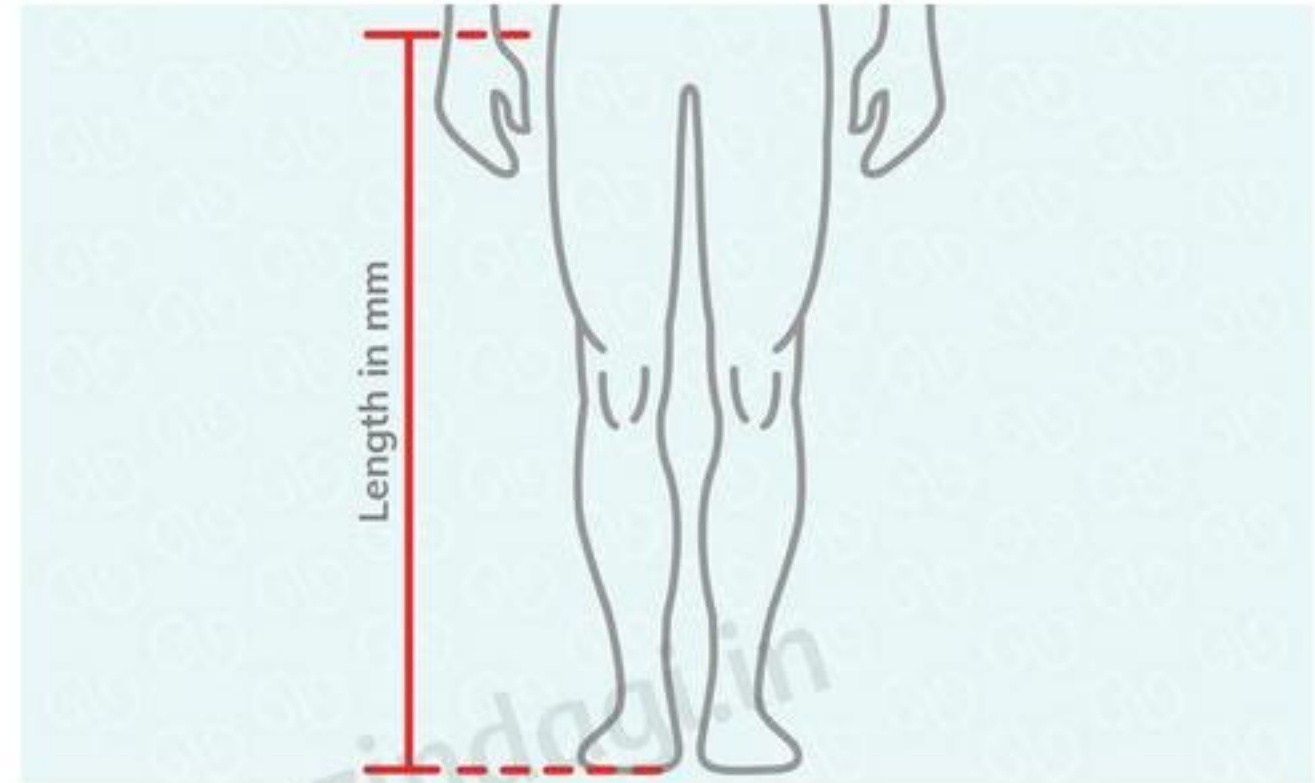


How to Use?

- 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
 - 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
- In order to fold the walker, kindly press the button on the top bar
- To use as a regular walker, please move the pins on the lower blue central bar to the side vertical bar. This will lock the reciprocating motion
- For walking:
 - Hold the walker firmly with the hand grips
 - Push one side of the walker forward at about an arm's length
 - 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 on the pushed side of the walker
- Push the other side of the walker forward and step with the other leg in front of the first leg
- Repeat the last four steps and continue walking



- Ensure that the height of the handle is at the same level as the wrist when standing tall with arm by your side

