

HEALING AIR, INC.

COMMODOES

PURPOSE: The purpose of *bedside* commodes is to provide an extension of the bathroom commode at the bedside or other area. By bringing the commode closer to the user, the individual has less distance to travel and in some cases, can perform these activities independently. Physically challenged individuals should never be left unattended. Contact your physician and/or therapist for transferring methods.

TYPES: Commodes have evolved into a basic universal model. There still are many variations in capabilities, but most models can perform many roles. Most commodes function in their main role as a portable commode, but can also be fitted over bathroom commodes to facilitate an elevated toilet seat, or can be used as a shower seat. You can get models that have varying weight capacities and widths and with fixed or dropping arms.

USE: Bedside commodes are portable, meaning that they are not stationary. Each commode has rubber anti-slip tips that aid in the limitation of movement. The user must be able to, while unattended, stand, pivot and sit down safely. Commodes can also be adjusted for proper height. The height should be adjusted so the user can be safely transferred into and out of the commode. If you are using a drop-arm commode and using it to transfer into and out of a bed or chair, the seat height should be adjusted to the same height. The commode bucket is disposable and should be replaced anytime a crack is noticed. The user must exert the force of their weight directly over the unit. Do not allow weight to be exerted in any lateral direction.

ACCESSORIES: Healing Air, Inc. stocks extra commode buckets, splashguards and rubber tips. We also stock many complimentary items that can assist the user in performing activities of daily living more independently. Healing Air, Inc. maintains an extensive line of incontinent products, from briefs and underpads to skin cleansers and protectant creams.

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CRUTCHES

PURPOSE: The usual purpose of crutches is to aid the user in walking while relieving weight from one foot or leg. There are other uses for crutches but these require special training by physicians and/or therapists. The user must have adequate upper body and upper arm strength and must always abide by recommended procedures. If your physician or therapist instructs you differently, you must always follow their instructions explicitly.

FITTING: Crutches are very useful in assisting the user in walking, but they also can cause nerve or muscle damage if not used or fitted properly. Crutches must be adjusted to approximately 1 - 1½ inches below the armpit when the user is standing up straight. Fitting must be performed with the rubber tips on. The height of the handgrip should also be adjusted to allow a 20 - 30 degree bend in the elbow when the user is standing up straight.

USE: The method medical equipment suppliers teach is called the *Three-Point-Gait*. At all times your total weight should be placed on the handgrips, not your armpits. While standing up straight, shift your weight to the good leg and bend your injured leg. Move both crutches forward approximately 12 inches. Now shift your weight to the handgrips and swing through the crutches until you are even with the crutches. Continue performing this routine until you are comfortable with the procedure. Once you are comfortable, you can swing through the crutches to a point in front of the crutches. This point is dependent on your confidence and crutch-walking ability.

Never negotiate steps unless your physician or therapist has recommended you do so. This is a potentially dangerous practice and needs specific training and monitoring. Always practice safe crutch walking. Never attempt to walk at an accelerated pace, this can cause you to slip and fall.

SAFETY: Always use the crutches for their intended purpose. Never allow someone to use your crutches unless they have been fitted properly for that user.

MAINTENANCE: Your crutches, if maintained properly, can last for many years. The rubber tips are there to provide traction on walking surfaces. These tips must always be in good working condition. The handgrips are there to provide better gripping of the crutch and to provide cushioning. These should also be changed immediately when they are cracked or become uncomfortable to grasp. The under-arm pads also are there to provide comfort and to help prevent any nerve damage. Replace them when they become split or uncomfortable.

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ADJUSTABLE BEDS & ACCESSORIES

PURPOSE: Adjustable beds are designed for individuals who need to have their position changed frequently. This includes the height of the bed and elevation of the head and/or foot of the bed. There are many reasons for needing such a bed. The users must at all times adhere to information in this document and to the operational and safety procedures in the manufacturer's user manual. Always follow your physician's instructions on changing position and head and foot height. If you have not seen a physician, we recommend you do so.

TYPES: There are three basic types of adjustable beds and they differ in the amount of electric operation. There are manual beds with which all adjustments are manually made by hand cranks. These beds are the least costly and are designed for individuals that require infrequent changes in position. Semi-electric beds are the most popular and combine the electric adjustments in the head and foot and manual adjustment in the bed height. Full electric beds are the most expensive and are difficult to justify for medical necessity. All adjustable features of the bed are adjusted electronically.

