

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.

Dr Trust[®]

Dr Trust[®]

PREMIUM FOLDING WALKER WITH 5 INCHES WHEELS - 340



**USER
INSTRUCTIONS**

Thank you for buying the "Dr Trust Premium Folding Walker with 5 Inches Wheels - 340". Here is the user manual that contains all important information related to the product for its safe use. Please read this manual carefully to know our product well before use.

Please visit www.drtrustusa.com for further information & Update

PRODUCT INTRODUCTION	3
WALKER BASICS & ASSEMBLY INSTRUCTIONS	3
WALKER KEY FEATURES	3
DIRECTIONS FOR RIGHT USE OF WALKER	4
FOLDING AND UNFOLDING THE WALKER	6
WALKER HEIGHT ADJUSTMENT	6
WHEELCHAIR TO WALKER TRANSFER	6
WHEELCHAIR TO WALKER TRANSFER (WITH LOWER EXTREMITY INJURY TO RIGHT LEG OR FOOT)	6
SPECIFICATIONS	7
MAINTENANCE AND CARE	7
Q & A SECTION	8
CUSTOMER SUPPORT	9
ABOUT US	10

Dr Trust Premium Folding Walker with 5 Inches Wheels - 340 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 wheels and skid resistant pads 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 walking option for users every time.

Weight Capacity: 100 kg

2. WALKER BASICS & ASSEMBLY INSTRUCTIONS

We have made this product with utmost care to ensure quality so that all users can enjoy walking independence with peace of mind. Whosoever sets up, adjusts, or uses the walker need to read the shared information and instructions carefully to ensure its safe and correct use.

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

3. WALKER KEY FEATURES

- Reciprocating lightweight walking frame made of durable anodized aluminum.
- Suitable for people with limited ability to walk and especially for those who has problems with balance.
- Helps to move easily inside and outside.
- Promotes natural walking.
- A lightweight aluminum u-shape frame that combines strength & durability for the user to maneuver.
- Made up of stable and sturdy anodized aluminum frames.
- Comes with wheels and a vinyl contoured hand grip.
- Easy push button mechanism allows to operate it by fingers, palms or side of hand.
- Each side operates independently to allow easy movement through narrow spaces and greater stability while standing.
- It can be adjusted easily to accommodate all users.
- Easy to carry & fold.
- Folding mechanism with safety lock eases transportation and storage.

- Very reliable working with reverse-roll locks.
- Designed to provide full weight bearing.
- Unique U-shaped frame design creates greater clearance.
- Offers maximum stability when standing.

4. DIRECTIONS FOR RIGHT USE OF WALKER

Adjust the walker to suitable height

- Press the spring lock with finger to adjust to the suitable height.
- Fix the middle screw nut tightly.
- Examine whether the handles are loose, or they have sting.
- Prevent the handle from endangering you and be careful of the sting hurting your palms.
- Examine whether the anti-slip rubber tips and wheels of the walker are tight and stable.

Walker Usage Basics

- This is a walking aid only. It should not be used as a transportation device.
- It comes with two front wheels so; you just need to push it forward to move ahead.
- Make sure that this walker has been fully opened and adjusted before use.
- All 4 bottoms (2 tips or 2 wheels) of your walker need to be on the ground before you put your weight on it.
- Its handles should be at the level of your hips. Your elbows should be slightly bent when you hold the handles.
- Always look forward when you are walking.
- Use a chair with armrests to make sitting and standing easier.
- Always use a chair with armrests to make sitting and standing easier.

Note

- With your arm extended down, handle should be at wrist height. With your hand placed on the hand grip, your elbow should be flexed 20 to 30 inches.
- Each side operates independently to allow easy movement through narrow spaces and greater stability while standing.

About walking

- Put your walker about one step ahead of you.
- Make sure the leg of your walker is level to the ground with both hands.
- Grip the top of the walker for support and walk into it, stepping off on your injured leg.

- Touch the heel of this foot to the ground first, then flatten the foot and finally lift the toes off the ground as you complete your step with your good leg.
- Don't step all the way to the front bar of your walker. Take small steps when you turn.

CAUTIONS

- Do not attempt to operate walker without reading and understanding the instructions contained in this manual.
- Do not down at your feet when walking.
- Must test it for stability before applying full weight to hand grips.
- DO NOT sit on the walker while it is being loaded into a vehicle or while it is being transported in a vehicle.
- DO NOT exceed the maximum weight capacity or serious injury could result: Maximum weight capacity: 100 kg.
- Before each use make sure the walker frame is fully opened.
- Check the brakes for proper operation.
- Make sure that all parts are secure and in good working order.
- Wheels should roll and not wobble.
- The brakes MUST be in the locked position BEFORE sitting on the seat.
- DO NOT use the walker to walk backwards, down gradients or to climb stairs, curbs, or to go over obstacles. Serious risk of fall or injury may occur.
- DO NOT perform any adjustments to the walker while it is in use.
- DO NOT use the walker as a wheelchair.
- If the anti-slip rubber tips and wheels are worn, change them immediately.

Note

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

5. FOLDING AND UNFOLDING THE WALKER

- To unfold the walker, pull the handgrip and rear legs away from each other, and the walker should begin to unfold. Continue to unfold the frame until the latch snap buttons extend and lock.
- To fold the walker, face it from the open end, depress 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, must check all four leg extensions are adjusted to the same height, using the same snap buttonhole.
- The snap buttons protrude fully from the adjustment holes.

Height Measurement:

Measured from the floor to top of the grip. This should match the height from the floor to the middle of the user's buttocks.

7. WHEELCHAIR TO WALKER TRANSFER

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

8. 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 armrests 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).

CAUTIONS

Be aware of;

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

9. SPECIFICATIONS

Wheel Size	5"
Weight	2.45kg
Height Range	76-84 cm
Frontal Width	55 cm
Lateral Width	48 cm
Weight Capacity	100 kg

10. MAINTENANCE AND CARE

- Inspect the walker regularly. Tighten the nuts 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.

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 choice 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. The arms bend at the elbows. 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.

CONTACT ADDRESS

USA

NURECA INC.USA

276 5th Avenue, Suite 704-397, New York (NY) - 10001, USA

INDIA

Corporate Office (Mumbai)

Nectar Biopharma Pvt Limited

Quest Offices, The Parinee Crescenzo, C38-39, G Block,
8th floor, B Wing, Bandra Kurla Complex, Bandra(E)

Mumbai, Maharashtra 400051

Call On

USA: +1 212-634-4563

India (Toll free): 18002709565

Website: www.drtrustusa.com

Email: customercare@nureca.com

Connect with us on social networks

Facebook: @drtrust

Instagram: @drtrustisin

Youtube: NurecaUsa

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