

Mobility Aid Fit & Adjustment Checklist

Simple steps to ensure your cane, walker, or rollator is safe and comfortable

Properly fitted mobility aids reduce joint strain, improve posture, and support safer movement. Use this checklist to review your device regularly — especially after flare-ups, changes in pain, or new mobility challenges.

1. Cane Fit & Adjustment

- Handle height aligns with wrist crease when standing upright
- Elbow bends slightly (15–20°) when holding the cane
- Cane is on the opposite side of the painful leg
- Rubber tip is not worn down
- Grip feels secure and comfortable

Notes: _____

2. Walker / Rollator Handle Height

- Handles align with wrist crease when standing tall
- Elbows bend slightly (15–20°) when holding handles
- Shoulders remain relaxed — not lifted
- Back stays upright (not leaning forward)
- Brakes engage smoothly and fully

Notes: _____

3. Walking Posture & Movement

- Steps feel steady and controlled
- No leaning heavily on the device
- No hunching or rounding shoulders
- Feet clear the ground safely
- Turning feels stable and balanced

4. Rollator Safety Check

- Brakes lock fully before sitting
- Seat feels stable and level
- Wheels roll smoothly without wobbling
- No loose screws or rattling parts
- Storage bag is not overloaded

5. When to Re-Adjust or Replace

- Increased pain when using the device
- Feeling off-balance or unstable
- Difficulty keeping posture upright
- Worn grips, wheels, or rubber tips
- Device feels too heavy or awkward

6. Personal Fit Notes

What feels comfortable for me:

What feels unsafe or difficult:

Changes I may need to make:

Reminder

A properly fitted mobility aid should reduce strain — not add to it. If something feels uncomfortable, unsafe, or difficult, consider adjusting the height or speaking with a healthcare professional.

Disclaimer

This checklist is for general awareness only. It does not replace medical advice. Always follow guidance from your healthcare provider or occupational therapist.

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