

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

July 2025

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Understanding Mobility Aids: Walkers, Rollators, & Canes

Let's face it—mobility aids can be confusing. You walk into a store or look online and suddenly there are four-wheeled walkers with seats, three-legged canes, tennis balls on the back legs of something called a “front-wheeled walker,” and enough options to make you want to sit down and rethink your errands.

So, let's clear the air and have a little chat about walkers, rollators, and canes—what they do, how they're different, and which one might be the best fit for you or your loved one.

Walkers: The Classic Choice

The walker is the old reliable of mobility aids. Four sturdy legs, usually with rubber tips or two wheels in front and two gliders or stoppers in back. Walkers offer a lot of stability—great if you need extra support while walking, recovering from surgery, or you've been told to “take it slow.”

Perks:

- Super steady
- Great for indoor use
- Adjustable height

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Canes

Newsletter Highlight

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Watch out for: They don't roll, so you'll need to lift or glide them as you move, which may take a little extra effort.

Rollators: Walkers With a Twist

Think of a rollator as the Cadillac of walkers. It has four wheels, hand brakes, and—best of all—a seat. So, when you're ready for a break at the farmer's market or waiting on your neighbor to stop chatting about her cats, you've got a built-in bench.

Perks:

- Glides smoothly over outdoor surfaces
- Brakes add control
- Comes with a seat and storage (for your purse or your peanut brittle)

Watch out for: Less stable than a traditional walker, especially for those with balance issues.

Canes: Light, Compact, and Handy

Canes are the minimalist's friend. Just one support point (or four if you go for a quad cane) and lightweight. They're perfect for a bit of balance assistance but not meant for bearing a lot of weight.

Perks:

- Lightweight and portable
- Good for minor balance or knee/hip pain

Watch out for: Not ideal if you need substantial support or have trouble with your balance.

Here's a little tip from the pros: just like you wouldn't buy a car without giving it a spin, don't commit to a mobility aid without trying it out first. Everyone's needs are different—what feels right for your neighbor may not feel right for you. Testing it out gives you a chance to check height, comfort, and ease of use. And sometimes, just walking down a hallway with the right rollator can be a game-changer. (Plus, there's no pressure. If it squeaks, rolls too fast, or reminds you of your cousin's lawn mower, try something else.)

Whether you're stepping into mobility aids for the first time or just thinking about upgrading, understanding the differences makes all the difference. Your feet—and your knees—will thank you.

Stay cool this summer, stay steady on your feet, and don't be afraid to lean on a little help when you need it (literally).



Newsletter Highlight

The CostCare B337 Hospital Bed:

- Ideal for home use, long term care and post acute care
- Hi Low Hospital Bed drops to 7" height making and raises to 30" at the highest setting.
- Central Locking System secures the bed to the floor at all height ranges but allows for Mobility-On-Demand.
- Slat Deck design allows for improved infection control and reduces wear and tear on mattresses
- Built-In Underbed Lighting helps to enhance safety for both caregiver and patient when exiting the bed.
- Built-In Expandable Length And Width gives you the option to extend the length of your bed and mattress to 84" Long to 42" Wide. Ideal for users over 6'1" tall.
- currently only available at our Belton location