SuperPharmacy Plus
convenience + care

Care & Maintenance *of Your New Walker*



Care and Maintenance



Keep it clean

- Wipe down the Rollator with a damp cloth and dry on a regular basis
- Do not use any abrasive detergents

Solvents can damage the coating and surface of plastic and rubber parts



Store correctly

- When not in use, store your rollator in a dry, indoor environment away from direct sunlight and moisture

  (This helps prevent corrosion and damage to the frame and components)

If storing your rollator for an extended period, consider covering it with a protective cover to shield it from dust and debris



Check moving parts

Wheels

- Check for hair/dirt that may be restricting smooth motion. This can be removed by hand or a brush.
- Check that the front wheels still swivel properly.
- Check for any flat spots on the tread of the wheel. If it is noticeable, it might be time for replacement wheels.
- If you have access, you should apply some lubricant on the bearings which will prolong the life of the wheels significantly. This can be difficult to get to as they are sometimes covered.

Height Adjustment Knobs

- Check any knobs that might need tightening, particularly at the handle bars to ensure that they don't move or wriggle while in use.

> ⓘ *Regularly check all the fasteners (screws, nuts and bolts) to ensure they are securely tightened.*

Adjust your brakes

Brake cables will always loosen tension over time with use and inevitably cause your brakes to stop working. *A few simple turns of the screw to add tension back into the cables will have you back on track!*

Good tension is the key element that keeps the brake cable from becoming soft and ineffective.

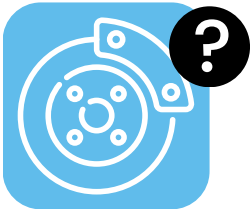
Adjuster Screw

Your rollator will come with an adjuster screw (see pictures below) that will allow you to adjust the tension of your brake.



See the next page for instructions on how to adjust your brakes.

How to Adjust your Brakes



1 Locate the adjustment knob or screw on each brake cable

This is typically found near where the brake cable attaches to the hand lever or near the wheel's brake pad. Otherwise, it can be located in the middle of the brake cable.

2 Tighten or loosen brakes

Turn the adjustment knob while the brakes are disengaged. You should be able to see the brake pad move closer or further from the wheel depending on the direction you turn the adjustment knob.

> ⓘ *There may be a nut that needs to be tightened around the base of the screw to stop the brakes from loosening shortly after.*

3 Test the brake function

Make small adjustments and test the brakes after each adjustment to ensure they engage properly without being overly sensitive or too loose. When the brakes are engaged the wheels should not move.

> ⓘ *Safety precaution: Test the brakes in a safe location after making any adjustments to ensure they are functioning correctly.*

Maintenance Checklist

Weekly Checks

Wheels & Tires

- Free-spinning (bearing performance), some lubricant may be required.
- Not wobbling
- Wear on tread, or punctures in Air-inflated tyres.

Brakes

- Ensure brakes are tight and functioning correctly
- Check that brakes and tyres are making contact
- Ensure the braking mechanism moves freely

Monthly Checks

Wheels (in addition to weekly checks)

- Check for loose or broken spokes
- Ball bearings (unusual noise or excessive wheel wobble usually indicates that the bearings are weak and need replacing)

Frame

- Check for small dents or cracks – these can affect the frame strength.
- Dirt should be removed with a damp cloth
- Handle grips (check that they are secure)

Signs it's Time to Update Your Walker

Wear and Tear
If your rollator is showing significant signs of wear and tear, such as rust, cracks, or loose parts.

Changes in Mobility Needs
If your rollator no longer provides you the necessary support you require, or if you have had changes in your mobility needs, such as difficulty lifting your walker.

Health Conditions Safety Concerns
If your rollator poses a safety risk due to instability or difficulty controlling, or if your health conditions have changed.

Weight Capacity
If your weight has changed significantly, it's essential to ensure that you're using a model with an appropriate weight capacity to avoid safety risks.

Adaptability
If you find that your current rollator lacks adaptability for different environments or activities you wish to engage in.

Technological Advancements
If there have been significant advancements in rollator technology since you purchased your current one, upgrading to a newer model with enhanced features, materials, or design could improve your comfort and mobility.

If any of those signs apply to you, it might be time to call us or come instore to speak to one of our Mobility consultant for support in upgrading your walker.

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