

WALKING FRAME User Guide

A Walking Frame is a mobility aid that assists the user with their balance and stability, and helps support their body weight when walking. Walking frames are suitable for indoor use or to cover short distances.

Note: Arm strength is required for operation.

Some walking frames may feature front castors for easier transitions. Front castors and skis are available for purchase as optional accessories

GENERAL CARE & USE

- Before use, always check that the walking frame is in good working condition.
- DO NOT USE if the product shows signs of damage or corrosion.
- Be sure your weight is within the weight capacity of the walking frame and the product is suitable for your needs and abilities. If you are uncertain, seek the advice of a suitably qualified therapist or carer.
- With all products – care must be taken to ensure stability and all feet are positioned firmly on the surface / floor.
- Avoid tilting or leaning over too far.
- Do not stack items on walker as it may damage the frame and weaken the structure.

OPENING THE WALKING FRAME

1 or 2 button frames work in the same fashion:

Swing both sides of the frame outwards; a click sound can be heard when arms lock into place.

CLOSING THE WALKING FRAME

Press down on the button/s to release frame lock and fold each side inward.

For **single button walkers**, the button releases both sides; on **two button walkers**, each button will release a its corresponding side.

WALKER HEIGHT ADJUSTMENT

Press in button on the leg to clear the locking hole, move to appropriate height and lock in.

Repeat for remaining legs ensuring each are set at the same length.

Ensure the height adjustment clicks into place and is secure.

MAINTENANCE and CLEANING

- Clean using soapy water / slightly damp cloth and wipe dry.
- To prevent rust - DO NOT submerge the product in water and make sure to dry product completely before storing.
- Lubricate moving parts.
- Store in a dry place



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USING THE WALKING FRAME (WEIGHT BEARING)

IMPORTANT: Seek the advice of a qualified therapist on the proper use of a walking frame before using this product, different methods are applied for weight bearing and non weight bearing.

Safe use of a walker requires sufficient strength and balance. Stand with correct posture in a comfortable position, distribute weight evenly, and keep elbows slightly bent and relaxed.

Use small, controlled steps. Move the frame forward with each step. Lift the frame slightly forward, ensuring all four tips are firmly on the ground. Take a step with one leg, transferring your body weight through the frame for support, and then bring the other leg alongside.

Avoid stepping too far ahead to maintain balance.

When turning, it is important not to spin directly on the spot, but to walk in a wider turning circle.

DO NOT attempt to climb stairs without a proper handrail or banister.

GENERAL WEIGHT BEARING METHOD FOR CLIMBING STAIRS

Going up

Turn the walker sideways with the open end towards you (assume the side closest to the steps is now the front).

Place the front legs of the walker securely on the step above.

Firmly hold the front side of the walker with one hand and the handrail with the other.

With your weight evenly supported between the handrail and the walker (ensure weight is applied to the front side of the walker), step up with the good leg.

Next, slowly bring the weaker / injured leg up.

Repeat for the next step.

Going down

Turn the walker sideways with the open end towards you (assume the lower side of the walker is now the front).

Place the back legs of the walker securely on the step beside you.

Firmly hold the rear side of the walker with one hand and the handrail with the other.

Support your weight on your good leg.

With your weight evenly supported between the handrail and the walker (ensure weight is applied to the rear side of the walker), step down with the weak / injured leg.

Bring the good leg down.

Move the walker down to the next step and repeat.

