

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

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Main Street Medical Supply

p. 254-831-3093

e. care@mainstreetmedicalsupsupply.com

a. 1225 N Main Street Belton TX 76513

w. mainstreetmedicalsupsupply.com



Walker or Rollator, which one is right for you?

As we age, core strength and balance deteriorate. Arthritis can set in to knees and hips. Falls are the leading cause of injury for older adults. The right mobility aid can help. Usually, the first item people look for is a cane. They are simple to use. This is a good first step, but canes only offer minimal support. A walker or rollator is far more helpful for those who have trouble standing. A walker can help the standing process and is a better support for preventing falls. Using a walker around the house can help a person stay in their home longer, as it helps to ensure they will be safe. While walkers and rollators are quite similar, they both have their distinct purpose and style. Commonly, active adults in need of a long-term walking aid prefer rollators while those who need more support prefer a folding walker.

If a walker is the choice for you, there are several factors to consider. Besides the obvious style and cost factors, the overall width of a walker is especially important. Many homes have narrow bathroom doors. Other space considerations include hallways, trunk storage space, and travel requirements. With our folding walkers, however, we offer the ability to invert the wheels to decrease the overall width of the walker by up to 3 inches to allow access through these narrow passages. Since you need to lift a traditional walker to move it, you want to make sure you can lift it easily, or choose a folding walker with front wheels and back glide skis. We have both in-stock.



Also, remember that you will have to be able to place it in the trunk of your car or behind your seat to stay mobile. A heavy walker is more of a problem than a walking aid. All the walkers we carry are adjustable height, but make sure you choose one where you are in the middle of the height range. Different shoes and surfaces can change the height you need your walker to be, so you want to have room to adjust as needed.

If you need support but don't want to be slowed down by a walker, a rollator may be the perfect solution. With four wheels on the ground, they roll easily and can move as quickly as needed. Rollators fold up for easy transport and most come with a basket or bag to carry belongings. Rollators are effective for transitioning from an injury, perfect for knee and hip replacements. Rollators are also great for travel.

When choosing a rollator, while price and style are significant, there are other considerations. Seat height for example, some rollators have an adjustable seat height while other do not. Like walkers, the width of a rollator is important if you live in a house with narrow bathroom or closet doors as most rollators will not fit through. Pay attention to the weight capacity and the overall product weight (the average product weight is 17lbs). The overall product weight is important if you must lift it into a car trunk or upstairs. Be sure you are comfortably under the weight capacity of any mobility product to ensure it will support you correctly.

Still not sure which is right for you? We are here to help. We have a wide variety of walkers, rollators, and canes to choose from. We would be happy to walk you through all the features, accessories, and options to help you find the right mobility aid for you. Walkers (\$40-\$60), Rollators (\$195-\$399)

Product Spotlight

New to Main Street Medical Supply are the Truform Diabetic socks and Truform Athletic compression socks!

Individuals with diabetes are more likely to have foot problems because diabetes can damage nerves and lessen the flow of blood to the feet. Truform diabetic socks surround feet with full-cushioned comfort. Non-constricting, gentle, graduated compression helps keep socks in place to prevent bunching and sliding. Five sizes, moisture-wicking yarns, stay fresh treatment, and NEW seamless linked toe closure help protect and comfort sensitive feet - ideal for diabetic patients or anyone with sensitive feet.

Truform athletic support socks are designed to help improve circulation, invigorate the legs, and reduce leg discomfort. Graduated compression technology delivers a compressive action to the leg that is greatest at the ankle, then gradually decreases toward the heart. Cushioned foot, moisture wicking fibers and stay-fresh finish provide all-day wearing comfort. Excellent for business-casual, or leisure activities that require comfort and support. Come in today and find the pair for you! Diabetic socks are \$14 for 3 pair, Athletic Compression socks are \$22 for one pair.

