



Hemi Walker



This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

Opening/Folding the Walker

To open, grasp the top hand grip . With the other hand push the lock handle down until it rests directly on top of the cross brace.

To fold, pull the lock handle up.

Adjusting the Height

Depress the snap button on the leg extension and slide the leg to the appropriate adjustment hole. Make sure the snap buttons are fully engaged into the adjustment hole of each leg frame and that the legs are the same height. Test the stability of the walker before use by pushing down on the top hand grip.

When adjusted properly the grip should be at the level of the wrist crease when the arm is slightly bent.

Walking With a Hemi Walker

1. **Hold hemi walker** In the hand opposite the weak/affected side

2. **Lead with affected leg** – Advance the walker as you advance the affected side
3. **Follow with "good" leg** - Take a small step to bring it in line with other foot
4. **Be patient** - Practice and have someone close by for balance if new or concerned about falling