USE: The bed should never be disassembled or assembled by the user. There are specific instructions and safety precautions that must be followed when putting up or taking down the bed. If the bed needs to be moved, notify your equipment rental company and they will move it for a modest fee. When using the bed, side rails should always be used. They should be in the upright position. The hand control has buttons that control the height of the head and foot sections. Push the appropriate button to adjust the section of choice. Never allow any liquid to spill on the bed. If liquid spills on the bed, immediately unplug the bed and clean up the liquid. Two of the bed wheels should have locks and should be engaged at all times. Do not let any extremities extend over the side or between the bed rails.

SAFETY: Never leave a physically challenged individual or a child unattended in the bed. You should never place anything under the bed, including people. Always abide by the manufacturer operational and safety guidelines. Only one person is allowed on the bed at one time. Each bed has a maximum weight limit, usually 450 pounds.

MAINTENANCE: A certified professional should only perform maintenance. Healing Air, Inc. is fully qualified to fix and maintain adjustable beds. If you suspect your bed has any problem, consult us immediately. Do not use the bed until it has been evaluated.

HEALING AIR, INC. MANUAL WHEELCHAIRS

PURPOSE: Wheelchairs are designed to allow those individuals who either cannot walk or have limited walking ability to be independent and mobile. Wheelchairs should be properly prescribed and fitted. If you have not seen a physician or therapist regarding your wheelchair, we encourage you to do so.

TYPES: Wheelchairs come in many different shapes, sizes, and brands. These wheelchairs can range from several hundred to several thousands of dollars. All wheelchairs have a maximum weight limit that they can support. Make sure you verify the weight capacity of your wheelchair. Wheelchairs also come in different height models and variations in weight. Healing Air, Inc. also has the capability to custom build or order a manual wheelchair to meet most needs. At all times the user must follow and abide by all manufacturers' safety and operational procedures.

ARMRESTS: Armrests provide support for the user's arms. There are two types of armrests, fixed and detachable. The fixed type armrests usually provide a more secure fit to the user and generally result in a narrower chair. Detachable arms either lift out of the way or completely detach from the chair allowing for easy transferring into and out of the wheelchair. You should consult Healing Air, Inc. for your specific needs.

LEG RESTS: Leg rests come in three basic types, fixed, swing away and elevating. Fixed leg rests are for users that transport their wheelchair infrequently or have unlimited transportation space. Swing-away leg rests actually *swing away* and detach, thus giving the wheelchair a more compact size when transporting, and also making getting into and out of the wheelchair safer and more accessible. Elevating leg rests allow the raising of the leg to an extended position. This feature is provided for users that cannot bend or must raise their legs. All leg rests should be adjusted properly before using.

TRANSPORTATION: Transportation of wheelchairs is simplified by their ability to fold up or collapse. A collapsed wheelchair is reduced to a width of approximately 1 foot. It can be easily rolled into a back seat of a car by tilting the wheelchair on its large wheels and placing the smaller caster wheels into the vehicle. Then roll the larger wheels up into the back seat. Storage in automobile trunks is also accessible. The user must always utilize proper lifting techniques when lifting heavy or awkward objects. There are also inexpensive wheelchair lifts that can be attached to most trailer hitches.

USE: To fold up your wheelchair, grab the seat sling in the middle and pull up. To unfold, push down on the seat guideposts with the palm of your hand. Never allow your fingers to get between the guideposts and armrests. To prevent tire damage, never store or transport your wheelchair with the wheel locks on.

Each wheelchair is equipped with wheel locks. Wheel locks are not intended to keep the wheelchair braked in all situations. Wheel locks are designed to provide resistance so that the average user will not move when they are applied. Wheel locks should be

regularly checked and adjusted for proper function. When transferring into and out of the wheelchair, always have brakes applied.

All leg rests have flip-up footplates. These footplates must always be flipped up and out of the way when transferring into and out of the wheelchair. Most wheelchairs come with anti-tipping devices attached. These devices are designed to help prevent backward tipping of the wheelchair. These devices must always be in place.

LIFTS: Healing Air, Inc. sells and install wheelchair lifts. These devices simplify the transportation of your wheelchair. Ask Healing Air, Inc. about the different models available to accommodate your needs.

CUSHIONS: Wheelchair cushions come in many different styles and levels of cushioning. Cushions are designed for those individuals who spend many hours in their wheelchairs and need to prevent skin breakdown. Cushions can provide support and stability for the user. Cushions should be purchased from Healing Air, Inc. that can properly fit the user. Healing Air, Inc. maintains a modest selection of different cushions for different needs; some can even custom make a cushion for special needs.

