

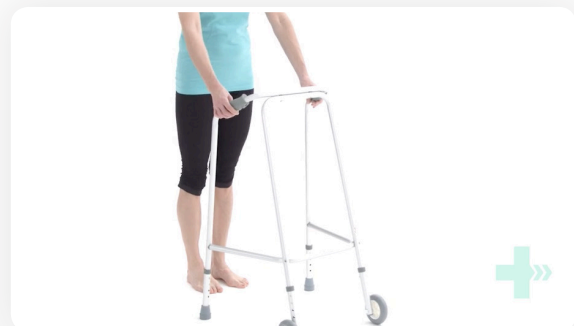
# Walking Aids

This document is designed to help you understand how to safely use a walking aid. There are various different types of aid which are designed to help you to maintain your independence and stay mobile. Take some time to read about how to use your walking aid safely.

## Rollator Frame

The following images show you how to use a rollator frame. The first image shows you how to use the frame **weight-bearing** (placing weight on both legs). The second image shows you how to use it **non-weight bearing** (placing no weight on one leg).

### Weight-bearing:



### Instructions:

- Stand up straight with both hands on the frame.
- Push the frame away from you before taking a step forward with your weaker leg.
- This leg should step forwards to be in line with the back two legs of the frame.
- Bring your weight onto this leg, ensuring that your knee stays strong and straight with your hips pushed forward.
- Step the other leg forward to join your weaker leg.
- Your feet should be level, before you start again.
- Keep your gaze directly ahead.

# Non-weight bearing



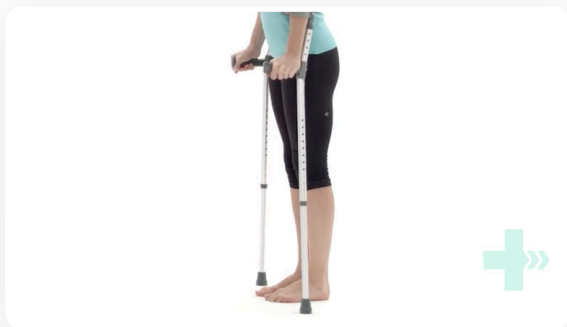
## Instructions:

- Stand up straight in front of a frame.
- Bend your affected leg up behind you, ensuring you do not place any weight on it.
- Your stance leg should be in line with the back two legs of the frame.
- Move the frame forward a little.
- Place some weight through your hands and hop your stance leg forward.
- You should land in line with the back two legs of the frame again.
- Continue this sequence, ensuring you keep your gaze straight ahead.

# Elbow crutches

The following images show you how to use elbow crutches. The first image shows you how to use the crutches **weight-bearing** (placing weight on both legs). The second image shows you how to use the crutches **non-weight bearing** (placing no weight on one leg).

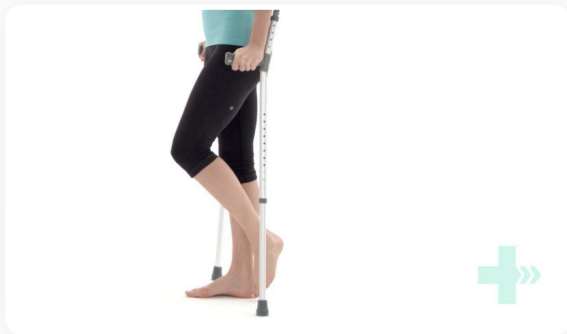
## Weight-bearing:



## Instructions:

- Stand up straight with your elbow crutches by your side.
- Place your elbow crutches, one at a time, approximately one foot in front of you.
- Step you affected leg forwards onto an imaginary line between the two crutches.
- Step your other leg to join it.
- Continue this sequence, keeping your gaze directly ahead.

# Non-weight bearing



## Instructions:

- Stand on your good leg with your elbow crutches by your side.
- Bend your affected leg up behind you, ensuring you do not place any weight on it.
- Place your elbow crutches, one at a time, approximately one foot in front of you.
- Hop your good leg onto the imaginary line between the two crutches.
- Continue this sequence, keeping your gaze directly ahead.

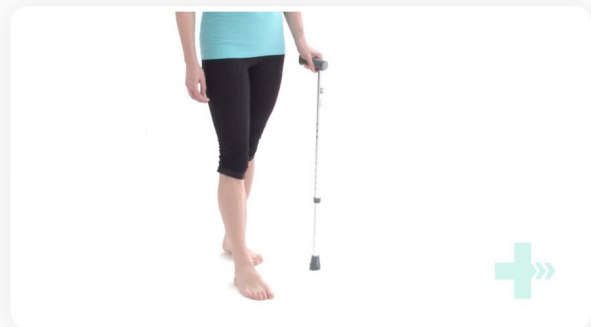
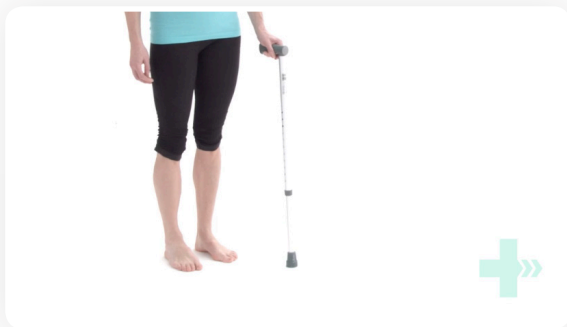
You may reach a point when you are allowed to walk with one crutch. The walking pattern is almost the same as walking with two crutches, although there are some points of attention:

