

Types of Walking Frames.

Three or four wheeled frames.

- These are suitable if you think you have good balance and walk reasonably well but need extra support over long distances. Suitable for both indoors and outdoors.
- Four wheeled frames often have a seat for resting on and a basket for carrying small items.



- Three wheeled frames can be easier to turn in tight spaces than four wheeled frames.
- Check if you can easily use the brakes. Styles of brake include bicycle type brakes and "push down" wheel brakes.
- Most of these walkers fold down for easy transport.

Two wheeled frames

- These are suitable if you have some balance difficulties or walk slowly and need constant support when walking.
- 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 swivel front wheels. This may make them more easy to turn than fixed wheel models but they take more effort to control.

- Some models fold for transporting.

Forearm support walkers

- These are mainly used for rehabilitation in hospitals and nursing homes. They can be made to suit heavier patients and are of robust construction.
- Models for children have various optional extras such as table attachments and body supports.
- Forearm supports can be adjusted to suit each patient's needs for both height and lateral position.
- Walkers generally have glides ('skis'), as standard on the back but can have casters all around. With casters all around the walker may take more effort to control, particularly to go in a straight direction.



- Some models are collapsible for easy transporting.

Pick-Up frames





- These have no wheels. They are suitable if you require a lot of support when walking or if you walk very slowly and need extra stability.
- The frame is picked up and put down as each step is taken. Instruction and practice are required. The user must be strong enough to lift the frame. Most frames are light weight construction although HenryCare manufactures a 'Bariatric' model.
- Some frames fold for transporting.

General Safety

- **The Right Height**

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

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.

- **Indoors.**

For indoor use remove all obstacles, including loose mats, from the area of use. Make sure you have enough space to turn around in areas like kitchens, bathrooms and toilets.

- **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 you may need to have ramps or wedges installed where there are steps . HenryCare can advise you of the best way to use this

- **Steps.**

These may need modifying to allow for use of walking frames. Half steps or step extensions can be made by HenryCare.

- **Transport.**

If the frame has to be transported at times, make sure it can be folded and lifted easily.