ACCESSORIES: Like any other transportation modality, wheelchairs can be purchased with many different options or accessories. Healing Air, Inc. can order and install most accessories, like wheelchair lap trays, oxygen holders, cushions, and power attachments.

MAINTENANCE: Healing Air, Inc. is dedicated to complete customer care and want to service your entire wheelchair needs. The user should perform visual checks on their wheelchair at least monthly. If any item is ripped or worn, it should be replaced immediately. If any item needs adjusting, it should be done immediately by contacting Healing Air, Inc..

HEALING AIR, INC.

NEBULIZER WITH COMPRESSORS

PURPOSE: Nebulizers with compressors are manufactured to convert liquid medication into a mist so the user can inhale the medication into their lungs. This allows for a reduced dose of medication and a faster medication response time, because of the delivery directly to the lungs. These nebulizers with compressors are considered medical devices and *cannot* be sold or rented without a written order from a physician. The user must follow all manufacturers' safety and operational procedures.

TYPES: Nebulizers with compressors come in a variety of sizes and shapes and airflow outputs. There are stationary units that must be plugged into an approved, grounded electrical outlet and battery-powered models that are portable. Most insurance companies do not consider a portable unit a medical necessity. A quality unit has at least a 1-year warranty and a consistent airflow output.

USE: When in use, the stationary unit must always be plugged into an approved, grounded electrical outlet. The user must always abide by and follow all physicians' orders for frequency and medication dosage. Attach a clean handheld nebulizer to the output port. Instill your proper medication dose and turn on the nebulizers with compressor. Breathe slowly and deeply, unless otherwise specified by your physician, for the entire duration of your treatment. Treatments usually last approximately 10 minutes. You should continue your treatment until the medication is gone (unless otherwise instructed by your physician). When you have completed your treatment, your hand held nebulizer must be cleaned (see reverse side).

MAINTENANCE: Most units have filters that require periodic changing. Do not reuse or substitute any other material for the unit's filter. Contact Healing Air, Inc. for your filter needs. Your compressor should be kept free from dirt, grease, and oil. Use a mild soap and water on a rag or towel to wipe unit, never submerge unit. **Always unplug unit before cleaning.** Your handheld nebulizer must be cleaned daily. See cleaning procedure on reverse side.

NEBULIZERS: Handheld nebulizers come in disposable and semi-permanent types. The disposable types can usually be cleaned and reused for approximately a week. The semi-permanent type can usually be cleaned and reused for approximately 6 months. There are also aerosol masks that can be used in conjunction with your handheld nebulizer for those individuals disliking or who cannot tolerate the mouthpiece.

CLEANING

Your handheld nebulizer should be cleaned daily with the below procedure.

1. Disconnect your handheld nebulizer from the compressor.
2. Disassemble your handheld nebulizer.

3. Set aside the connection tubing. It cannot be cleaned. Discard if soiled.
4. Wash in hot water and with dishwashing soap to remove any debris.
5. Rinse well with hot water.
6. Then soak handheld nebulizer parts in a solution of one part vinegar to three parts hot water for 30 minutes.
7. Rinse well with hot water and allow to air dry.
8. Reassemble unit and ready for next use or store in a Ziploc® Bag.

HEALING AIR, INC. OXYGEN THERAPY

PURPOSE: Oxygen is 21% of the air we breathe. When our lungs are damaged, obstructed, or restricted, they cannot oxygenate the blood. Each cell in our bodies must have oxygen to live. Raising the oxygen percentage allows more oxygen to pass into the blood. Your physician must order oxygen. Oxygen is **not flammable** but it does provide fuel for fires.

PRESCRIPTION: Your physician has written a prescription for oxygen and this value should *never* be deviated from without first consulting him/her. Your settings are prescribed as follows:

LPM at rest _____ LPM during activity _____ LPM while sleeping _____ Hours per
day _____

DELIVERY MODES: There are three basic ways oxygen can be delivered. Oxygen concentrators are the most common and they are machines that concentrate the oxygen in the air we breathe. Compressed cylinders contain oxygen under pressure and allow portability. This pressurized oxygen is measured in pounds-per-square-inch gauge, or psig. Liquid oxygen is oxygen that has been cooled to allow it to turn into a liquid. This liquid is converted back into a gas when it's brought back to room temperature. Liquid systems require no electrical power and can be packaged for portability.

