

**ADJUSTABLE
WALKER
WEIGHTS**

SM-020

Designed by occupational and physical therapists to improve balance, reduce falls, and support independence.

For questions or help
CALL US FIRST

1-800-210-2298

**Monday-Friday
8am-3pm EST**

IMPORTANT NOTES:

Adjustable Walker Weights allow for individualized settings of 1lb, 2lbs, or 3 lbs by adjusting the number of bars used.

- If using **one weight bar**, install in the **middle slot**.
- If using **two weight bars**, install in the **outer two slots**.
- If using **three weight bars**, install in **all three slots**.

Reference the Diagnosis Placement Guide inside this booklet for configurations.

SAFETY WARNINGS:

- Read and understand all instructions thoroughly before installation or use. Failure to follow instructions may result in injury.
- Do not use the mobility aid while installing, adjusting, or removing the weights. Doing so can cause loss of balance and injury.
- Ensure the device is fully secured before each use. Inspect periodically.
- Do not exceed the maximum recommended weight for your mobility aid.
- Adding weight changes the aid's balance and handling. Use caution when first walking with the weights installed. Practice on a level surface before normal use.
- If the device becomes wet, dry it thoroughly.
- Do not modify the product or use it with damaged mobility aids.
- If adjustments are made—such as changing weight quantity or position—verify correct assembly and secure installation before resuming use.
- Consult a healthcare professional before use if you have significant balance, coordination, or strength impairments. Supervision is recommended during initial rehabilitation use.
- Stop use immediately if any loosening or damage to the device is observed.
- This device is for therapeutic purposes on walkers, rollators, and canes only. It is not intended to serve as a lifting or anchoring device.

Installation video is available on our website:



Manufactured in the USA by
210 Innovations, LLC

safetmate.com
210 Leonard Drive
Groton, CT 06340

1.800.210.2298
860.445.0210

WARRANTY: The SM-020 is warranted to be free from defects in material and workmanship under normal operating conditions for a period of two years. 210 Innovations, LLC's sole obligation under this warranty is limited to the repair or replacement of the defective parts. This warranty does not cover failure due to abuse, misuse, alteration, improper assembly, or installation.

Patent: US11224779-B2

INSTALLATION

PARTS LIST PER WEIGHT

- (3) Weighted Bars (1lb. each)
- (2) End Caps
- (1) Coverplate with hook-and-loop fastener
- (2) Thumb Nuts
- (2 of each size) Bolts to fit different tubing sizes:
 - 2" bolt recommended for 1¼" tubing (pre-assembled)
 - 1¾" bolt recommended for 1½" tubing
 - 1½" bolt recommended for 1" tubing
 - 1¼" bolt recommended for ¾" tubing

Installation video is available on our website:



1 PARTS PER WEIGHT

2 ADJUST WEIGHT BARS (IF USING 3 LBS, SKIP TO #4)

3 SELECT & INSERT BARS

4 REATTACH THE COVER PLATE

5 REMOVE BOLTS

6 ATTACH TO MOBILITY AID

7 SECURE THUMB NUTS

8 FINAL CHECK & TESTING



When adding or repositioning a device, or installing additional weights on the device, be sure to repeat all installation steps, including testing.

OTHER TRUSTED FALL PREVENTION PRODUCTS

Safe-mate® Anti-Rollback Device

Since 1997, this flagship product has prevented falls for wheelchair users by providing automatic brake protection. Designed for effortless installation, broad compatibility, and long-term durability, it has become a trusted cornerstone in home, assisted-living, and rehabilitation settings.



SUGGESTED PLACEMENT GUIDE

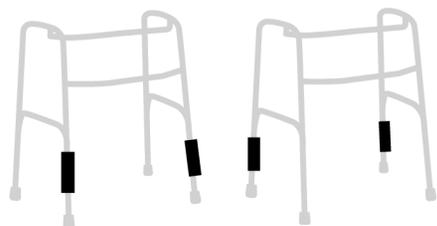
Adjustable Walker Weights may benefit individuals with:

Parkinson's Disease • Stroke (CVA) • Ataxia • Spinal Cord Injuries • TBIs / ABIs • Cerebral Palsy
Pharmacologically Induced Parkinsonism • Age-related Decline • Lower Extremity Amputations •
Diabetic Neuropathy • Movement Disorders • Balance Disorders • Multiple Sclerosis

WALKERS & ROLLATORS

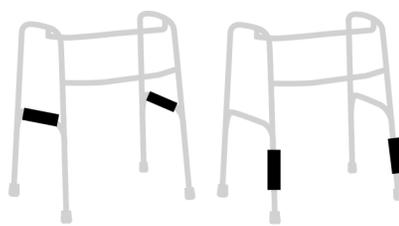
Shuffling Gait

Place weights on bilateral front legs
or bilateral back legs.



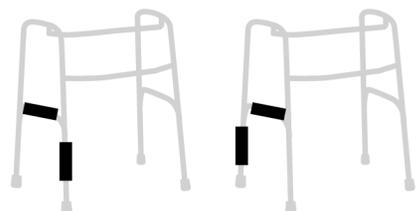
Dementia or Ataxia

Place weights on bilateral side
bars and/or bilateral front legs.



Amputation

Place weights on the side bar and front
leg on the side of the amputation or
triangling the back leg of the walker,
depending on upper body strength.



ex. installed for a right leg amputation

Retropulsion

Place weights on the front bar
and bilateral front legs.



Hemispatial Neglect

Place weights on the side bar and on
the same front leg that the individual
is neglecting.



ex. installed on the right for neglecting right leg

CANES & HEMI WALKERS



Hemiparesis

1-2 pounds on the quad
cane can provide increased
stability and encourage
weight shift for greater limb
advancement.

PEDIATRIC WALKERS

Bilateral side posts or bilateral front legs.

Can also be put on the back post to slow gait and decrease risk of falls.



INSTALLATION

STEP 1: PREPARE WEIGHTS (IF USING 3 LBS, SKIP TO STEP 4)

If less than 3 lbs. is desired, detach the hook-and-loop fastened coverplate and separate the end caps. Note: **Very slowly and steadily** pull end caps apart to separate (this process will become easier with repeated use).

STEP 2: SELECT & INSERT WEIGHTS

Choose the desired weight bars (1 or 2 lbs) and insert them securely into the end caps (see *Important Notes*). Gently tap the ends on a solid surface to ensure full insertion.

STEP 3: REATTACH THE COVER PLATE

Reattach the coverplate to ensure the unit is stable.

STEP 4: POSITION ADJUSTABLE WALKER WEIGHT

Using the Suggested Placement Guide, choose the best location on the mobility aid based on the type of aid and the user's needs. Remove bolts and place the device flush against the mobility aid tubing.

STEP 5: SELECT BOLTS & ATTACH MOBILITY AID

Select the appropriate length bolts for the tubing size (see *Parts List*). Insert a bolt into each end cap across the mobility aid. It is very important to ensure the bolt heads are placed on the correct side of each end cap for a flush fit.

STEP 6: SECURE WITH THUMB NUTS

Turn the thumb nuts and tighten until the device is firmly secured to the mobility aid. The bolts should not overextend the thumb nuts as this could cause injury or snag clothing. If the bolt is protruding from the thumb nut, return to STEP 5 and select a shorter bolt.

STEP 7: FINAL CHECK AND TESTING

Ensure the device is correctly positioned and securely attached. Confirm the selected weight is appropriate. Some trial and error may be necessary to find the optimal weight and placement for the user's needs.