

# How to Choose the Right Walker



Walkers help provide stability for those with balance & strength challenges.

## Step 1: Measure For the Perfect Handle Height

Stand straight with arms at your sides.

The top of the handles should align with the bend in the wrist.

Keep your shoulders level. Select a height that allows at least 1" higher & lower for adjustment.

## Step 2: Choose Based on Mobility & Support

STANDARD

**Restricted Mobility & Balance**  
Provides added balance for those who are unsteady on their feet & need to lean on the walker for extra support.

2 WHEELED

**Moderate Mobility & Balance**  
Helps those who are unstable but do not need to lean on the walker for constant support.

4 WHEELED

**Functional Mobility & Balance**  
Offers balance support for those with limited strength and mobility.

## Step 3: Choose Based on Weight Capacity

	STANDARD	BARIATRIC
WEIGHT CAPACITY	350	500

## Step 4: Choose a Folding Release Type

TRIGGER RELEASE

**Least Dexterity**  
Ideal for those with limited dexterity, closes the walker without removing hands from handles.

PUSH BUTTON

**Most Dexterity**  
Can be easily pushed with fingers, palms or side of hand.

## Step 5: Choose Wheel Size

Most rolling walkers come with 3" or 5" wheels.

Choose wheels based on where the walker will be used most. Smaller wheels are ideal for indoor tighter spaces.