

# Falls Prevention – Equipment installation & safe use

## WALKING FRAMES

These instructions are to be used in conjunction with the information that your Physiotherapist/ Health Professional has discussed with you.

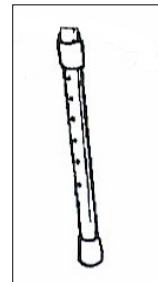
### WHAT IS A WALKING FRAME USED FOR?

- ◆ A walking frame provides support to assist people who have difficulty walking due to balance problems, pain or injury.
- ◆ There are many different types of walking frames. The choice of frame depends upon a person's abilities and personal requirements. It is recommended to seek the advice of a physiotherapist in this process.
- ◆ A physiotherapist is also able to provide advice and training in the correct use of the device.



### TO FIT

- ◆ If the walking frame is adjustable, it should be adjusted to a height to allow the user to walk with safety. Your Physiotherapist can advise you regarding the appropriate height
- ◆ To adjust the leg or handle length, push in the adjustment button to slide the internal leg piece up or down to the appropriate notch. Check that all adjustment buttons are fully protruding when finished.
- ◆ Some frames are adjusted near the handles – check with your prescriber or salesperson how to do this.



## HOW TO USE THE WALKING FRAME

- ◆ To help with walking, your physiotherapist will give you advice on how to walk with the walking frame and how to stand up and sit down safely.
- ◆ Push up on the sides of the chair with your arms to get to a standing position and then use the frame to assist you to walk.
- ◆ If you are only allowed to take partial weight, take some weight through your foot and the rest through the frame – be guided by your Doctor or physiotherapist as to how much.
- ◆ You will need assistance with carrying the frame up and down stairs.

## PRECAUTIONS & SAFETY

- ◆ **Never** use your walking frame to pull you up into standing as it may tip over.
- ◆ For safety, have someone help you until you have gained your balance, mobility and confidence.
- ◆ Walk at a safe, comfortable pace and do not turn too quickly.
- ◆ Be careful when walking over uneven or wet ground.
- ◆ Wear well fitting, comfortable flat shoes with non-slip soles.

## MAINTENANCE & CLEANING

- ◆ To clean – wipe with a mild detergent.
- ◆ Check that rubber tips are in good condition and attached securely.
- ◆ Brakes and wheels should be checked regularly.
- ◆ Should the equipment appear damaged or corroded – do not use. It may require replacement.

For further information contact your Physiotherapist.

