



AMBULATORY DEVICE USER GUIDE (2 SIDED)

This guide applies to walkers, rollators, canes, crutches, and knee scooters. Always follow your physician's or therapist's instructions and the manufacturer's recommendations.

BEFORE EACH USE

- ✓ Inspect the device for loose hardware, cracks, or damage.
- ✓ Verify all height adjustment buttons and locking mechanisms are secure.
- ✓ Check rubber tips, wheels, brakes, and hand grips for wear.
- ✓ Ensure the device is stable and functioning properly.
- ✓ Do **not** use damaged equipment.

SAFE USE

- Adjust the device to the height recommended by your healthcare provider.
- Wear supportive, non-slip footwear.
- Walk slowly and avoid sudden turns.
- Look ahead—not at your feet—while walking.
- Remove throw rugs, cords, and other tripping hazards.

Walker

- Move the walker a short distance forward, then step into the walker one step at a time.

Rollator

- Engage the brakes before sitting or standing.
- Never push the rollator too far ahead of you.
- Never sit on the rollator while it is moving.

Cane

- Hold the cane on the stronger side unless instructed otherwise.
- Move the cane and weaker leg together, followed by the stronger leg.

Crutches

- Support your weight with your hands—not your underarms.
- Follow your prescribed weight-bearing restrictions.

Knee Scooter

- Place the injured leg securely on the knee platform.
- Keep both hands on the handlebars while moving.
- Operate at a slow, controlled speed.
- Use hand brakes to slow down or stop before turning or transferring.
- Lock the brakes before getting on or off the scooter.
- Avoid steep slopes, uneven terrain, gravel, wet surfaces, and stairs.

STAIRS (Only if Approved by Your Healthcare Provider)

Up Stairs: Good leg first → weaker leg/device follows.

Down Stairs: Device first → weaker leg → stronger leg.

Always use a handrail whenever available.

SAFETY PRECAUTIONS

- ⚠ Never exceed the manufacturer's weight capacity.
- ⚠ Do not use on icy, wet, loose, or uneven surfaces whenever possible.
- ⚠ Replace worn rubber tips immediately.
- ⚠ Keep rollator and knee scooter brakes properly adjusted.
- ⚠ Never use damaged equipment.
- ⚠ Ask for assistance if you feel weak, dizzy, or unsteady.

CLEANING & MAINTENANCE

- Clean with mild soap and water or an approved disinfectant.
- Dry thoroughly after cleaning.
- Inspect wheels, brakes, grips, rubber tips, and adjustment mechanisms regularly.
- Tighten loose hardware as needed.
- Contact Prime Care Medical Equipment for repairs or replacement parts.

FALL PREVENTION

- ✓ Keep floors dry and well lit.
- ✓ Remove clutter and loose rugs.
- ✓ Wear supportive shoes with non-slip soles.
- ✓ Use handrails whenever available.
- ✓ Never carry heavy objects that interfere with safe use of your device.