

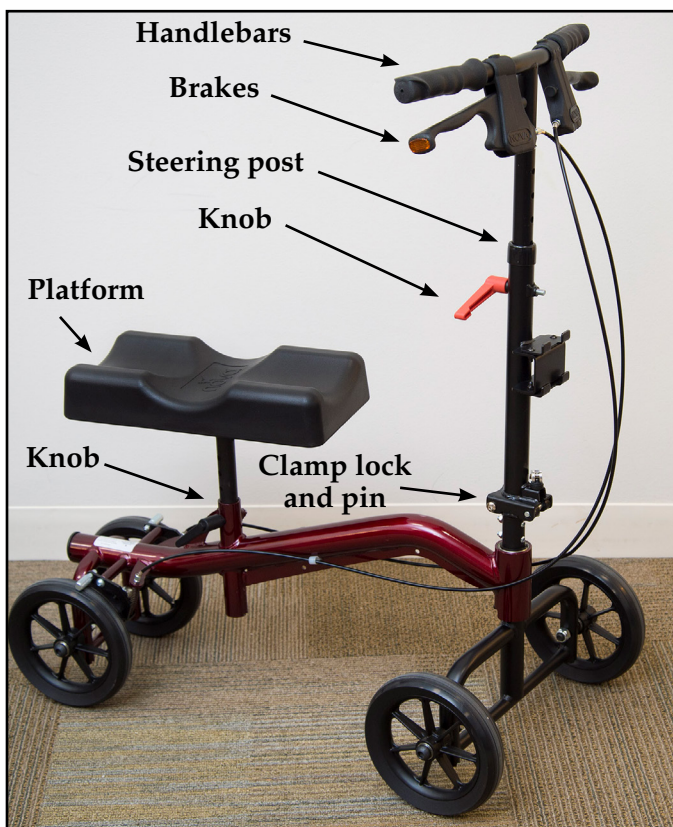
How to Use a Knee Walker

Knee Walkers

A knee walker is a device you can use to help you move around when you have an injury below the knee. A knee walker can be used in place of crutches.

Parts of a Knee Walker

The parts of a knee walker are labeled below.



Before Using Your Knee Walker

It is important to adjust your knee walker before using it. Make sure that:

- your knees are at an equal level when you stand with one knee on the platform
- you feel comfortable with the height of the handlebars.



How to Adjust the Knee Platform or Handlebars

Knee platform

- Find the knob under the platform. Twist it counter-clockwise until you can remove it.
- Slide the platform up or down until it is at the proper height. Your knees should be at an equal level and your hips square. Twist the knob clockwise until it is tightened.



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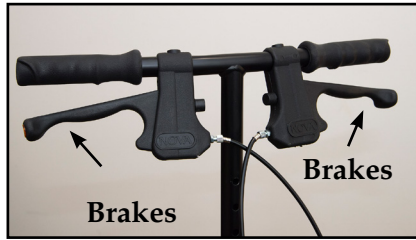
Handlebars

- Find the knob on the steering post. Twist the knob counter-clockwise until you can remove it.
- Move the handlebars up or down until they are at a comfortable level. Twist the knob clockwise until it is tightened.

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How to Use and Set the Brakes

The wheels on your knee walker will lock in place when you use or set the brakes.



You will need to put your weight on your knee walker for the brakes to work properly. Place your knee on the platform as you stand on your noninjured leg.

- **To use the brakes**, use your fingers to pull the brakes toward the handlebars.
- **To set (lock) the brakes**, push down on the brakes.
- **To release (unlock) the brakes**, pull the brakes toward you.

Important: Do not use your knee walker if the brakes are not working properly.

How to Walk With Your Knee Walker

- Grab the handlebars with both of your hands. **Make sure the brakes are set (locked).**
- Place your injured leg on the platform.
- Release the brakes. Begin moving by pushing yourself with your noninjured foot.
- Allow plenty of room for turning.

How to Fold Down Your Knee Walker

You may need to fold down your knee walker to put it in a car.

- Find the clamp lock on the steering pole. Raise the clamp and push it forward.



- Slide the pin to the side and out of the hole.
- Guide the steering pole down.



Reverse directions to unfold your knee walker.

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Safety Tips

- Do not use your knee walker to pull yourself up from a seated position.
- Do not sit or stand on the platform.
- Be careful when moving from carpet or rugs to hard-surface floors.
- Do not use your knee walker on street curbs, hills, stairs or escalators.
- Do not move items with your knee walker.
- Do not reach for objects while on your knee walker.
- Do not hang anything on your knee walker.
- The hand brakes should be used for getting on and off your knee walker, not for stopping movement. Make sure to move slowly enough to stop by using your foot only (not the brakes).

Whom to Call With Questions

Call your health care provider if you have questions about how to use your knee walker.