

General Advice: These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

Walking Frame Use

- A walking frame is a type of lightweight mobility aid that is designed to help individuals who have difficulty walking due to pain, injury or maintaining balance. A walking frame allows the user to hold on to the frame while they walk usually at a controlled speed, it typically provides more support and stability than a rollator
- The walking frame typically consists of four legs which can come either with non-slip tips on all four legs or with wheels at the front and skis at the back

Safety

- When seated never use the walking frame to pull yourself up to standing as it may tip over. Always push yourself up from where you are seated to the frame in front of you
- Consult a Healthcare Professional if you are concerned with ensuring that the frame is adjusted to the appropriate height and the correct walking technique is being used
- Walking frames should not be used on stairs
- Walking frames should mainly be used inside and on even flooring

How to Use a Walking Frame

1. Adjust the frame using the steel buttons to slide the internal leg piece up or down to the appropriate height. Typically when the top of the frame lines up with the crease on the users wrist this will be the correct height, elbows should be slightly bent. If in doubt always seek the assistance of a Healthcare Professional
2. You should always walk inside the frame with as straight posture as possible, always looking forward and not down at the ground. Please seek assistance of a Healthcare Professional to ensure the correct walking technique is used based on the users requirements
3. If the walking frame is without wheels and skis it will need to be lifted with each step (this aims to control the users walk speed). If the walking frame has wheels and skis it can be slowly pushed



Precautions & Safety

- Never use your walking frame to pull yourself 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

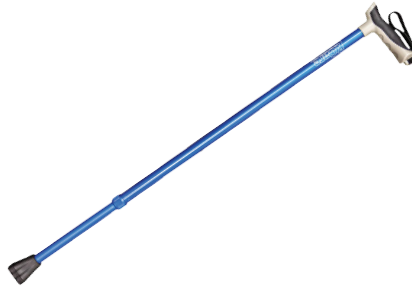
Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- Keep rubber tips in good condition and attached securely on frames
- If the equipment appears damaged, **DO NOT USE**. It may require replacing

Complementary Assistive Devices



Seat Walker



Walking Stick



Indoor Walker



Rear Leg Skis



Swivel Wheels



Kitchen Tray Mobile