Weight-bearing status: FULL WEIGHT BEARING

1. Stand in the middle of the rollator zimmer frame.

2. Grasp the rollator zimmer frame’s grips with your hands. Then push the rollator zimmer frame forward at an arm’s length that feels comfortable. The back legs of the rollator zimmer should be even with your toes.

3. Step forward with your affected (weaker) leg into the middle of the rollator zimmer.

4. Then step forward with your stronger leg. As you do so, keep weight off your weaker leg by supporting some weight with your arm.

5. Repeat steps 2, 3 and 4 above, move the rollator zimmer, your weaker leg, and then your stronger leg.

Weight-bearing status: NON WEIGHT BEARING

1. Stand in the middle of the rollator zimmer. Keep the affected leg off the ground

2. Grasp the rollator zimmer grips with your hands. Then push the rollator zimmer forward at an arm’s length that feels comfortable. The back legs of the rollator zimmer should be even with your toes.

3. Hop forward with your unaffected leg into the middle of the rollator zimmer. Support your weight with your arms when hopping.

4. Repeat steps 2, and 3 above move the rollator zimmer, then hop forwards with your stronger leg, and then move the rollator zimmer.
**Weight-bearing status: PARTIAL WEIGHT BEARING**

1. Stand in the middle of the rollator zimmer.

2. Grasp the rollator zimmer grips with your hands. Then push the rollator zimmer forward at an arm’s length that feels comfortable. The back legs of the rollator zimmer should be even with your toes.

3. Step forward with your affected (weaker) leg into the middle of the rollator zimmer. Continue to grasp the rollator zimmer grips with your hands. Keep the weight off your weaker leg by supporting your weight with your arms.

4. Then step forward with your stronger leg. As you do so, keep weight off your weaker leg as required by supporting some weight with your arm.

5. **Repeat steps 2, and 3** above move the rollator zimmer, then hop forwards with your stronger leg, and then move the walker.

**Safety tips**

- Do not take a step until all 4 legs of the rollator zimmer frame are level on the ground.
- Do not push the wheeled walker too far ahead of you. Keep the back legs even with your toes.
- Always keep all or part of your body (at least your toes) inside the frame of the rollator zimmer frame.
- To get up from sitting, do not pull up on your rollator zimmer frame. Instead, push up from your seat.
- To turn or change direction, you may need to lift your rollator zimmer frame.
- Be careful when you walk from a tile or hardwood floor to a carpeted floor. You may need to lift your rollator zimmer frame.
- Be careful when you step into or out of a lift. You may need to lift your rollator zimmer frame.
- Check the tips on the back legs of your rollator zimmer frame often. Replace the tips when they become worn. You can buy new tips from a medical supply dealer.