

USE AND MAINTENANCE MANUAL

Adjustable Walker with/without Wheels

Model: VT WA-333 AG





Product Description

The Adjustable Walker is a lightweight, folding mobility aid designed to assist individuals with limited balance, strength, or mobility. It offers adjustable height and stability for safe walking—ideal for post-surgery, elderly use, or rehabilitation.

Features

- Lightweight aluminum frame
- · Height-adjustable legs with locking pins
- Foldable for easy storage and transport
- · Anti-slip rubber tips for safety
- Comfortable hand grips

🔪 Assembly & Adjustment Instructions

1. **Unfold the Walker:** Pull both sides outward until it clicks and locks into position.

2. Adjust the Height:

- Press the push-buttons on each leg.
- Slide the legs to the desired height.
- Ensure the button locks into the new hole position securely.
- 3. **Check Stability:** Make sure all legs are adjusted to the same height before use.



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How to Use the Walker

1. Standing Up from a Chair

- Place the walker directly in front of you.
- Hold both hand grips.
- Push up with one hand on the walker and the other on the armrest or chair.

2. Walking

- Move the walker a step forward.
- Step forward with your weaker leg first.
- Bring your stronger leg forward to meet it.

3. Turning

- Take small steps to turn.
- Do not twist your body sharply.

4. Sitting Down

- Back up to the chair until you feel it touch the back of your legs.
- Reach back one hand at a time to the chair arms.
- Lower yourself slowly and gently.



Safety Instructions

- Wear non-slip, well-fitting shoes.
- Avoid wet, uneven, or cluttered surfaces.
- Check rubber tips regularly; replace if worn.
- Ensure the walker is fully opened and stable before use.
- Do not attempt to climb stairs with the walker.

Maintenance & Cleaning

- Wipe the frame with a damp cloth and mild detergent.
- Avoid abrasive cleaners or soaking in water.
- Check all joints, grips, and tips regularly.
- Replace worn or damaged parts immediately.

Recommended Use

- For indoor and flat outdoor use.
- Best suited for elderly persons, post-surgical patients, or users with impaired mobility or balance.

Warnings

- Do not use the walker to pull yourself up from the floor.
- Do **not** lean excessively to one side.



- Discontinue use if it feels unstable or damaged.
- Consult a physiotherapist for personalized usage guidelines.



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