

walk with independence

Walker Guidebook



- Lightweight
- Stable
- Maneuverable
- Folds Easily
- "Feather Touch"
Hand Brakes



For all Nova Rolling Walker Models

NovaOrtho-Med.com



WARNING

Failure to follow any or all safety instructions may result in serious injury or death.

- Read walker guidebook before operating or using any Nova rollator
- Always contact your physician or therapist before using to determine proper adjustment and usage
- Do NOT use as a wheelchair or to transport a person
- Brakes must be in locked position before using the seat. Do not attempt to push yourself or ambulate in any way while seated.
- Backrest must always be attached when using and is not designed to support the entire weight of the user
- Do not use on stairs, escalators, moving sidewalks or any uneven surfaces
- Do not attempt to reach for items while seated on the walker. This motion may cause a change in weight distribution and cause the rollator to tip or become unstable
- The rollator basket has a weight capacity of 10 lbs. Items should not hang over the top or front of the basket.
- Care should be taken to ensure that all height adjustment knobs, castors, or any other moving objects are in good working order before operating.
- DO NOT remove warning sticker

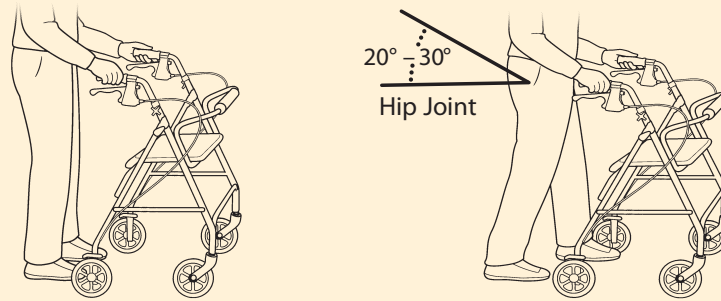
How to Walk with a Walker

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) so that they are even with your hip joint. When you stand 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.



To Remove or Replace Back

Models (4202,4214,4215,4216):

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.



Four-Wheel Models (4200,4200c,4202c,4203,4208,4212):

These models are equipped with the new flip up back design for quick and easy storage. Your back never has to be removed.

1. The back may be removed for shipping. Attach the back by pushing in on both push buttons and inserting each side into the plastic swivel hinges. Pull on the back to ensure that push buttons are securely engaged.

To Fold

Four-Wheel Models:

1. To release the 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.

Four-Wheel Models (4200C,4202C):

1. Lift the padded seat up and remove the bag.
2. Pull up on the folding string until the walker is in the folded position.

Three-Wheel Models:

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 knob located at the rear of the brake handle. (See Fig.1)
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.

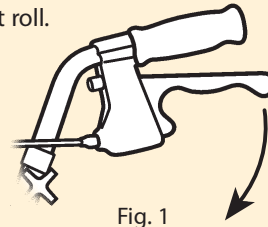


Fig. 1

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.

4200 & 4200C:

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. 2) 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.

- 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.

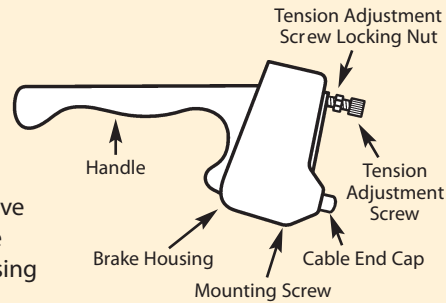


Fig. 2

To Sit Down:

- Lock the brakes.
- Hold onto both handgrips, not the brake handles.
- Turn around and touch the back of your legs against the seat.
- 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

- Remove walker from the box and or plastic bag
- Cut the plastic tie that holds the arms together and remove the two black rubber pieces from the top of the frame.
- Remove the height adjustment screw and/or the black adjustment knob from each handle or from the frame. *(Depending on model type, see below)*
- Slide both handles into the tubular frame to your desired height *(see "how to walk with a walker" section)*

Models: (4216)

- Insert the height adjustment screws from the inside of the frame through the handle until the threads are exposed on the outside of the frame.
- Make sure that the hex screw head fits into the hex cut-out on the inside of frame
- Tighten the black adjustment knob onto the screw from the outside of the walker frame
- Attach the basket by hanging both hooks onto the crossbar that supports the seat

Models: (4900)

follow steps 1-7 from above

- Attach the carry bag first by wrapping the fabric around the left and right frame tubes

8a. Use the buttons to secure the carry bag to the frame

9a. Attach the basket by hanging it onto the hooks built into the frame

Models: (4200, 4202, 4203, 4207, 4208, 4212, 4214, 4215, 4218, 4220, 4222, 4224)

follow steps 1-3 from above

- Insert the height adjustment screws from the outside of the frame through the handle and into the threaded nut that is welded to the frame. (Do not over tighten. The end of the screw should not be exposed if properly completed.)

