

CORRECT FITMENT OF STANDARD WHEELED WALKING AIDS

It is important to fit the wheeled walking aid correctly to the patient. Incorrect fitment can affect the safety and the comfort of the user.

Adjusting the handles of the walker too low may cause the patient to lean too far forward and allow the walker to roll away from them. This may cause injury if the patient falls forward.

Adjusting the handles of the walker too high may cause unnecessary tension on the shoulders of the patient.

This best way to fit a standard walker to a patient is to align the height of the handles with the *Hip Joint*. This general rule will allow the patient to walk upright, in a relaxed and safe position.

The handles can be adjusted slightly either side of the *Hip Joint height* depending on personal user preference or the physical limitations of the patient.

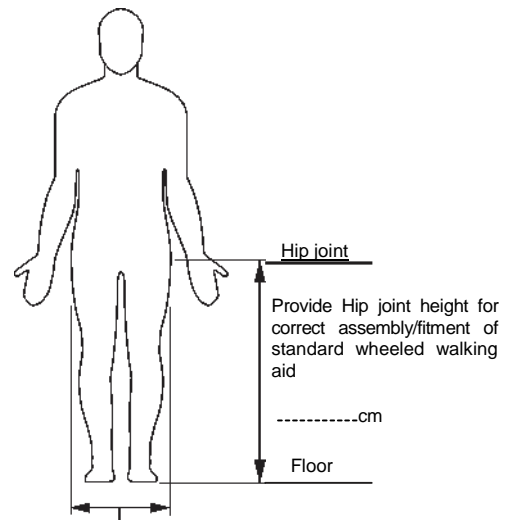


Fig. A
max 45cm standard seating width:
max 60cm extra wide seating width

Fill in the details below and return to ADL Health. Fax: 4724 0370

User Weight _____

User Height _____

Hip Joint Height _____

Other Requirements _____

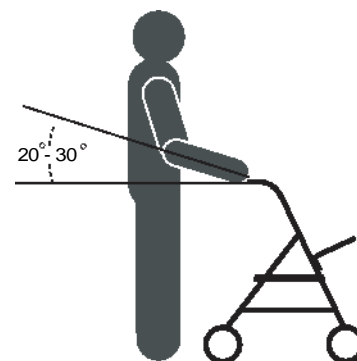


Fig. B. Correct handle positioning will ensure maximum comfort

CORRECT FITMENT OF GUTTER ARMED WALKING AIDS

It is important to fit the gutter armed walking aid correctly to the patient. Incorrect fitment can affect the safety and the comfort of the user.

Adjusting the handles of the walker too low may cause the patient to arch their back during use and may affect the maneuverability of the walker.

Adjusting the handles of the walker too high may cause unnecessary tension on the shoulders of the patient.

This best way to fit a gutter armed walking aid to a patient is to align the height of the forearm pads (gutter) with the *elbow* of the patient (in normal standing position). This general rule will allow the patient to walk upright, in a relaxed and safe position.

The handles can be adjusted slightly either side of the *elbow height* depending on personal user preference or the physical limitations of the patient.

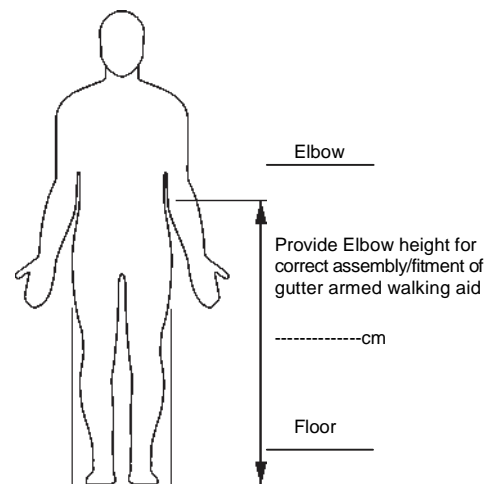


Fig. A
max 45cm standard seating width:
max 60cm extra wide seating width

Fill in the details below and return to ADL Health. Fax: 4724 0370

User Weight _____

User Height _____

Elbow Height _____

Other Requirements _____



Fig. B. Correct handle positioning will ensure maximum comfort