



A Better Walker™

Users Guide





A Better Walker Safety Instructions

1. DO NOT use this product without first reading and understanding the instructions contained here.
2. DO NOT exceed weight capacity of 350 lbs.
3. DO NOT use it as a wheelchair or to transport someone.
4. DO NOT self-propel or scoot around while seated as doing so could cause a fall.
5. ALWAYS make sure that the brakes are locked when sitting. DO NOT attempt to push yourself or ambulate in any way, both feet should rest flat on the ground when sitting, also before sitting make sure the wheels are not turned but straight and lined up with the fixed wheels.
6. User assistance is recommended for customers with fall risk.
7. If you use the button to lock out the braking system, make sure you adjust the wheel speed controller to create resistance on the wheels. That way the unit is less likely to get away from you and create a fall.
8. DO NOT push back on the backrest or extend your body off the backrest. The backrest is not designed to support the entire weight of the user. DO NOT attempt to reach for items while seated on the Rollator. This motion may cause a change in weight distribution and cause the Rollator to tip or become unstable. Backrest must always be attached when Rollator is in use.
9. When transitioning from standing to sitting, or sitting to standing, make sure that you use the transition handles so that you sit and stand smoothly. DO NOT sit in a rough fast manner, as this could cause a fall.
10. DO NOT use A Better Walker if there is apparent damage or if any parts are missing.
11. Care should be taken to ensure that all height adjustment locks, handles, brakes or any other functional or moving parts are in good working order before operation.
12. Make sure that all adjustable parts like forearms and height are tight and securely fastened.
13. Always contact your Physician or Physical Therapist before using, to determine proper adjustment and usage.
14. If it feels like you are going to lose your balance or fall, let go of the brake handle so the Rollator will stop.
15. The Rollator bag/basket has a weight capacity of 10 lbs. Items should not hang over the top or front of the basket. Use the attached Velcro to secure the bag.
16. Make sure the Rollator frame is fully opened and locked in before use.
17. DO NOT use Rollator on stairs, escalators, moving sidewalks, or uneven surfaces.
18. DO NOT walk across steep inclines as this may cause the Rollator to tip sideways.
19. DO NOT USE ON CURBS, only use wheelchair/accessible ramps when using outdoors.

MISUSE OF A BETTER WALKER OR FAILURE TO FOLLOW THESE INSTRUCTIONS CAN LEAD TO SERIOUS INJURY OR RESULT IN DEATH AND MAY VOID WARRANTY



A Better Walker™

How to Use Your A Better Walker Rollator

How to Open when Folded Up:

1. Hold the Rollator upright and rest it on the wheels.
2. Pull apart the frame from the sides.
3. Hold both sides of the seat frame and push down until it locks into place.

How to Fold:

1. Grab the handle in the center of the seat and pull up.
2. Push together from both sides until completely folded.
3. If you want to make it shorter, you can use either or both height adjustments to do so. We recommend using the lower height adjustment first as that won't change any of the other adjustments.
4. After adjustments are made, make sure that the adjustment mechanism is tight and locked in place. Failure to do this could result in a fall.

Determining the Correct Height and Fit:

1. Stand upright behind the Rollator with your arms hanging at your side and both feet in line with the wheels.
2. Adjust the height of the forearm rests so that you are standing with good posture and your forearms are comfortable in the armrest.
3. Adjust so that you have good posture without bending forward or pushing your shoulders up.
4. At this point you can also adjust the angle of your wrists for comfort.
5. At the secondary height adjustor, you can also adjust the position of your arms for comfort.
6. The armrests on the A Better Walker are raised and lowered independently of each other. It is recommended that the armrests be set at the same height. Should the user have a physical condition that requires offsetting the height of the armrests, the armrests can be set accordingly for comfort.

How to Walk with the Rollator:

1. Hold the handles with your fingers resting around the handbrake in the squeezing position. Pull one or both brake handles in order to walk.
2. If you feel like you are going to stumble or fall, just let go of the brake handle and the Rollator will stop.
3. Step forward and walk with a normal gait.
4. Determine a pace that is comfortable and allows you to move safely.

How to Sit with A Better Walker:

1. Lock the brakes by letting go of the handles. If you had locked out the braking system, pull and release the brake handle to re-engage it.
2. Test the Rollator before sitting down to make sure that it will not roll.
3. If the frame is in front of you, use the handles to stabilize your body as you turn around.
4. If the frame is behind you, just sit down.
5. Before sitting, touch the back of your legs to the edge of the seat to ensure proper positioning of the Rollator.
6. Holding the handles, slowly lower your body to the seat.

To Prevent Tipping Over when Sitting:

1. Distribute weight evenly on the seat.
2. Support the majority of your body weight on the transition handles with both feet on the ground and slowly lower yourself onto the seat.
3. DO NOT just drop yourself directly onto the seat as this could cause the Rollator to tip over.

How to Use the Hand Brakes:

1. A Better Walker has a reverse braking system that can be used with either or both hands.
2. In order to walk, just pull one or both handles and walk at a safe pace.
3. When you need to stop, just let go of the handles.
4. It is normal for brake cables to stretch over time. A Better Walker has 4 different adjustment places on each side of the rollator.
 - 1 at the brake handle, 2 at the center folding mechanism where the lever is and 1 at the break near the wheel. The easiest adjustment is at the brake handle.