5. Attach the basket by hanging both hooks onto the crossbar that supports the seat
(note: 4200c, 4202c, 4218, 4220, 4222, 4224 do not include basket)

To Open

Models: (4202, 4207, 4203, 4208, 4212, 4214, 4215, 4216)

1. Hold both handles and squeeze up on the brakes
2. Hold the walker upright and rest it on the rear wheels
3. Push forward and allow the walker to rest on all four wheels
4. Press down on the seat to lock into place for the proper walking position

Four-Wheel Models: (4200c, 4202c, 4218, 4220, 4222, 4224)

Follow steps 1-3 from above

4. Lift up the padded seat and press down on the bottom of the bag. You will feel the center support bar located under the carry bag. Push down until it locks in place.

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

Accessories



Basket Cover Bag

- Easy access velcro top
- Water-resistant
- Item #4200P (for 4200, 4201, 4203, 4212 basket)
- Item #4208P (for 4208 basket)
- Item #4218P (for 4202/4207 basket)
- Item #4214P (for 4214 basket)
- Item #4215P (for 4215/4216 basket)



Rubber Seat Pad

- 1/2" thick rubber helps reduce back fatigue when resting
 - Attaches to plastic seat with 4 screws
- Item #4200RS (fits 4201, 4208, 4203, 4212 with flip up back)
Item #4203RS (fits 4200, 4203, 4212)



Plastic Food Tray

- Optional accessory for 4200 series
 - Fits on plastic seat and rubber seat pad
- Item #4000T (does not fit 4208)

Flashlight

- Add extra light and safety in dark places
- Attaches to most walkers, transport chairs, and wheelchairs
- (7/8"-1" diameter)

Item #FL-1000



Accessories



Deluxe Cup Holder

- Attaches easily to all rolling walkers
- Adjust to hold different size items
- Folds up when not in use

Item #CH-1000



Hanging Walker Pouch

- Fits all folding and 4200 series walkers
- Velcros to backrest of 4200 series
- Extra Storage for lightweight items

Item #4001WP

Item #4200SB
(Aloha)



Cup Holder

- Easily attaches to all rolling walkers

Item #CH-2000



Travel Bag

- Fits all folding walkers and 4-wheeled walkers
- Nylon carry bag provides added protection for airline travel or storage

Item #4000TB

Saddlebags



Cats
4002CT

Butterflies
4002BF

Aloha Pink
4002AP

Dogs
4002DG

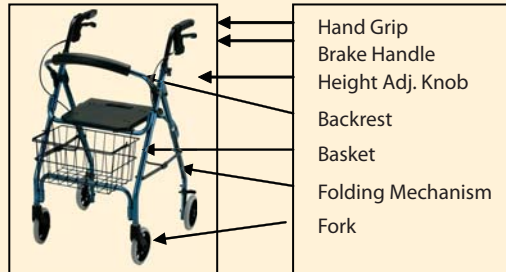
Black
4002BK

*Fits all Rolling Walkers

Customer Registration & Warranty

Keep for your records

1. Do not attempt to repair the walker yourself.
2. Call the store where you purchased the walker. Most dealers do repairs and will re-order parts for you.
3. If your dealer is unable to help you, please call Nova.



Lifetime Limited Warranty

One year on parts * Five years on brakes * Limited lifetime on Frame

NOVA Ortho-Med, Inc. warrants this product to be free from defects in material or workmanship for a period of lifetime from date of purchase. If within the specified warranty period, this product is proven to be defective, it will be repaired or replaced at Nova O.M.'s option. This warranty does not cover shipping costs incurred in replacement or repair of this product.

NOVA O.M. stands firm on our commitment to providing the highest quality products, as well as exceptional service. This product was built to precise standards and thoroughly inspected prior to shipment. This Lifetime Limited Warranty represents our confidence in the materials and workmanship of our products.

For warranty service, please contact the dealer from whom you purchased your NOVA O.M. product. In the event that you do not receive satisfactory service, please call us directly at the number below. Be prepared to indicate the nature of the defect, the product serial number, and the name and location of your dealer. You will also be required to provide a receipt of your purchase. DO NOT return any products to our office without prior consent.

This warrant does not cover problems due to user negligence or misuse of the product. This warranty shall not extend to non-durable components, including but not limited to rubber tips, hand grips, casters, and other parts subject to normal "wear and tear."

THIS FOREGOING WARRANTY IS EXCLUSIVE AND IN LIEU OF ALL OTHER EXPRESS WARRANTIES, IMPLIED WARRANTIES, IF ANY, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. NOVA O.M. SHALL NOT BE LIABLE FOR ANY SEQUENTIAL OR INCIDENTAL DAMAGES WHATSOEVER.



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Attach store receipt to this page



WARNING

THIS IS A WALKING AID
ONLY AND IS NOT
TO BE USED AS A
TRANSPORTATION DEVICE.

WEIGHT CAPACITY 300 LBS