USE: Once the oxygen delivery method is decided upon, an appliance must be used to delivery it to the patient. The most common are nasal cannulas and oxygen masks. Nasal cannulas are prongs that are inserted into the nose and are suited for most needs. Nasal cannulas have curved prongs and the curve side should be down. These cannulas should be changed every two weeks or when they are soiled. Cannulas work exactly the same whether the user is a mouth breather or a nasal breather. When reading your flowmeter, you must read the *middle* of the float not the top.

Oxygen masks cover the entire nose and mouth areas and are intended for higher flowrates and oxygen percentages. A good seal on the face is needed to delivery accurate oxygen amounts. The holes on the side of the mask should never be obstructed. These ports allow your exhaled air to vent out of the mask. The *minimum* flowrate on an oxygen mask is 5 LPM.

HUMIDIFIERS: Oxygen that is delivered has no moisture in it. Liquid oxygen is the driest. Liquid oxygen stationary units should always have a humidifier regardless of the flowrate. Do not put a humidifier on a liquid portable unit.

Humidifiers are disposable devices that bubble the oxygen through a column of water. This water attaches itself to the oxygen molecules. These devices should be filled with *distilled* water only, **do not use tap water!** This distilled water can be purchased

inexpensively through your local drug store. When filling your humidifier, always empty out old water before adding new water. Change your humidifier at least weekly.

EMERGENCIES: Healing Air, Inc. understands that oxygen services should never be interrupted. We maintain a technician on-call 24 hours a day, 365 days a year. If your equipment fails or your supplies are diminished, **call the main store number and leave an urgent message.** You should always maintain an adequate supply of oxygen on hand in case of natural disaster or other emergency. Healing Air, Inc. can assist you in setting your safety limit.

SAFETY The purpose of oxygen safety is to prevent any injury or adverse condition from occurring. By using oxygen safely, users can achieve increased oxygenation, improving quality of life and independence. Oxygen is not flammable, but it will add much needed fuel to fires and cause them to burn hotter and faster. Always abide by oxygen safety guidelines. If you should have any questions regarding your oxygen safety, please don't hesitate to call Healing Air, Inc..

1. It is mandatory that your residence have a functioning smoke detector.
2. **No smoking or flames** (including cigarettes or cigars) are allowed within 10 feet of any oxygen delivery device.
3. Keep all flammable materials away from an oxygen source, especially, oil, grease, solvents, creams, lotions, petroleum products, paper, clothes, aerosol containers, and alcohol of any kind. (This includes on your hands or clothes also).
4. Keep all devices that are powered by electricity or that can produce sparks, at least 5-feet away from any oxygen delivery device.
5. Do not use Nylon®, wool, or any synthetic material for clothing or bedding. Cotton is the preferred material.
6. Do not try to fix, repair or lubricate any oxygen device or delivery equipment.
7. Keep all tubing and equipment uncovered and tangle-free and stored in an uncluttered and unconfined space.
8. Never allow any untrained person or child to touch or manipulate oxygen equipment.
9. Always store tanks or cylinders in approved carts or holders, on their sides, and in well-ventilated places. Never store tanks or cylinders in the trunk of a car.

MAINTENANCE: Healing Air, Inc. performs all maintenance of oxygen equipment. Basic user maintenance pertains to the external particle filters on concentrators. These need to be cleaned weekly with soap and water. The external parts of oxygen equipment must be kept clean and free from oil, grease and dirt. Never utilize any solvent to clean equipment. If anything appears to be wrong with your equipment, call Healing Air, Inc. immediately. **If your power should go out and your oxygen concentrator does not restart, push the reset button on your unit.**

HEALING AIR, INC. PATIENT LIFTERS

PURPOSE: Patient lifts are designed for caregivers to lift and/or transfer an individual. These devices utilize hydraulics as a way to maximize lifting potential and minimize user effort. Contact your physician and/or therapist for lifting and transferring techniques. Always follow their instructions explicitly.

TYPES: There are many different models and types of patient lifts. They vary in their level of automation, weight capacities, and portability. The basic and most commonly used type is the manual hydraulic lifter. These units are usually on wheels and can be used throughout the facility or home.

USE: Patient lifts, as we stated above, have many uses. Medical equipment rental companies cannot instruct the user on every possible transferring or lifting method. Your medical equipment provider will instruct the user(s) on safe attachment of the prescribed sling and on the safe operation of the lift. Your physician and/or therapist must assist you in a transferring and/or lifting method that best meets your needs. If your unit has a built-in scale, always calibrate the scale before the individual is placed in the sling.

