

How to Use a Knee Walker



Using on a knee walker is simple, but here are a few pointers to help first timers:

- Adjust the leg rest so that the injured leg sits with a 90-degree bend at the knee.
- Adjust the handlebars so that they are about waist-height.
- To move the walker forward, always keep both hands on the handlebars.
- Push gently with the straight leg and move the walker forward.
- Try to rest the full weight of the injured leg on the cushion. Avoid leaning forward or backwards, which could cause the walker to become unstable.
- Move slowly when operating the walker on uneven surfaces or navigating doorways.
- When going through doorways, try to orient the walker so that it enters the doorway as straight as possible. This minimizes instability and reduces the chance of an accident.