair or one hand on the chair and one hand on walker.
5. Never put all of your weight on the walker, as it could make the walker move.
6. Lean forward until some of your body weight is on your feet.
7. Use your legs to stand, with your arms lifting only the weight your legs cannot.
8. Do not move forward until you are certain about your balance.
9. Unlock brakes and walk.

How to walk with a walker

1. Move between the arm pads, while standing in an upright position with good posture.
 2. Hold the brake handles while your forearms rest on the platform.
 3. This position will allow you, when necessary, to quickly stop the walker or control your speed by squeezing the handbrake.
 4. Roll your walker slowly forward so that the rear wheels are a few inches ahead of your body.
 5. Step forward and place one foot in line with the rear wheels.
 6. Maintaining a steady roll forward, place your other foot in line with the rear wheels.
 7. Determine a pace that is comfortable and allows you to place each step in line with the rear wheels.
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Maintenance

Check your walker periodically to make sure that the brakes are working correctly and that all of the nuts and bolts are secure. DO NOT use the walker if the brakes are not working correctly.

Any questions? Call 1-800-958-8324

Dimensions

Product Specifications	
User Height Range	4'10" - 6'3"
User Weight Capacity	400 lbs
Length	28"
Width	26.75"
 	
Armrest Height Range	34.75" - 45.75"
Seat Width & Depth	17.38" W x 9.75" D
Seat Height From Ground	21"
Sit to Stand Handle Height	26.5"
Unit Weight	19.25"
Wheel Size	10" front, 8" rear

Folded Dimensions	
Length	28"
Width	42"
Height	9"

So Lite™ Glide 12-Month Limited Warranty

Journey Health and Lifestyle warrants the frame and mechanical components to be free from defects in materials and workmanship for a period of twelve (12) months from the original purchase date. The originally supplied tires and fabric seat are all warranted to be free from defects in materials and workmanship for a period of six (6) months from the original purchase date. If within such warranty period the components or parts referenced in this paragraph shall be proven to Journey Health and Lifestyle's satisfaction to be defective, the product shall, at Journey Health and Lifestyle's option, be repaired or replaced with new or refurbished product components. In some cases, an installation kit with instructions may be provided to the owner to facilitate installation of a replacement product component. This warranty does not include any labor charges incurred in product component installation. The warranty period of the repaired or replaced product shall terminate with the termination of the warranty period for the original product. Journey Health and Lifestyle's sole obligation and your exclusive remedy under this warranty shall be limited to such repaired or replaced product.

Contact Journey Health and Lifestyle before sending any product for warranty repair or replacement. Do not send any product without our prior written consent.

Limitations and Exclusions:

This warranty does not cover damage, deterioration or malfunction resulting from accident, negligence, misuse, abuse, occupancy by more than one user and cargo weight above that specified in this Product Manual; improper storage; improper operation or failure to follow instructions according to this Product Manual; damage in shipment of the product (claims must be presented to the carrier); repair, attempted repair or modifications made by anyone other than Journey Health and Lifestyle; any unit on which the serial number has been defaced, modified or removed; normal wear items; any periodic maintenance; deterioration due to perspiration, corrosive atmosphere, or ground covering such as pine needles or crushed limestone dust, or other external causes such as punctures, extremes in temperature or humidity; damages related to lighting, flood or circumstances beyond Journey Health and Lifestyle's control; or products subjected to commercial or institution use.

This warranty applies in North America only and is extended only to the original purchaser of the So Lite™ Glide product when purchased directly from Journey Health and Lifestyle (USA) or an authorized reseller. The warranty is nontransferable beyond the initial purchaser. This warranty gives you specific legal rights and you may also have other legal rights which vary from place to place.

The foregoing warranty is exclusive and in lieu of all other express warranties, implied warranties, including but not limited to the implied warranties of merchantability and fitness for a particular purpose, and shall not extend beyond the duration of the express warranty provided herein. Journey Health and Lifestyle shall not be liable for any consequential or incidental damages whatsoever and disclaims any liability beyond the initial purchase price of the So Lite™ Glide product.

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