

## Instructions for Adjusting a Rolling Walker

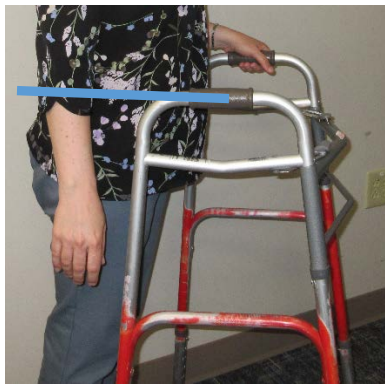
It's important to have a rolling walker adjusted to the patient's height to ensure safety and prevent falls.

### Follow these steps to adjust a walker to the patient's height:

1. Ask the patient to stand up straight with arms resting at the side.
2. The hand grip on the walker should be at the same height as the patient's wrist.



Correct height



Walker too tall



Walker too low

3. If the RW is too high or too low, instruct the patient to sit down then adjust the leg length of all 4 walker legs.



When adjusted to the proper height, your patient will look like this



### If walkers are not adjusted properly, they are less likely to help with fall prevention and may even cause a patient to fall.

If the walker is too tall, as shown here, the patient is less able to use the walker to maintain balance.



If the walker is too short, as shown here, the patient leans forward and increases risk of falling.

