

## Eva Support Walker

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We're going to show you how to use and where to find the EVA Support Walker. This walker is used for post-op patients to help with exercise.

### Eva Support Walker



Having an operation can take a big toll out of you sometimes and it makes doing normal things again more difficult. This is why you need to exercise to regain all of the strength that you lost during the operation and during recovery. The Eva Support Walker is here to make exercising much easier with comfortable dual arm padding and dual grip lock. The Eva support walker has been successfully used for thousands of rehabilitation processes.

### How to Use the Eva Support Walker

Many times that you use this you will probably have someone helping you and showing you how to use it but just in case you don't, we're going over a few of the best ways to use the eva support walker.

1. First of all if you have any accessories on this walker make sure there in working order and properly attached.
2. Next make sure you bring the support walker close to you, and then lean on it with your forearms.
3. Crawl forward until you are able to reach the handles  
From there you should be able to support much of your weight and be able to start doing the exercises your doctor has shown you to do. You can lock the wheels of this support walker and unlock them when you're ready to move.