

walk with independence



- **Lightweight**
- **Stable**
- **Maneuverable**
- **Folds Easily**
- **“Feather Touch”
Hand Brakes**



ORTHO-MED, INC.
Commitment to Caring
NovaOrtho-Med.com

USER WARNING

Read Immediately

DO NOT USE AS A WHEELCHAIR OR TRANSPORT CHAIR.
Use seat for stationary seating only. Never sit and push with your feet. Do not go up or down stairs or use on escalators.



To Sit Down:

1. Lock the brakes.
2. Hold onto both handgrips, not the brake handles.
3. Turn around and touch the back of your legs against the seat.
4. Slowly lower yourself onto the seat.

To Prevent Tipping Over when Sitting:

Distribute your weight evenly on the seat.

Do not lean on one side of the walker.

Both feet should rest flat on the ground.

Usage Instructions

To Assemble

1. Remove the height adjustment screw and black adjustment knob from each handle. (See Fig. 1)
2. Slide both handles into the tubular frame and then insert the height adjustment screws from the inside of the frame for the desired height.
3. Make sure that the hex screw head fits into the hex cut-out on inside of frame.
4. Tighten the black adjustment knob onto the screw from the outside of the walker frame. (To adjust seat height on the Discovery #4700 model, remove height adjustment screws on both legs and follow the same procedure.)
5. Attach the basket by hanging both hooks onto to the crossbar that supports the seat.

To Open

Four-Wheel Models:

1. Hold both handles and squeeze up on the hand brakes.
2. Hold the walker upright and rest it on the rear wheels.
3. Continuing to hold one handle and hand brake, use your other hand to grasp the seat handle and push down and backwards to open the walker.
4. Press down on the seat to lock into place for the proper walking position.

Three-Wheel Models:

1. Push handles outward to spread the wheels apart.
2. Push down on the black rectangular folding mechanism until it locks into place.

To Remove or Replace Back

Patented Easy-to-Remove Back allows four-wheel models to fold compactly.

1. To release back, simply pull and turn knob (see photo).
2. After both knobs have been set to release, pull up on the backrest to remove.
3. To secure back, simply hold in place and turn knob.



To Fold

Four-Wheel Models:

1. To release patented Easy-to-Remove back, simply pull and turn the knob.
2. Grasp the “Easy Fold” seat handle and pull upward.
3. To secure back, simply hold in place and turn the knob.

Three-Wheel Models:

1. Push upward on the black rectangular folding mechanism, then pull the handles inward.



How to Use Brakes

CAUTION: WALKER MUST BE IN A STATIONARY POSITION WHEN SITTING. DO NOT USE AS A WHEELCHAIR OR TRANSPORT CHAIR.

To Park and Sit

Four-Wheel Models w/Hand Brakes:

1. Push down on the black ball shaped knob located at the rear of the hand brake handles. (See Fig. 2)
2. The handle will lock into a downward position when properly engaged.
3. Test the walker before sitting down to make sure it will not roll.
4. Before sitting, touch the back of your legs to the edge of the seat to ensure proper positioning of the walker.

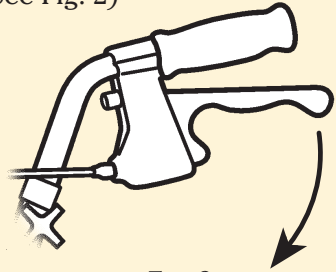


Fig. 2

Cruiser and Cruiser II:

1. DO NOT support your weight on the handles when sitting down. The wheels do not lock in a parked position.
2. Use the handles to stabilize your body as you turn around.
3. Holding your hands on the foam handles, slowly lower your body onto the seat.

To Release Brake from Parked Position

Three and Four-Wheel Models w/Hand Brakes:

1. Simply pull up on hand brake handle.

Cruiser:

1. When sitting, lift your weight from the seat.
2. When walking, lift your weight from the handles.

How to Adjust the Brakes

The following information is designed to assist you with the adjustment of your NOVA Feather Touch Hand Brake System.