- Make sure you hold your crutch on your non-affected side.
- Since you are allowed to walk with one crutch, you are allowed to put weight on your affected leg. Make sure you do this and you spread your weight evenly across the crutch and your affected side when walking.
- Walking with one elbow crutch is much the same as walking with a stick. Follow the instructions below to learn the technique.

# Walking stick

The next information teaches you how to walk safely with a walking stick. There are two different ways you can walk with a stick. The first technique, **“step-to”** is the simplest way to start. Once you get used to using your stick, you may wish to try the **“step-through”** technique which more closely resembles normal walking.

## Walking with a stick (step-to):



### Instructions:

- Start by standing up straight with the walking stick in one hand.
- If you have a weaker leg, hold the stick in the opposite hand (on your non-affected side).
- Lift the stick and place it slightly further ahead of you.
- Step your weaker leg forwards until it is in line with the stick.
- Bring your weight onto this leg, ensuring that your knee stays strong and straight with your hips pushed forward. Step the other leg to join your weaker leg.
- Your feet should be level, before you start again.
- Keep your gaze ahead at all times rather than watching your feet.

## Walking with a stick (step-through):



### Instructions:

- Start by standing up straight with the walking stick in one hand.
- If you have a weaker leg, hold the stick in the opposite hand (on your non-affected side).
- Lift the stick and place it slightly further ahead of you.
- Step your weaker leg forwards until it is in line with the stick.
- Step your stronger leg past your weaker leg and the stick, to place it on the ground in front.
- Make sure the distance you step forward is the same on both sides.
- Keep your gaze ahead at all times rather than watching your feet.
- Continue this sequence, stick, weaker leg, stronger leg.

# Stairs

Going up and down stairs can seem daunting, but with some helpful tips and some practice, you should find the task achievable.

You may find the use of an elbow crutch or walking stick helpful in order to do this if you feel you need a little support. The first images show you first how to do this **weight-bearing** (the images also show an elbow crutch). The second images and instructions show you how to do this **non-weight bearing**.

## Climbing stairs weight bearing.

### Walking up stairs:



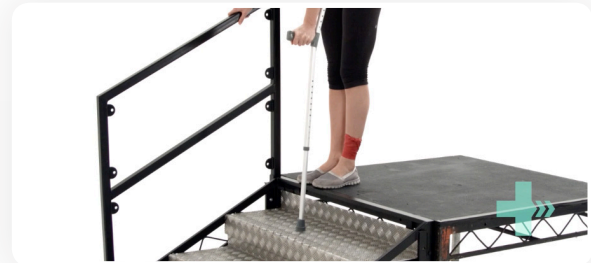
### Instructions:

Stand at the bottom of the stairs. Hold onto a rail and use elbow crutches as needed. When going up the stairs, follow this sequence:

1. place your good leg on the step first
2. next, bring your other leg to the same step
3. finally, bring your crutch up to join your feet on the step.

*Repeat this sequence for each step until you reach the top.*

### Walking down stairs:



### Instructions:

Stand at the top of the stairs. Hold onto a rail and use elbow crutches as needed. When going down the stairs, follow this sequence:

1. place your crutches on the step you are going to move down to
2. next, put your weakest leg down on the same step
3. finally, bring your other leg to the same step.

*Repeat this sequence for each step until you reach the bottom.*

# Climbing stairs non-weight bearing.

## Walking up stairs:



### Instructions:

Stand at the bottom of the stairs. Hold on to a rail and use elbow crutches as needed. When going up the stairs, follow this sequence:

1. place your hand firmly on the rail and your crutch close to your side
2. bend your affected leg up behind you
3. push your weight firmly through your hands and hop your good leg onto the step
4. finally, bring your crutches up to join your foot on the step.

*Repeat this sequence for each step until you reach the top.*

## Walking down stairs:



### Instructions:

Stand at the top of the stairs. Hold on to a rail and use elbow crutches as needed. When going down the stairs, follow this sequence:

1. place your crutches onto the the step you are going to move down to
2. place your affected leg out in front over the next step
3. next, push your weight firmly through the crutches and/or rail
4. inally, hop down with your good leg onto the step below

*Repeat this sequence for each step until you reach the bottom.*