

## Walking Frames

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Rating: Not Rated Yet

**Price**

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Description

### **Check list for folding walking frames**

- Ensure frame is locked into opened position.
- Check all height adjustments are on the same level.
- Check wheeled walkers have wheels on the outside of frame.
- Check that there is no apparent damage, dents, fractures or splits.
- Check frames are rigid and have no unsteady movement.
- Check that skis, glides or rubber tips are in good condition.

### **Walking with a 2 wheeled walker**

- Stand in the middle of the wheeled walker.
- Grasp the wheeled walker grips with your hands. Then push the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes.
- Step forward with your preferred leg to the middle of the walker on the appropriate side. Continue to grasp the walker grips with your hands.
- Then step forward with your other leg. If you have an injured leg, keep some weight off it by supporting some weight with your arms.
- Repeat these steps to move yourself along with the wheeled walker.

### **Safety tips**

- Do not take a step until all 4 legs of the walker are level on the ground.

Do not push the walker too far ahead of you. Keep the walker back legs even with your toes.

Always keep all or part of your body (at least your toes) inside the walker frame.

Do not lean forward over your walker. Work at keeping a good posture.

To get up from sitting, do not pull up on your walker. Instead push up from your seat.

To turn or change direction, you may need to lift your walker.

Be careful when walking from a tile or hardwood floor to a carpeted floor. You may need to lift your walker.

Be careful when you step into or out of an elevator. You may need to lift your walker.

Do not use your walker on stairs or an escalator.

Check the overall condition of your walker often and replace parts as required. Do not use cracked or damaged walker.

Note: Your trained health professional may give you other methods or best practice for safe walker use based on your needs.

*This information is general in nature and should not be used for diagnosing or treating a health problem or disease.*

*This information is not intended to replace the advice of qualified health care practitioners.*

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*Picture shown: 2 wheeled walker*