

### 13. ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarters in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

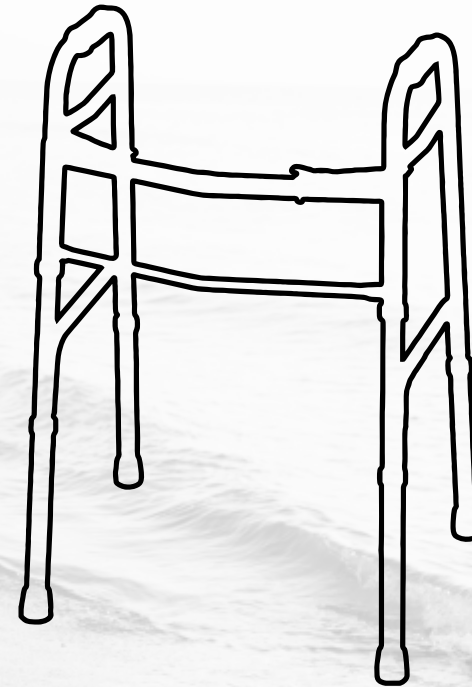
Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

**We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.**



# WALKER

The Premium Quality Power of Mobility



**USER  
INSTRUCTIONS**



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## **1. INTRODUCTION**



Dr Trust Walker is ergonomically designed to provide a large base of support and balance to a person who is unable to walk or who needs mobility assistance because of age or other medical conditions like nervous disorder, fracture, surgery, stroke etc. It is made up of anodized aluminum frames which are durable and lightweight. The rubber bottoms allow the users to walk comfortably and safely on a variety of surfaces. Its feet also facilitate a strong grip on the floor and aids in maintaining a balance while walking. Additionally, with easy to open and fold design it offers more relaxed and stable walk for users every time.

**Weight Capacity:** 100 kg

## **2. ASSEMBLY INSTRUCTIONS**

1. Open the package and remove all contents from it.
2. Carefully open walker and engage its rear push locks and it is ready to use.

### **CAUTIONS**

- This is a walking aid only. It is not to be used as a transportation device.
- Do not attempt to operate walker without reading and understanding the instructions contained in this manual.
- Make sure that this walker has been fully opened and adjusted to your height. The handles should be at the level of your hips. Your elbows should be slightly bent when you hold the handles.

- Must test it for stability before applying full weight to hand grips.

*If you fail to understand the instructions given in the manual, serious bodily injury and damage may occur. To understand the cautions and instructions correctly contact a professional or technical personnel before use.*

### **3. WALKER KEY FEATURES**

- A lightweight aluminum u-shape frame that combines strength & durability for the user to maneuver.
- Comfortable with contoured hand grips
- Can be adjusted to accommodate all users
- Easy folding and push mechanism with safety lock eases transportation and storage.
- Made up of stable and sturdy anodized aluminum frames.
- Promotes natural walking.
- Very reliable in working with reverse-roll locks.
- Easy to carry & fold.
- Designed to provide full weight bearing.
- Smooth functioning ensured.
- Each side operates independently to allow easy movement through narrow spaces and greater stability while standing.

- Unique U-shaped frame design creates greater clearance.
- Comfortable use with pleasing looks.
- The patient is able to bring the walker closer to assist in standing because of the improved cross-frame.
- Have a rubber tip on the bottom of each of the four legs.
- Frame folds easily using the push button mechanism.
- Maximum stability when standing.

### **4. WALKER USAGE BASICS**

- It does not have wheels, so you will need to lift it and place it in front of you to move forward.
- All its 4 tips need to be on the ground before you put your weight on it.
- Look forward when you are walking, not down at your feet.
- Use a chair with armrests to make sitting and standing easier.

### **5. FOLDING AND UNFOLDING THE WALKER**

- To unfold the walker, pull the handgrip and rearlegs away from each other, and the walker should begin to unfold. Continue to unfold the frame until the latchsnap buttons extend and lock.
- To fold the walker, face it from the open end, press the latch snap buttons, tilt the walker so that it rests on its rear legs only, and push the front legs towards the rear legs.

## 6. WALKER HEIGHT ADJUSTMENT



- Adjust the height of the walker in a way so that the top, rear bar is aligned with the middle of the user's buttocks. To do this, press the snap buttons on each leg and slide the leg up or down as needed.
- After installing or adjusting the legs, one must check if all four leg extensions are adjusted to the same height, using the same snap button hole.
- The snap buttons protrude fully from the adjustment holes.

