

GENERAL SAFETY

- ✓ Ensure the legs on the frame are not bent.
- ✓ Ensure the joints on the frame are not loose.
- ✓ Check the rubber (ferrules) on the bottom of the frame are not worn smooth.
- ✓ Remove any loose mats and rugs to prevent tripping.
- ✓ Make sure lighting is adequate around the house.
- ✓ Wear flat supportive shoes that fit well.
- ✓ Have your eyesight checked regularly (if over 65, annual checkups are advised).
- ✗ Do not use the frame to go up or down stairs.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

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

Please return your equipment to the above department when you have finished using it.

If you need this information in another language or format, please e-mail: Translation.Services@lanarkshire.scot.nhs.uk

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How to use your Walking Frame

Information for patients
Physiotherapy Department



HOW TO USE YOUR WALKING FRAME OR WHEELED WALKING FRAME

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

- ❖ Those recovering from injuries requiring partial weight-bearing through the injured limb.
- ❖ People with reduced balance, strength or endurance when walking.
- ❖ People with pain, weakness or instability in any part of your leg for example hip, knee or ankle.

Do not use this type of frame outside.

HOW TO USE THE FRAME

To walk

- ✓ Place both hands on the frame
- ✓ Either lift or push (if wheeled) the frame one step ahead of you.
- ✓ Step the affected leg forward first.
- ✓ Follow with the other leg, stepping up to or in front of the affected leg.
- ✓ Do not walk too far into the frame or lift or push too far ahead of you.
- ✓ When steady, start again by moving your frame forward.

To Turn

- ✓ Only lift the frame round a little at a time, then step your feet round in line with the frame.
- ✗ Avoid moving your feet and frame at the same time.

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.
- ✓ Always pause for a moment before walking off.
- ✗ Do not pull on the frame to stand up.

Sitting down

When returning to the chair, turn around and keep using your frame until you feel the chair against the back of both legs.

Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.