

Walking Frame Instruction & Safety Manual

Please read this manual before operation, for maintenance instructions and safe usage



1. Please Note

These are our recommendations but should be checked with your physiotherapist.

When the frame is adjusted correctly the user should be able to maintain an upright posture with the elbow slightly flexed.

In this way, body weight is taken through the frame by pushing down on the frame when walking.

2. Adjusting the height of all frame types.

In order to ensure the frame is the correct height for the user, it will need to be adjusted accordingly.

3. Warning

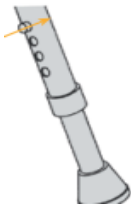
When using a non-wheeled walking frame the legs should be set to the same height.

When adjusting frames fitted with wheels it is advisable to set the rear legs one position higher than the front wheels.

This is to compensate for the increased height of the wheels at the front which can adversely affect the stability of the frame and the slope of the handles.

4. Spring Pin Adjustment

a) Press the button



b) Push the leg as if to shorten.

c) Turn the leg slightly.

d) Extend the leg to the required position, turn and re-locate buttons into the appropriate hole.

e) Check the pin is fully located before use.

f) Repeat for other legs.

5. Walking

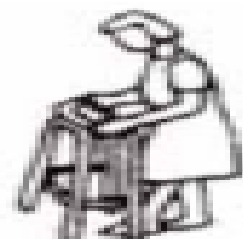
Step 1. Stand within the space of the frame.

Step 2. Place the frame one step ahead

Step 3. Walk towards it using the affected leg first,

Step 4. Follow with the other leg, which should then step through. Do not walk too far into the frame area.

Step 5. When steady, lift the frame and place one step ahead of you



6. Getting into and out of chairs

1. Position the frame in front of the chair.
2. Get up by pushing on the arms of the chair and transfer hand to frame when fully standing.
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs.
4. Place hands gently on the chair arms, bend slightly forward and sit down gently.



7. General Safety

1. Use a chair with high seat and arms to help you sit and stand up with ease.
2. Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
3. Ensure lighting in hallways and stairways is adequate.
4. Wear flat supportive shoes.
5. Avoid wet floors.
6. Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
7. Do not store this product in temperatures below freezing.
8. Take special care if carrying a bag or similar package.
9. All equipment should be regularly inspected for any damage or significant signs of wear.
10. Regular cleaning with a mild disinfectant is recommended.

DO NOT use bleach or solvents.

8. Check regularly for

- Bent or damaged tubes.
- Cracks at the tube joints.
- Loose or worn buttons
- Loose screws or fasteners.
- Elongated adjustment holes.
- Loose handles.
- Loose or worn wheels and fasteners (where fitted)
- Smooth, worn or split rubber tips.

Replace all worn, missing or damaged parts where necessary.

Maintenance Keep hair and lint from around wheels and oil moving parts occasionally.

If walking frame is bent or shows sign of fatigue **DO NOT USE**