



### **Rollator**

A rollator is a walker with wheels. Rollators are for patients that need assistance with balance only. A rollator is not intended for weight-bearing. Two features that a rollator has that a walker does not are a seat for rest and brakes. Some insurances do not cover the 'seat & brakes' portion of a rollator, so an out-of-pocket cost may come with this product. We will let you know if this is the case.

### **How to Use a Rollator**

Hold the grips of the rollator and push it forward. You can walk normally with the rollator.

Make sure the break is on before sitting down on the rollator's seat. To use the seat on the rollator, make sure the brake is on. The seat is intended only for sitting. Do not use your legs to walk while you are sitting. It is also important not to use the rollator to walk while the seat is down.

### **Safety Tips**

Stand upright while using your rollator.

Always wear shoes with good traction.

Do not use your rollator on stairs.

Take small steps.

Rather than walking behind the rollator, step into the rollator.

Keep the rollator close to you when using it.

Watch out for objects on the floor.

Look forward when using your rollator, not down at your feet.