NOTE: The braking system on your new NOVA walker has been preset from the factory. To maintain this preset position, be sure that the tension adjustment screw locking nuts (see Fig. 3) are tight against the housing and the rear wheels.

If you are still having difficulty with your brakes, you can adjust them by the following:

1. Hand brake is too loose.

Loosen the tension adjustment screw locking nut and turn the screw one full turn clockwise (as viewed from standing at the back of the walker). If this does not correct the adjustment, repeat one full turn at a time until you have adjusted your brakes. Then make sure the locking nut is spun tight against the housing to prevent the screw from loosening.

2. Hand brake is too tight.

Loosen the tension adjustment screw locking nut and turn the screw one full turn counter clockwise (as viewed from standing at the back of the walker). If this does not correct the adjustment, repeat one full turn at a time until you have adjusted your brakes.

Then make sure the locking nut is spun tight against the housing to prevent the screw from loosening.

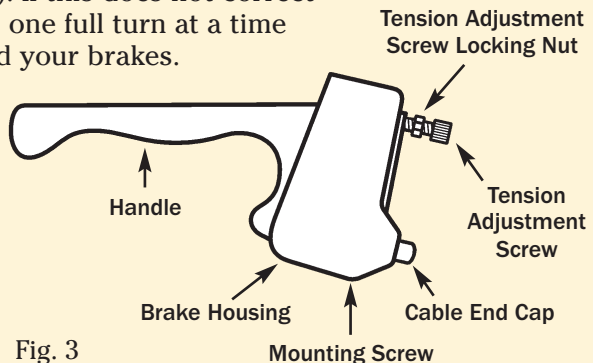
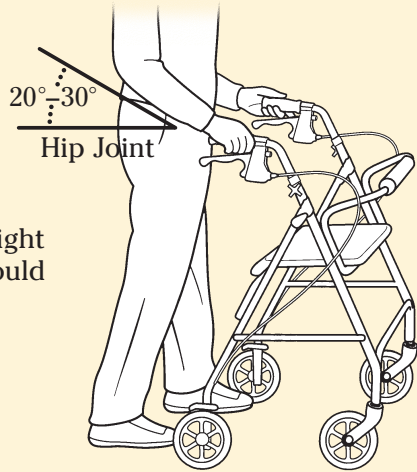


Fig. 3

How to Walk with a Walker

Determine Correct Walker Height

Stand behind the walker with your arms and hands hanging at your sides and both feet in line with the rear wheels. Adjust the height of the walker handles (see Assembly Instructions on page 3) so that they are even with your hip joint. When you stand straight and grip the handles, your arms should be slightly bent at your elbows (approximately 20 to 30 degrees).



Walking with your Wheeled Walker

1. Roll your walker slowly forward so that the rear wheels are a few inches ahead of your body.
2. Step forward and place one foot in line with the rear wheels.
3. Maintaining a steady roll forward, place your other foot in line with the rear wheels.
4. Determine a pace that is comfortable and allows you to place each step in line with the rear wheels.



Accessories

Hanging Walker Pouch

4001WP

Provides extra storage for lightweight objects. Fits all folding walkers and the 4200 series walkers. Attaches with Velcro® to the front crossbar of the folding walker or backrest of the 4200 series. Water resistant.



Basket Cover Bag

4200P

Provides added security for valuables. Fits all 4200 series baskets. Easy access Velcro® top. Water resistant.



Rubber Seat Pad

4200RS

Thick rubber pad helps to reduce back fatigue when resting. Attaches to plastic seat with four screws.



Seat Pads for 4300/4600/4700

4346PS/4700PS

Thick foam pad helps to reduce back fatigue when resting. Attaches with Velcro® onto top of seat.



Walker Travel Bag

4000TB

Canvas carrying bag provides added protection for travel. Fits all folding walkers and four-wheeled walkers.

Plastic Food Tray

4000T

Provides a lunch or dinner tray. Standard on the 4300/4600/4700 walkers. Optional accessory on the 4200 series. Fits onto the plastic seat.

Available through your authorized Nova dealer.