Safety

Indoors
For indoor use remove all possible obstacles, including loose mats. Ensure you have adequate turning space in areas like the bathroom and kitchen.

Standing up
When standing from a chair, never use the walking frame for support. Push up from the arms of the seat, and then grasp the frame.

Ramps
If you use a wheeled frame, consider installing a ramp where there are steps.

Steps
If you use a pick-up frame, consider modifying the steps so that each step is big enough for the frame.

Transport
If the frame is to be put into a car, ensure that it can be folded and lifted easily. Please note that not all frames fold.
Types of Walking Frames

Three Wheeled Frames - can be more maneuverable in tight spaces than the four wheeled.

Four wheeled frames - often have a seat for resting on, and a basket for carrying small items.

Both frames are suitable if you have good balance and walk reasonably well, but need extra support over long distances. Suitable for both indoor and outdoor use.

Two Wheeled Frames

These are suitable if you have balance difficulties or walk slowly and need constant support when walking. Two wheeled frames provide more support than the three or four wheeled.

They have two wheels at the front, and either plastic glides (‘skis’) or rubber stoppers at the back. Stoppers provide greater stability than glides, but are difficult to use on carpet.

The frames are not always suited to outdoor use as they require a flat surface to slide.

Some models have swiveling front wheels. This may make them more maneuverable than models with fixed wheels, but they are less stable.

Check if you can easily use the brakes. Styles of brakes include push down or cable brakes.

Pick-Up Frames

- These have no wheels. They are suitable if you require a lot of support when walking or you walk very slowly.

- It is picked up off the ground and placed down again as you take each step. Instruction and practice are required for correct usage.

The Right Height

For safety and good posture, it is important the frame is the right height, or that it can be adjusted.

When standing with your arms relaxed by your side, the top of the frame’s handle should be at the same level as the bones of your wrist.