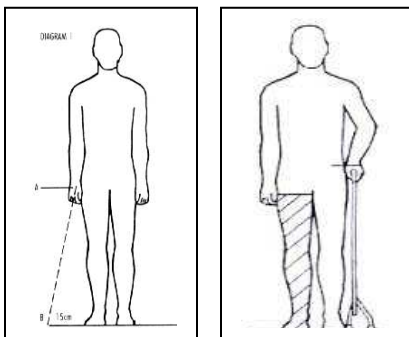


Measuring and Using a Walking Stick

Walking aids are used by a variety of people. This includes people recovering from injury, people with reduced balance strength and endurance, or people with pain or instability in any weight bearing joint used in walking. The choice of walking aid should suit a person's abilities and personal requirements. It is recommended to seek the assistance of a physiotherapist in this process. A physiotherapist is also able to provide advice and training in the correct use of the device.



MEASURING

Measure from the wrist crease to a point on the floor about 15cm from the outside of the user's foot. Set the stick handle to this height by adjusting or cutting the shaft.

The user's elbow should be bent at 15-30 degrees when holding the stick and standing upright.

USE

Usually a walking stick is used on a person's unaffected side, but the user's condition or preference may change this.

If it is a three or four point stick which has an offset base, the straight side should be nearest to the body. All of the walking stick's points should be placed firmly on the ground. The stick should be moved forward at the same time as your affected leg. If a person is using two sticks, a four point gait may be recommended. Bring one stick forward, then the opposite leg, then the other stick, followed by the other leg.



STEPS AND STAIRS

Going up: Put the unaffected leg up first on the step, then the stick and the affected leg onto the same step.

Going down: The affected leg and the stick should be lowered first down the step, then the unaffected leg down to the same step.

SAFETY

Ensure all adjustments such as spring lock buttons and locking rings are securely tightened. Keep rubber tips in good condition. Make sure there is a washer inside the tips of aluminium sticks to prevent the aluminium quickly wearing through the rubber.

Take extra care on wet surfaces and uneven ground and remember, wooden sticks should not be stored in direct sunlight or in a damp place.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec for further details.

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