

GENERAL SAFETY

- ✓ Regularly check your walking frame.
- ✓ Check the joints on the frame are not loose.

Test the brakes:

- ❖ Pressure brakes: test by pushing down
- ❖ Lever brakes: squeeze the handles. Push down to lock position to check wheels are not moving.
- ✓ Wear flat supportive shoes that fit well.
- ✓ Have your eyesight checked regularly (if over 65, annual check ups are advised).
- ✓ Take care on kerbs and uneven surfaces.
- ✗ Do not use the frame to go up or down stairs.
- ✗ Do not walk on wet floors, uneven surfaces, wet leaves or ice.
- ✗ Do not carry too many bags.
- ✗ Walker should not be used as a wheel chair.
- ✗ Do not hang bags from the handles.

If your 4 Wheeled Walking Frame becomes damaged or you need advice on how to use it, you should contact:

Please contact the above department to discuss returning this equipment when you have finished using it.

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk

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How to use your 4 Wheeled Walking Frame

Information for patients
Physiotherapy Department



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HOW TO USE YOUR 4 WHEELED WALKING FRAME

4 Wheeled Walking frames are used by a variety of people for different reasons such as:

- ❖ If you are recovering from injuries requiring partial weight-bearing through the injured limb
- ❖ If you have reduced balance, strength or endurance when walking
- ❖ If you have pain, weakness or instability in any part of your leg, for example hip, knee or ankle
- ❖ Shortness of breath impacting on distance walked

This frame is designed for use outdoors.

You must ensure that the frame is fully open and locked when being used.

When using seat on walker:

- ✓ Push down breaks to lock aid.
- ✓ Use handles for support when turning.
- ✓ Hold handles when sitting.
- ✓ Sit slowly as aid can move slightly.
- ✓ When rising from seat push up using the handles.
- ✗ Do not sit down if on a slope or uneven surface.

When walking:

- ✓ Place both hands on the frame.
- ✓ Place the frame one step ahead of you.
- ✓ Push the frame forward as you step.
- ✗ Do not walk too far into the frame or push the frame too far ahead of you.

If going DOWN a kerb:

- ✓ Move the frame close to the edge of the kerb.
- ✓ Push the frame down over the kerb until it is flat on the lower level.
- ✓ Hold the frame steady with the brakes and step to the edge of the kerb.
- ✓ Step down the kerb with the affected leg followed by the other leg.

If going UP a kerb:

- ✓ Move the frame close to the kerb and step in.
- ✓ Roll the frame fully up onto the kerb.
- ✓ Hold the frame steady with the brakes on and step close in to the kerb.
- ✓ Step up onto the kerb with the good leg first followed by the affected leg.

Always approach the kerb straight on.

If going up or down a slope:

- ✓ Keep your fingers lightly on the brakes to control the speed of the frame.

CHAIRS

Getting Up:

- ✓ Position the frame in front of the chair.
- ✓ Place your hands on the arms of the chair.
- ✓ Lean forward and push yourself up to stand.
- ✓ Transfer your hands to the frame when steady.
- ✓ Pause before moving off.

Sitting down:

- ✓ When returning to the chair, turn around using your frame until you feel the chair on the back of both legs.
- ✓ Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.

Folding your 4 Wheeled for storage:

You will be shown how to fold the frame by your physiotherapist.