The weight capacity of the patient lift provided is _____. **Never exceed the weight capacity of the patient lifter.** Never allow incontinence pads or seating cushions to be placed between the patient and sling material; this may cause the patient to slide out of the sling during transfer.

Spread the base to its widest position and *lock* open, this provides a more stable base of support. Make sure the object being transferred to is stationary, either with wheel locks or attendant secured, to assist in a safe transfer. Place the lifter base directly under the patient. The patient should be *facing* the lift user. **Keep the wheels unlocked while lifting the patient.** Always close the hydraulic valve before attaching to the individual. Attach the sling to the individual. Before transferring a patient from a stationary object (wheelchair, commode, bed, etc), slightly raise the patient off the stationary object and check all sling hardware for secure attachment to include swivel bar, straps, S-hooks, and D- or O-rings. If any attachment is not correct, lower the patient and correct the problem, then raise the patient and check again.

Patient lifts are not transport devices and are intended to transfer a patient from one resting position to another. Never push or pull on the lifter boom; pushing or pulling on the lifter boom can cause the patient to tip over. Move patient to designated place, making sure it is secure and will not move or shift when placing individuals. Lower the patient slowly by opening the control valve.

MAINTENANCE: Most patient lifters have a hydraulic chamber that must always be intact. If you notice any leakage, contact Healing Air, Inc. immediately and discontinue use. Your patient lifter must be kept clean and free from dirt, oil and grease.

Most slings can be machine-washed. It is best to place them inside a pillowcase or laundry bag when washing. If you notice a tear or any fraying parts of the sling, immediately discontinue use and notify yHealing Air, Inc.. Healing Air, Inc. may make regular visits to check the condition of the patient lifter.

HEALING AIR, INC. RAISED TOILET SEATS

PURPOSE: The raised toilet seat's sole purpose is to raise the height of the home toilet. By raising the height of the toilet, users have less distance to travel when bending over. This allows, in most cases, for the user to function independently.

TYPES: Raised toilet seats come in many different brands, shapes, sizes, and methods of attachment. Most only differ in their method of attachment. We can also order special devices for individual needs, i.e., padded units and special cutouts.

ATTACHMENT: There are inexpensive raised toilet seats that do not clamp on and simply just sit on top on the toilet seat. This inexpensive model does require extra diligence in use. Other raised toilet seats have clamps that attach to the underside of the toilet bowl. They are meant to be semi-permanent additions to the toilet.

We seriously recommend the purchasing of a raised toilet seat with safety armrests. We also offer Toilet Safety Rails that attach to the toilet base. These are designed for those users who have already purchased a raised toilet seat and want to add additional safety armrests.

USE: When utilizing the raised toilet seat the user should exercise care, discretion, and common sense. Always adjust your sitting so the user sits down on the middle of the raised toilet seat. Adjusting your body positioning once on the unit or before standing can cause the unit to flip forward and cause a fall. If the user needs to adjust positioning or slide transfer into and off the raised toilet seat, it is essential that armrest or a safety frame be attached.

INSTALLATION: All models install differently and the installer must follow manufacturer installation procedures. It is also recommended that the security of the clamps be checked at least weekly. If any questions arise during installation please call Healing Air, Inc..

HEALING AIR, INC. CANES & QUAD CANES

PURPOSE: Walking aids are designed to give the user additional stability when used properly. Your physician has ordered your walking aid for a specific reason. If your physician has given you specific instructions, you must follow them.

TYPES: There are many different types of canes, wood, aluminum, folding, and adjustable are just some of the types. Healing Air, Inc. maintains a modest inventory of most types. If there is a special need, please let them know and they will try to order it. Most canes can only support weights of up to 300 pounds. If a heavier duty cane is needed, please notify them.

FITTING: A properly fitted cane or walking aid is adjusted to the height necessary when wearing shoes you will be wearing while walking with the cane or walking aid. The top curve or handle should be approximately at the hip joint and the elbow will be slightly bent (20 - 30 degree angle). For wooden canes the shaft must be cut approximately $\frac{3}{4}$ inches short to accommodate the rubber tip.

USE: The cane, or walking aid, is held in the non-affected or good hand. Stand with your legs slightly apart and the non-affected leg slightly behind the affected leg. The cane or walking aid should be placed approximately 12 inches in front and on the side of the non-affected leg. Your first step is with the non-affected leg. Then the weak or affected leg moves forward while the cane is firmly held to the floor. Your physician or therapist may specify changes to this basic technique. When using a quad cane the base needs to be turned so that the narrow or flush side is faced toward the body. Never negotiate stairs without consulting your physician.