**Height Measurement:** Measured from the floor to top of the grip. This

## 7. HOW TO USE THE WALKER

It is a walker without wheels. It has a rubber tip on the bottom of each of the four legs.

### Three-point Gait

To walk safely, you need to stand inside the frame, grasp the handles on each side, lift the walker, place it down a few inches in front of you, and then you step forward.

### Step 1

Align the middle of your feet with the back legs of the walker. (pic 1)



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(pic 1)

### Step 2

Lift the walker up and place it in front of you making sure all four legs end up on the floor. (pic 2)



(pic 2)

### Step 3

Carefully walk forward, one step at a time. (pic 3)



(pic 3)

## WHEELCHAIR TO WALKER TRANSFER

Make certain that the wheels of the wheelchair are locked. Lift your body by pushing down on the arm-rest and carefully transfer, one hand at a time, to the walker (You can also ask for assistance if you feel uncertain).

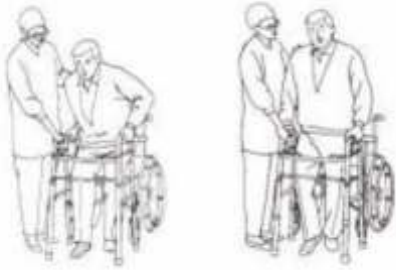


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## WHEELCHAIR TO WALKER TRANSFER (WITH LOWER EXTREMITY INJURY TO RIGHT LEG OR FOOT)



Make certain the wheels of the wheelchair are locked. Lift your body by pushing down on the arm-rests and carefully transfer the left hand first, followed by the right hand (if the injury is on the left leg or foot, transfer the right hand first, followed by the left).



### ADJUSTMENTS

Walker is ergonomically shaped which provides a larger base of support and aids in maintaining a balance while walking. The released handles make it easy to open and close for enhanced stability and comfort.

- Adjust the walker so that when your arm is extended, the walker handle is at wrist height.
- Elbows should be flexed at 20° to 30°.

### CAUTIONS

Be aware of;

- ✓ Throw rugs
- ✓ Toys
- ✓ Cracks in the floor
- ✓ Drapes
- ✓ Animals
- ✓ Liquids or puddles

### 8. SPECIFICATIONS

Weight	2.76kg
Height Range	76-84 cm
Frontal Width	55 cm
Lateral Width	48 cm
Weight Capacity	100 kg

## 9. MAINTENANCE AND CARE



- Inspect the walker regularly. Tighten the nut and bolts as necessary.
- If a problem is discovered that may impact the product's function, immediately eradicate it.
- Use water and, if needed, soap to clean the walker.
- Avoid any undue stress to the walker while using, storing, or transporting it.
- Each time you unfold or adjust the walker, ensure that snap buttons fully extend from their corresponding holes.

## 10. SAFETY CAUTIONS

- Do not use this product without reading and understanding the instructions explained in this manual.
- Do not use with broken or missing body parts.
- Do not use the product in any way other than described herein.
- Do not exceed the maximum weight capacity as this could result in a serious injury. Its maximum weight capacity: 100kg
- Do not use the walker to walk backwards, down gradients or to climb stairs, curbs, or to go over obstacles or serious injury may occur.
- Do not perform any adjustments to the walker while it is in use.
- Do not use the walker to provide assistance while rising from a lower position. If you use it to pull yourself up to a standing position this could result in a fall.



- Do not hang anything from the frame of the walker.

*Serious injury may result from improper use of this walker. If you are unable to understand the warnings, cautions, or instructions, contact a health care professional, dealer, or technical personnel before use. Even you can ask your doctor, physical, or occupational therapist or other qualified professional to assure the proper height adjustment.*

## **11. Q & A**

### **Who Would Need a Walker?**

A walker is a good option for those who are in need of mobility assistance. Also, those with poor upper arm strength, or who are unable to balance may prefer the security offered by a walker. It allows individuals to walk independently and aid in accommodating a more active lifestyle.

### **What are the benefits of using a walker?**

Walkers are good choices for individuals with limited mobility and special functionality needs. They offer these people the best and safest choice to regain their freedom and independence of motion. They increase confidence and make them more independent. Additionally, there is less danger of falling. Posture, strength and endurance may improve.

### **How to Use a Walker Properly?**

Individuals should hold both handles firmly, but without causing tension in the hands. Walk slowly, at a steady pace, and stay alert for obstacles that could cause a fall. While the other way is by following the general guidelines explained in the manual, one can use the walker properly.



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