

## **WALKER WHEELS:**

Walker wheels assist a patient who has difficulty with picking up the walker. Wheels should only be placed on the front and NEVER on all four legs. They are easily installed by simply pressing the metal button on the footpeg and pulling it off, then again pressing and pushing the wheel peg on. ALWAYS readjust the walker when adding wheels making sure the walker does not tilt forward. When using a walker with wheels, it is not necessary to lift it from the floor, simply push it forward, walking into it.



## **WALKER GLIDES:**

Walker glides are a convenient item used with wheels. Glides are designed to allow the walker to slide easier on most surfaces and eliminate the need for frequent replacement of rubber tips on rear pegs. ALWAYS readjust the walker when adding glides making sure the walker does not tilt forward. Glides are installed by the same method as wheels.



## **REPLACEMENT RUBBER TIPS:**

When walkers or canes are used frequently, the rubber tips get worn, and when not replaced may scratch or mar floors as well as make irritating noises. Replacement tips are available and easy to put on.



## **WALKER BASKETS AND BAGS:**

Baskets and bags are available to fit walkers. These low cost items may be very helpful in daily use.



# **INSTRUCTIONS**

# **WALKING AIDS**



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 **PROVIDENCE**  
Home Services

## WALKING AIDS

### PURPOSE:

Walking aids are designed to assist patients with balance, and to provide support during ambulation. Many different types are available to meet the individual needs at various stages of recovery, rehabilitation or for general safety.

### INSTRUCTIONS:

Most types of walking aids are easily adjustable in height by following these basic instructions.

#### To Fit Patient

1. Have patient stand in as upright of position as possible with arms relaxed at a 30-degree angle. **NOTE:** Be sure during fitting that the patient is looking forward, not down.
2. Place walking aid in position to be used (opposite effected side) and adjust so that patient wrist is even with the handle of the walking aid.

#### To Adjust

1. Release any safety locks.
2. Push metal adjustment button into tubing hole.
3. Twist tubing slightly and move to the next hole, releasing button. Check fit. Continue adjusting until desired fit is reached.
4. **BE SURE** to resecure any safety locks.

### WOOD CANES:

Wood canes are designed primarily for use by patients requiring only minimal balance assistance. They are not designed for support or weight bearing and therefore should be adjusted to a comfortable height. Adjustment is accomplished by removing the rubber tip from the bottom of the can and cutting the end off. We suggest cutting in  $\frac{1}{2}$ " increments as it is difficult to determine desired height prior to cutting. **BE SURE** to measure carefully and remember you can always cut off more, but can't put it back on!!

### ADJUSTABLE METAL CANES:

Metal canes are used to assist with balance or minimal support. They are not designed for medium or heavy support or weight bearing. There are many types and colors, folding and non-folding, types of handgrips and some are available with wrist straps for added convenience. Most quality metal canes have an additional locking mechanism for added safety. They can be adjusted by following the fitting and adjustment section described in this leaflet.



### QUAD CANES:

Quad canes are used to assist a patient who needs additional support or light weight bearing. They are not designed for medium or heavy weight bearing. They are available in a large or small base and used either on the left or right side by making a simple adjustment. **BE SURE** when using a quad cane to have the two long feet pointed to the outside. Quad canes have a metal adjustment button on each side (one hidden within the tubing). To adjust simply push the button and swivel the base to change sides. Follow the fitting and adjustment instructions in this leaflet for height.



### WALKERS:

Walkers are designed for use by individuals needing balance assistance and support during limited weight bearing of a limb. Most walkers fold easily for ease of transportation. **BE SURE** to check that the walker is locked in position prior to use by listening for the "click" and "jiggling" it. Walkers are safely used by picking up and placing a step ahead then walking into, then repeating this step over and over again. Various accessories are available to assist with this motion as needed. Follow fitting and adjustment instructions in this leaflet for height.

