

## WALKER MEASUREMENT GUIDE

*It is important that your walker fits your arms comfortably to avoid unnecessary stress on your shoulders and back. Most walker manufacturers indicate a suggested user height range for their product so make sure you choose a walker that fits within your height range. Follow the instructions below to determine if you will need to make any final adjustments to the walker's handle height in order for it to fit you correctly.*

### MEASURING INSTRUCTIONS

- Stand up straight with your normal shoes on
- Allow your arms and hands to rest naturally at your sides
- Stand behind the walker with both feet in line with the walker's rear wheels
- Measure from the crease of your wrist to the floor (this measurement should also be about equal to the distance from your hip joint to the floor) - this length should be your walker handle height
- If you need to adjust the handle height, reference your owner's manual for adjustment instructions for your specific model walker
- If your walker is fitted properly, when you stand straight and grip the walker handles your arms should be slightly bent at your elbows approximately 20 to 30 degrees