How to use the Roll Speed Controllers:

1. If necessary, the A Better Walker has the ability to create resistance against the wheels. This can help to keep the Rollator from rolling away from you and help prevent falls.
2. To adjust this, just loosen the outside thumb nut, push the pad against the wheel to the desired resistance and then tighten both the inside and outside thumb nuts.



Instructions to Assemble A Better Walker

1. Remove A Better Walker out of the box and then remove the packaging and the bag from the Rollator.
2. Separate the parts and remove the remaining packaging.
3. Set the wheels on both sides by screwing the provided bolts.
4. Remove the black three sided bolts, rotate the long rails into position and replace the black three sided bolts.
5. Lift Rollator up and unfold frame (#1).
6. Place each arm with the push pin towards the side with the holes and insert until it clicks.
7. Place each forearm rest (#3) into the tubes on each side and lightly tighten.
8. Route the cables so they can come to the inside of the frame.
9. Place tube (#4) into the forearm rests and adjust to tighten.
10. Bring up the backrest (#5) and bring the cable to the inside of the frame.
11. Remove the thumb screws with the Allen Wrench that is included.
12. Loosen the bolts and snap them on above the transition handles (#2), put the bolts back in and tighten.
13. Snap on the Cain Holder Cup (#6) on the bottom left above the wheel.
14. Add the bag by slipping over the provided hooks behind the seat and wrapping the Velcro straps around the tubing.
15. Adjust the wrist and adjust the length so that your forearm is in the center of the cuff and rotate your wrist to whatever is most comfortable and then re-tighten and lock securely.
16. Adjust the two height adjustments. This adjusts the height as well as the internal, external rotation of the elbows. Adjust to height and comfort and then lock back in.
17. Adjust brake cables by spinning and tightening the upper nut and the inside lower nut.
18. For the secondary height adjustment, push in the pin, click down, click back up.
19. For the wheelbase, push in the pin, slide out, and slide back.
20. A Better Walker has a reverse braking system. A normal Rollator, you pull the brakes to stop. With A Better Walker, you pull the brakes to walk. If you start to stumble and let go, the Rollator stops. If you had a stroke or have some other injury where you can't use one hand, our system allows you to use the braking system with either hand. The braking system can be completely locked out by pulling either brake handle and pushing in the silver button, then slowly releasing the brake handle unit it holds the button in.
21. A Better Walker comes with transition handles that help you transit from standing to sitting and sitting to standing.
22. Another important feature is our Roll Speed Controller. It is for when the braking system is locked out, you can adjust resistance against the wheel so that the Rollator will not get away from you, potentially causing a fall.
23. For travel and storage, A Better Walker folds quickly and easily by pulling up the handle in the center of the seat, also remove the black three sided bolt on the long rails and fold the legs up securing them with the attached velcro straps.

A Better Walker is ready to use after completing all the above steps.

A Better Walker™

Parts List

Part # 1 - 1 each Walker Frame



Part # 2 - 2 each curved frame sections with Transition Handles



Part # 3 - 2 each Forearm Rests



Part # 4 - 2 each Bent Tubes with Handgrip and Brake Handles



Part # 5 - 1 each Backrest



Part # 6 - 1 each cane Holder Cup





**Adjustable Forearm
Supports**

**Up to 350 lb.
Capacity**

**Patented Angled
Forearm Supports**

**Patented
Reversible
Armrests so
that you can
have the Frame
in front or
behind you**

**Upper Height
Adjustments**

**Transition Handles to
make going from sitting
to standing easier**

Cane Holder

**Lower Height
Adjustments**

**Patented Roll Speed
Controller so you can set
resistance on the wheels for
additional safety**

**Patented
Reverse Braking
System**

Adjustable Wheelbase





WARRANTY and RETURN POLICY

A Better Walker stands firmly on our commitment to providing the highest quality products, as well as exceptional service. Our products are built to precise FDA standards and thoroughly inspected prior to shipment. This warranty represents our confidence in the materials and workmanship of our product.

A Better Walker extends this warranty only to the original purchaser of this product. The warranty does not carry over to any subsequent purchaser or owner. The warranty is void upon any sale or transfer of ownership or use by any other person.

A Better Walker warrants that its products are free from defects in material and workmanship under NORMAL use for the period commencing upon the date of purchase and continuing for the following specified period of time after that date.

- Metal Frame - Limited Lifetime Warranty
- Hand Brake - 5 Years Limited Warranty (plastic handle and cable)
- Non-Metal/Metal Parts - One-year Limited Warranty (wheels, wheel brakes, hand grips forearm rests, cable covers and all other plastic parts)

This warranty does not cover problems due to user negligence, misuse of the product, failure to adhere to product instructions, or normal wear and tear. Items that have been subject to negligent abuse, modified without prior written authorization are not covered within this warranty.

For warranty service please call 1-800-234-4023.

Be prepared to provide, the nature of the defect the product serial number.
DO NOT return any products to our office without prior consent.

Replacement is the only remedy under this limited warranty. This warranty does not include any shipping charges incurred in replacement.

**THIS WARRANTY IS EXCLUSIVE AND IN LIEU OF ALL OTHER EXPRESS
WARRANTIES, IMPLIED**

**WARRANTIES, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANT ABILITY
AND FITNESS FOR A PARTICULAR PURPOSE.**

**A BETTER WALKER SHALL NOT BE LIABLE FOR ANY SEQUENTIAL OR
INCIDENTAL DAMAGE WHATSOEVER**

