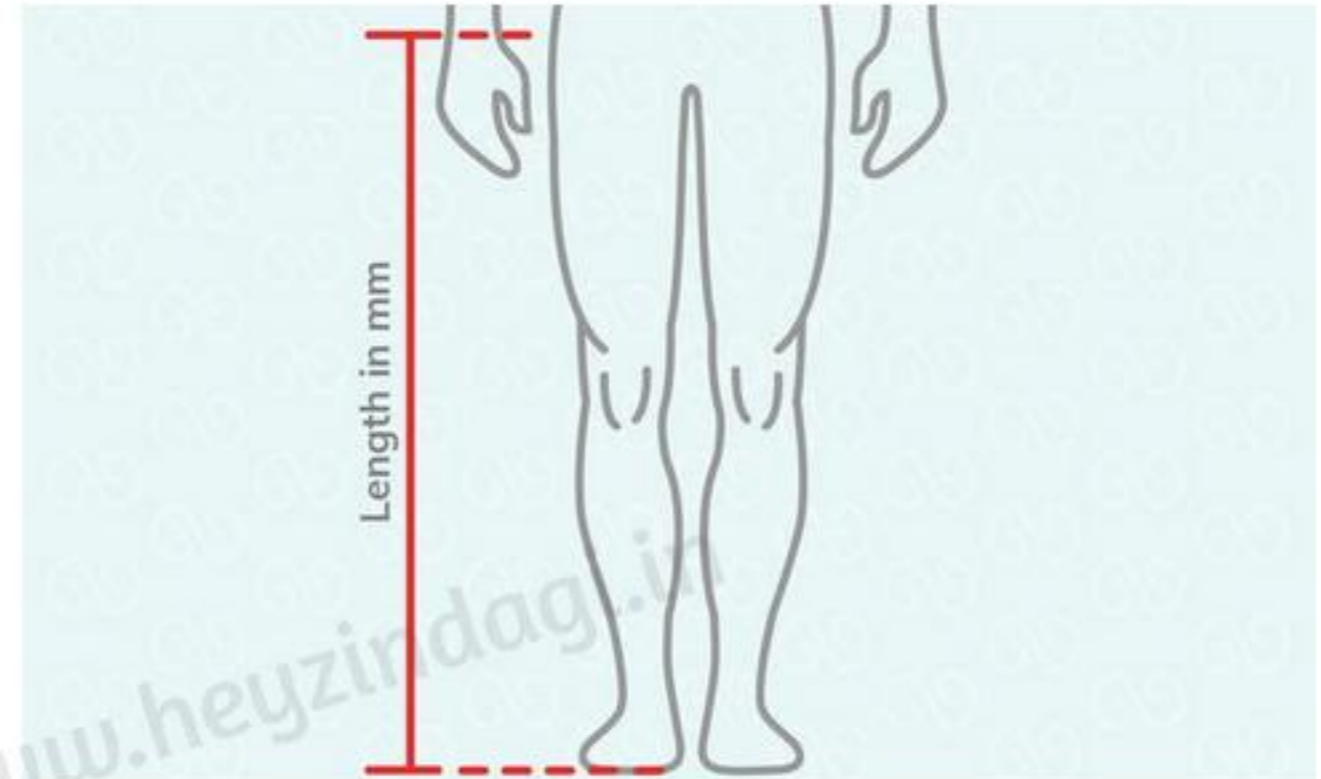


How to Use?

- First identify the comfortable height you want to adjust the walker to:
 - Ensure that you are wearing regular shoes
 - Stand beside a wall or chair for better balance. A second person might assist in standing properly
 - Keeping the active arm at your side, measure the distance from the ground to the inner crease of the wrist
 - This is your ideal walker height. May be adjusted up or down by 1 inch as per personal preference
 - Ensure that the height of the handle is at the same level as the wrist when standing tall with arm by your side
- For walking:
 - Ensure that the walker is locked in open position
 - Push or lift the walker at about an arm's length in front of you
 - Make sure all the four base tips of the walker are touching the ground before you take a step
 - Step forward slowly and carefully with the leg opposite to the side of the walker

- You can always visit your Physician or Therapist to get an ideal measure and recommendation in case of advanced health issues especially back pain or postural deformity<



- Now put the other leg in front and continue walking
- Repeat the last four steps and walk slowly maintaining steady posture
- Remember it is a three-step process: First- Walker, second- opposite leg and lastly the other leg

