

Canadian Association of Occupational Therapists  
**Product Recognition Program**

**Triumph Escape Rollator**



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Report last updated March, 2018

#### Disclaimers

The information compiled in this report was designed for informational purposes and to communicate the final conclusions of a documented review process. The decision to award a seal of recognition **does not supersede or replace other codes, requirements or regulations** set by authoritative organizations of a specific jurisdiction. CAOT encourages health professionals to act in a responsible manner and according to best practices for the recommendation, assessment, installation and maintenance of this product. It is critical to **follow the recommendations set by the manufacturer and/or distributor** of this product and, when relevant, engage domain expert for training, use, installation, maintenance and repair.

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**Specific questions** related to this product(s) (including usage, availability, pricing, etc.) should be addressed directly to the manufacturer and/or distributor. Please visit [triumphmobility.com](http://triumphmobility.com) or contact 1(855) 546-0711. Concerns or questions related to the content of this report should be addressed to Julie Lapointe, Director of Knowledge Translation Programs, at [jlapointe@caot.ca](mailto:jlapointe@caot.ca) or at 1(800) 434-2268 ext. 260.

The conclusions presented in the current report are derived from the best information available. In the case that new information becomes available and grants a modification to the conclusions, CAOT reserves the right to update and issue a new report of this product at any time.

#### Acknowledgement

The generation of this report would not have been possible without the contribution of occupational therapists and members of the Canadian Association of Occupational Therapists (CAOT).





## Executive Summary

The Escape Rollator is a 4-wheeled rollator walker with a "T" frame, 3-part folding seat, a large contoured backrest and a folding storage bag. This rollator is designed to allow adults with a mobility impairment due to decreased strength, endurance, control and/or balance to walk (inside or outside) and to sit to take short breaks when needed. All reviewers recommended that the Escape Rollator be accepted for the CAOT Product Recognition Program. Information and recommendations regarding the performance of the product are provided in this report.



Triumph Escape Rollator is recognized by CAOT.



## Review report

### The purpose of this product

The Escape Rollator is a 4-wheeled rollator walker with a “T” frame, 3-part folding seat, a large contoured backrest and a folding storage bag. This rollator is designed to allow adults with a mobility impairment due to decreased strength, endurance, control and/or balance to walk (inside or outside) and to sit to take short breaks when needed. It is available in 3 seat heights (i.e. 48 cm, 54 cm and 61 cm) and 2 colours (i.e. charcoal and red) and can accommodate adults up to 125 kg / 275 lbs.

### Performance of the product (efficacy, usability, safety, reliability, durability)

- Built with an aluminium frame, the Escape Rollator is light (i.e. only 7 kg) as well as robust and easily washable. The walker is made of quality material and the company offers a lifetime warranty on the frame and a five-year warranty on the brake handles.
- Its 8-inch wheel casters allow the walker to be easy to manoeuvre and roll smoothly over hard and uneven surfaces.
- The back strap is wide and provides comfortable support for the user’s back when seated.
- The curb climber, a lever designed to help stepping over obstacles, seems to be a standard option with this product and is a useful component. One reviewer commented that the curb climber design is too narrow, making it difficult for the user to place the foot on top of it while keeping a stable stance to go over obstacles.
- The brake cables are hidden within the frame which is a great feature that decreases the chance of them catching on items in the environment.
- The folding basket allows to quickly fold the walker for transportation and storage and is a practical feature of this product because it does not require to be removed prior to folding.
- The padded seat is also a nice feature of this walker. The padding is clipped to the seat and reviewers questioned the potential risk of losing this piece during transportation. Padding pieces are available separately and could be replaced if necessary.
- The 3 seat heights (i.e. 48 cm, 54 cm and 61 cm) can accommodate people of different heights.
- The height of the handles is adjustable without tools which enable quick adjustments. Depending on the size model, handles’ height varies between 71 cm to 102 cm.
- The overall width of the walker is 63.5 cm / 25” which can pose a challenge in some narrow doorways.
- This walker can be folded and is found to be fairly compact to allow to be stored or transported in various vehicles. Reviewers noted a potential issue with the ease of transportation of this walker because it doesn’t have a clip or a strap to hold in its folded position.
- The user manual is presented in English and French and offers assembly instructions and operating instructions completed by diagrams. The font of the text could be larger to facilitate reading. Reviewers also noted an 11 kg / 25 lb. discrepancy between the instruction manual and the sticker on the product and recommend that this be addressed by the manufacturer or distributor.
- The user manual provides ample general maintenance advices (e.g., keeping it clean and dry, checking screw and handle tightness, and contacting a dealer for service if it is not operating properly) as well as the safety tips (e.g., applying the brakes prior to sitting, not pushing the walker too far forward when walking and not using the walker as a transport chair).



## Important recommendations

Because the adjustment of the brakes is such an important safety feature for this type of equipment, reviewers recommend that instructions be presented with more detail and emphasis by the manufacturer or distributor and ideally within the first page of the instruction manual. Reviewers also recommend that users be helped for the adjustment of the handle height and brake tightness.

This product outlines that there is a 125 kg / 275 lb. weight restriction. Therefore, the reviewers recommend that this product not be used with individuals close to or above that weight.

## Economic considerations

Reviewers were divided on their appraisal of economic considerations. Some found the price of this product to be comparable while other judged it was slightly more expensive than similar 4-wheel walkers with a folding frame.

## Scientific evidence

- Rollators enable users to walk for longer distances (O'Hare, Pryde, & Gracey, 2013; Vaes et al., 2015). Wheeled walkers also decrease the muscle activity and load on lower legs (Suica, Romkes, Tal, & Maguire, 2016). However, as with any mobility devices, non-optimal use of walkers can lead to injury (Charron, Kirby, & MacLeod, 1995).
- To our knowledge there is no published research on the Escape Rollator. A quick search in PubMed and Google Scholar yielded no result.

## Review committee

The Escape Rollator was reviewed by three occupational therapists, each with more than 15 years of experience in the provision of occupational therapy services for clients with seating and mobility needs. One of them is an authorizer for the Assistive Devices Program of the Ministry of Health and Long-Term Care in Ontario. Another is teaching the principles of wheelchair selection at one of the Canadian occupational therapy university programs. The other one has a clinical practice specifically focused on intervening with children and adults with seating and mobility needs.



## Final recommendation

The three reviewers were unanimous in recommending that the Escape Rollator be accepted for the CAOT Product Recognition Program. This product may be recommended by an occupational therapist for a client that requires additional stability for mobility beyond a cane and who would benefit from sitting down to take short breaks during walks. The client's physical and mobility capacity will need to be carefully assessed to ensure this type of walker is a good option and also that its multiple features are well-adjusted (i.e. height of seat, height of brake handles, overall client weight, etc.). However, the client's cognitive status will also need to be taken into consideration given the need to be able to engage and disengage the braking system. Concretely, users need to have the abilities to consistently apply the brakes on the rollator prior to transferring on/off the seat or when trying to slow down the walker under different circumstances.

## References

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