

Walking Frames & Rollators

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

WHAT IS A WALKING FRAME OR ROLLATOR USED FOR?

- A walking frame or rollator 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.
- After adjusting the height, check that all adjustment buttons are fully protruding.

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 or down stairs.

MAINTENANCE & CLEANING:

- To clean – wipe with a mild detergent.
- Keep rubber tips in good condition and attached securely on frames.
- Brakes and wheels should be checked regularly on rollators.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.



Forearm Walker

Walking Frame

PRECAUTIONS & SAFETY:

- Never use your walking frame or rollator 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.