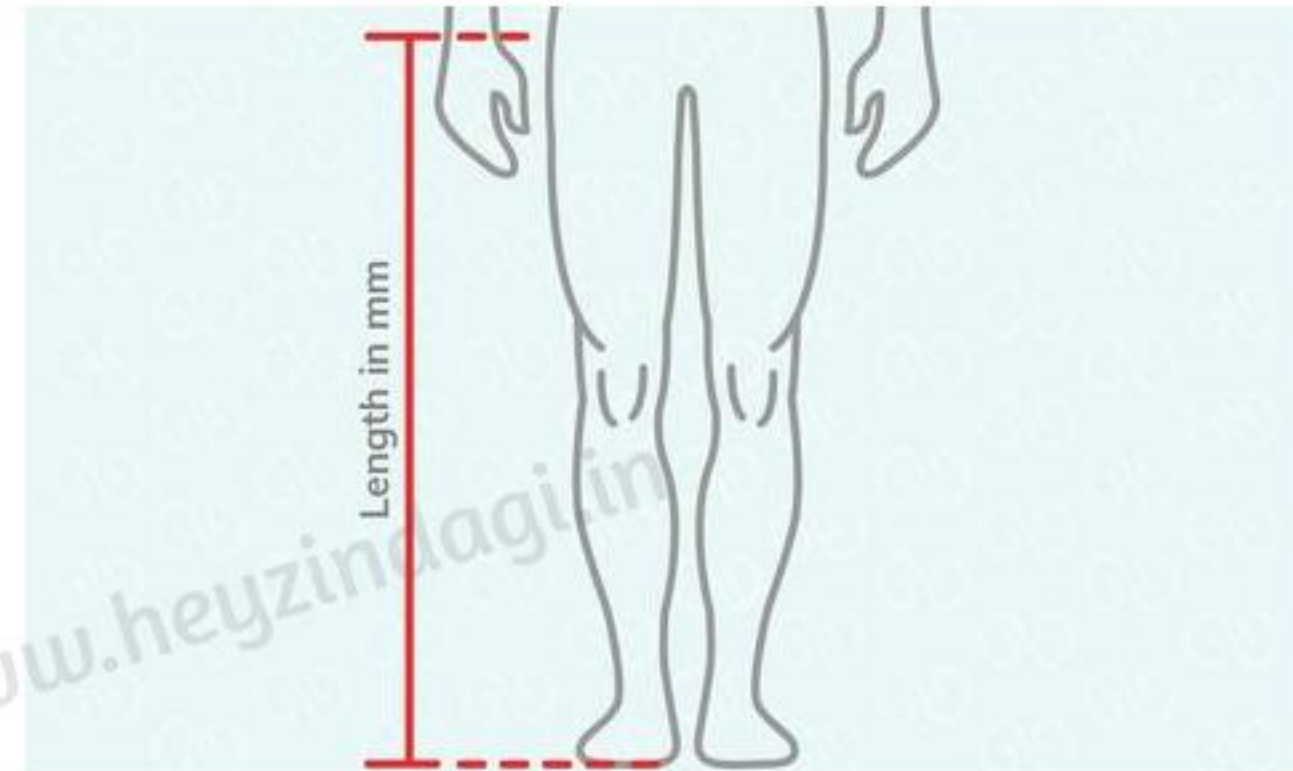


How to Use?

- First identify the comfortable height you want to adjust the walker to
 - Stand straight and let your arms hang by your side comfortably
 - Measure the distance from the ground to your inner wrist
 - This is your ideal walker height
 - You can always visit your Physician or Therapist to get a more ideal measure and recommendation in case of advanced health issues especially back pain or abnormal posture
- Once the height is adjusted, 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 your weaker leg first



- Put the other leg in front of the weaker leg
- Repeat the last four steps and walk slowly maintaining steady posture

