

# TrueComfort

## FOLDING ALUMINUM WALKER with reciprocal and fixed settings

### Aluminum Frame

Lightweight

### Folding Mechanism

For unclutter storage

### Ergonomic Handle

Provides Palm Heel Support

### Reciprocal/Fixed Conversion Button

### Height Adjustment Mechanism

Locks height of cane  
8 Height settings  
75-90cm (30-35.5in)

### Non-Skid Tip

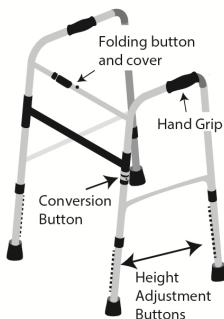
Foam Rubber Tip



# WARNINGS

**READ THIS MANUAL before using this equipment.**

- If you are unable to understand this manual contact your healthcare professional.
- For individuals weighing up to 300 lb.
- The walker is designed to provide support, increased stability, and assistance while walking.
- The walkers are **NOT** designed to support the total weight of individuals.



## BEFORE EACH USE:

- Check rubber tips for rips, tears, cracks, or excessive wear. Immediately replace the tips if these conditions arise.
- Check if the walker is securely locked in position by checking that the **lock button** fully protrudes through the adjustment hole.

**ALWAYS CONSULT YOUR PHYSICIAN OR THERAPIST TO DETERMINE PROPER USE.**

## FOLDING / STORAGE

1. Slide the cover off the folding mechanism.
2. Press the button and fold or unfold each side of the walker into the middle.

## RECIPROCAL / FIXED SETTING

1. Press the conversion button on the front of the walker.
2. **TOP = Reciprocal** | **BOTTOM = Fixed**

## HEIGHT ADJUSTMENT

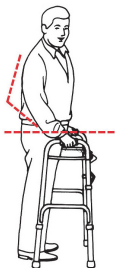
1. On a level surface, press the height adjustment buttons on each leg to set the walker to the desired height.
2. Tap lightly on the ground to check the button is secured.
3. An audible “CLICK” will sound when the locking button protrudes through **each** adjustment hole.

## SPECIFICATIONS

Size	75-90cm
Settings	8 Height Settings at 2.5cm intervals
<b>MATERIAL</b>	
Handle	Vinyl
Walker Body	Aluminum Alloy
Leg Tips	Foam Rubber
Locking Button	Aluminum Alloy
Locking Collet	Aluminum Alloy
Not for use by individuals weighing over 300lb	

# HOW TO USE YOUR WALKER

1. Adjust the walker so the top of the handle touches the wrist while the elbows are slightly bent.



2. Align the middle of your foot with the back legs of the walker.

3. Lift the walker and place it comfortably in front of you.

4. Ensure that all four legs of the walker are in contact with the floor to prevent tipping.

5. Place your weaker leg into the middle of the walker first and your stronger leg second to land next to it.

6. Repeat with each step.

7. Put as much weight onto your walker as you need. This will help support your injured leg and relieve pressure.

**Turning:** It may take 2–3 steps to turn 180° degrees.

8. Place the walker in the direction you want to go.

9. Step your feet around until you're facing it. Avoid twisting your back, which can cause you to lose balance.



10. Ask your doctor or physical therapist if it's okay to use your walker on the stairs, and if it is, have them show you how to do it correctly. Ask for help if you feel unsure about going up and, especially, down stairs.