

Out and About with a Walking Stick

Are you a little bit unsteady when you are walking?

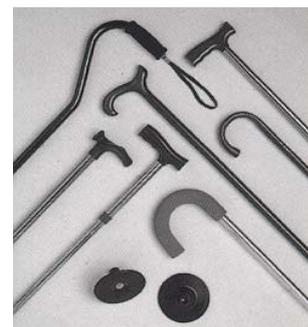
Do you lack confidence when walking on your own?

If the answer is 'yes', maybe a walking stick is for you.

Walking sticks

Walking sticks come in all shapes and sizes to suit anyone and everyone. Walking sticks can be:

- folding to fit in your bag or backpack
- lightweight to hold
- height adjustable to suit you



Handles

Different handles can be applied to the end of the stick to suit your hand:

- straight
- curved or hooked
- arthritic
- contoured



Accessories

A frog stick holder clips onto the stick and supports it whilst leaning on furniture.

Luminous tape can be applied to make it easier for others to see you at night.

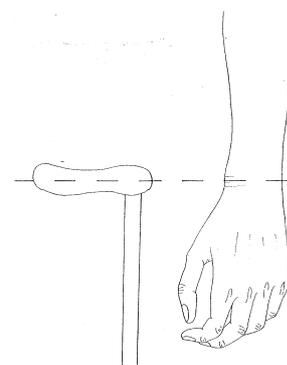
A wrist loop frees the hand holding the stick, so it can be used for other tasks.

The 'Unifoot' is a small plastic platform with a rubber tip that fits on the end of a walking stick creating four contact points with the ground to increase stability.



How to get your walking stick at the right height

- With shoes on, your arm should be relaxed and hanging loosely at your side
- Hand grip should be level with the wrist joint



Adjusting your walking stick

Some sticks have a push button height adjustment while wooden sticks can be cut to the correct height.

How to walk with a stick

You should hold the stick on the opposite side to your weak leg. The stick and your weak leg should swing forward and strike the ground together.

Ideally you should have an assessment by a physiotherapist who can ensure the right fit and teach correct use of the walking aid. To find the most suitable type, trial of several different types is recommended.

If a single stick is not enough...

You may benefit from a tripod stick (3 legs) or a quadropod stick (4 legs), support and stability for balance. For more support try a rollator walking frame. These are suitable if you have good balance but need extra support over long distances.



For more information, please contact

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