

Care & Maintenance Walking Frames

Regularly check that the:-

- Rubber tips are not worn to the point where no tread is showing.
- Legs are set to the same height / frame stands evenly.
- Bolts are not loose and the frame does not wobble
- Handgrips are tight and are not cracked.
- Springclip tips are located into both holes.
- Tubing is not cracked or damaged.
- Adjustment mechanism adjusts freely.
- The holes on the adjustment legs are round and not worn to an oval shape.

For wheeled frames:

- check that the wheel is secure upon the axle and that the end cap is in place

Always use the frame as advised by the issuer

- Once set up there should be no reason to adjust the frame without consultation with the issuer.

To check the correct height of your frame

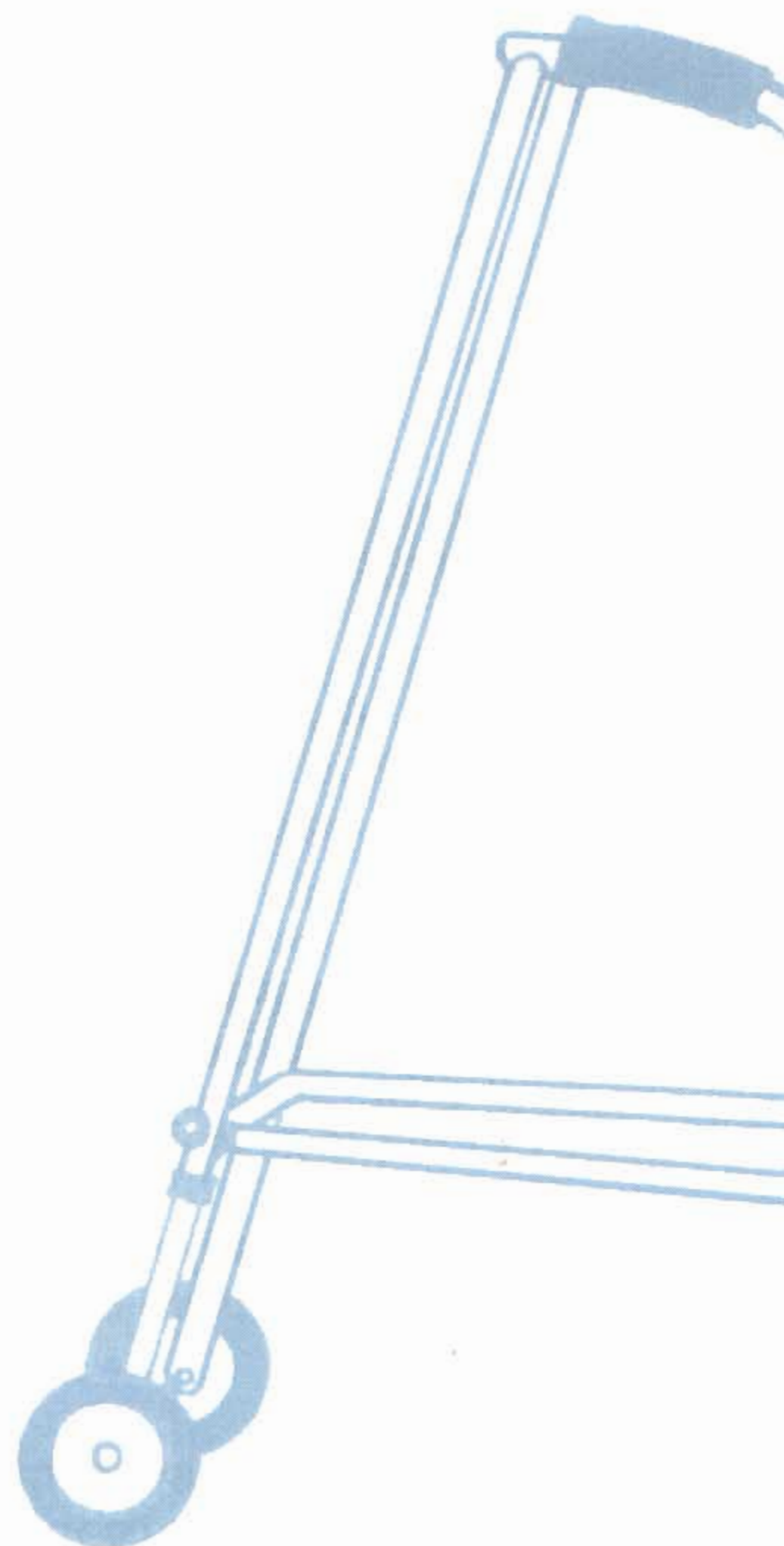
- When standing upright holding the hand grip, your elbow should be slightly bent.
- When standing upright with your hands by your side the hand grip should reach just above the wrist joint.