When utilizing your walking aid for assistance in standing from a seated position, both feet should be firmly planted on the floor. The walking aid must be in your good hand. Push up on the armrests to a standing position.

MAINTENANCE: The rubber tips on your walking aid are very important and you should inspect them regularly. Worn or damaged tips must be replaced immediately. Healing Air, Inc. maintains a wide variety of cane tips that are inexpensive. The handgrip should be checked for movement, if applicable, on a regular basis and replaced if damaged. Wood canes should be stored in a cool, dry place to prevent damage.

HEALING AIR, INC.

TRAPEZE BARS

PURPOSE: The purpose of trapeze bars is to assist the user in transferring position. This can be from a bed to a wheelchair, a bed to a chair or aiding the lifting of the user to accommodate changes in position. Trapeze bars are not intended to support the user's total weight. Using a trapeze will allow the user to become more independent in the performance of daily activities. You should consult your physician or therapist for specific transferring techniques.

TYPES: There are many different brands of trapezes, but generally only two basic types. There are the freestanding types that are mounted on a base and are not secured to any objects. This model has increased flexibility in that it can be transferred to different parts of the house where it is needed. It also has less security in that it is not mounted to any fixture and can move or shift if not used correctly. The other type is the clamp-on trapeze. The clamp-on trapeze is the most durable and is clamped onto an adjustable hospital bed. These models have the added security of better attachment, but lack the flexibility of moving around.

USE: The clamp-on type must have its attachment checked daily. The grab bar and chain should be adjusted so the user can effectively transfer or change positions. The elbow is usually bent at a 20 - 30 degree angle when extended. For freestanding models, make sure the trapeze and base are securely fastened to each other daily. Always have the center of weight directly under the grab bar. This will help stabilize the base and aid in the prevention of shifting of the base.

SAFETY: Always check connections and attachments daily. Do not over tighten. Keep unit clean and free from any dirt or grease. Call Healing Air, Inc. immediately if you are unable to secure your trapeze or any part is damaged. Discontinue using until unit is fixed and/or replaced. **Do not attach a clamp-on trapeze to any other bed except the hospital bed that was provided by Healing Air, Inc..**

HEALING AIR, INC.

WALKERS

PURPOSE: Walking aids are designed to give the user added stability and when used properly, increased independence. Your physician has ordered your walking aid for a specific reason. If your physician has given you specific instructions, you must follow them specifically. If you have not seen a therapist or physician, please do so.

TYPES: Walkers come in a variety of styles and sizes, each with a specific purpose. Walkers can come with seats, brakes, baskets, and/or wheels. Make sure you read and understand all manufacturers' operating instructions. Folding walkers are just as strong as non-folding walkers and have the added convenience of compact storage. Most walkers have a 250-300 pound weight limit. Check with Healing Air, Inc. for the specific weight requirements for your walker; heavier duty models are available by special order.

FITTING: A properly fitted walker is adjusted for height when wearing the shoes you will be wearing while walking with the walker. The top of the handgrips should be approximately at the hip joint and the elbows will be slightly bent (20 - 30 degree angle). Make sure all walker legs are adjusted to the same height.

WHEELS & BRAKES: Walkers have many styles of wheels. Walkers with two wheels are very common and wheels must be in the *front* position. Walkers with four wheels must have a braking mechanism due to the possibility of losing balance. Braking mechanisms vary in their performance and braking ability, the user must comply fully with manufacturers' operating procedures. Healing Air, Inc. maintains many different types of walkers with brakes and brake add-ons.

USE: Your wrists must be straight and firmly grasping the handgrips. Your first step should be even with the back two legs of the walker, followed by a second step into the middle of the walker. The walker is then moved forward, stepping through the walker last (exactly the same as a normal walk). The feet do not meet side by side unless stopping for a reason. If your walker has a seat, the brake must be fully engaged when utilizing the seat. If your walker is of the folding type, make sure the spring buttons are fully engaged.

MAINTENANCE: The rubber tips and wheels on your walker are very important and you should inspect them regularly. Worn or damaged tips and wheels must be replaced immediately. Healing Air, Inc. maintains a wide variety of walker tips and wheels that are inexpensive. The handgrips should be checked for movement or slippage, if applicable, on a regular basis and replaced if damaged. Braking mechanisms should be checked for braking ability at least monthly. If your walker does not brake completely, please bring it to the store where you purchased it so adjustments can be made.