- Avoid wet floors & uneven surfaces and remove obstacles such as loose rugs before using a frame.
- Do not store in subzero temperatures.
- Use the frame in good light and wear supportive footwear
- A mild detergent and warm water can be used for cleaning frames.

Regularly inspect equipment for wear. Should any of the above be evident on your frame, please contact the person who issued the frame.

Walking Aids

Walking Frames



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Healthcare

How to use a Walking Frame

Walking frames are designed to:

- Increase support in standing and walking
- Take pressure / weight off one or both of your legs, if you are non-weight bearing or partially weight bearing.

Standing

Always push up from the surface you are sitting on i.e. Chair / bed. Never pull yourself up using the frame – it may tip back or slip resulting in further injury. Once standing, place each hand on the hand grips.

Sitting

Turn with the frame until the chair / bed is touching the back of your legs. Reach back with each hand for the arm rest on the chair or the bed. In a slow and controlled manner lower yourself into a sitting position.

On Stairs

Never use a frame to go up & down stairs

It is recommended for safety that 2 Bannister rails are fitted on the stairs and a frame is available both upstairs and downstairs.

If it is not possible to walk up the stairs it may be necessary to go up and down on your bottom.

Walking

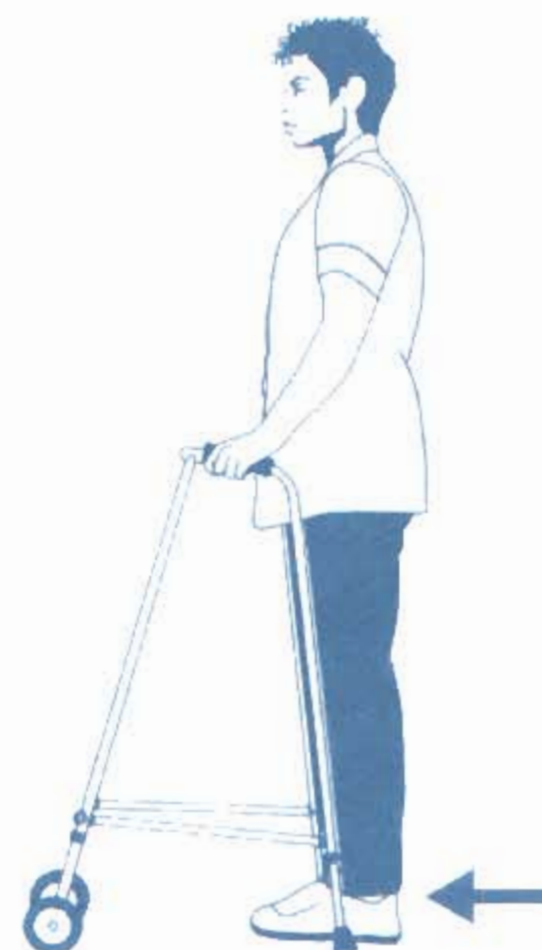
For non-wheeled frames

Lift frame and place one step ahead. Walk towards the frame stepping one foot in front of the other. If one leg is affected more than the other, step with this leg first and bring the second (unaffected leg) to meet the affected leg.

Do not walk too far into the frame.



For wheeled frames: push rather than lift the frame.



Note: Ensure that the frame is not too far from or too close to the body as this may lead to loss of balance or reduced support.