

## Emergency Department Discharge Advice

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Information

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## Standard Walking Frame

**Step 1** – Stand within the space of the frame

**Step 2** – Place the frame one step ahead

**Step 3** – Walk towards it using the **affected** leg first

**Step 4** – Follow with the other leg, which should then step through. Do not walk too far into the frame area

**Step 5** – When steady, lift the frame and place a short distance in front (**When using front wheeled frames, the rear legs should be lifted and wheeled forward as opposed to it being used as a wheeled rollator, see Fig 3. below**) and repeat the process

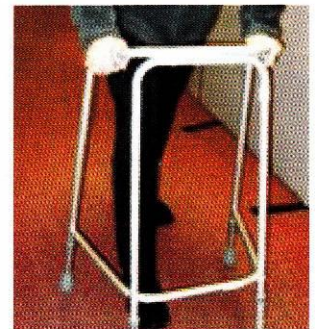
Step 1.



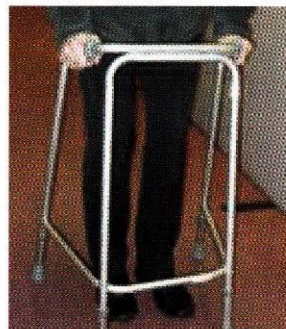
Step 2.



Step 3.



Step 4.



Step 5.



Fig 3.

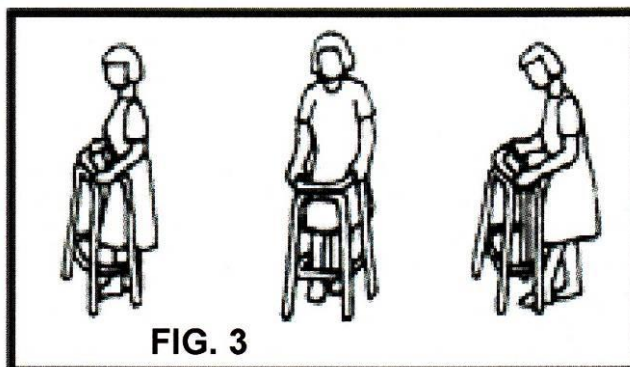


**Note:** Coopers wheeled frames have fixed wheels. Where directional realignment of the wheeled frame is required, the frame should be stationary and lifted at the rear in order to turn the frame in the required direction.

## Using all frame types

### Walking:

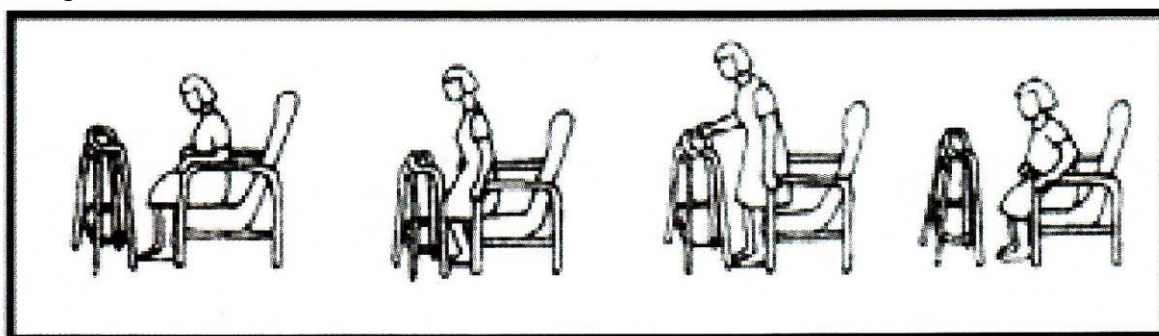
1. Place the frame one step ahead and walk towards it using the **affected** leg first, followed by the other leg, which should then step through. **Do not walk too far into the frame area**
2. When steady, lift the frame and place a short distance in front (when using front wheeled frames, the rear legs should be lifted and wheeled forward as opposed to it being used as a wheeled rotator) and repeat this process (Fig 3, below)



### Getting into and out of chairs:

1. Position the frame in front of the chair
2. Get up by pushing on the arms of the chair and transfer hand to frame when fully standing
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs
4. Place hands gently on the chair arms, bend slightly forward and sit down gently (Fig 4)

Fig 4



## General Safety:

1. Use a chair with high seat and arms to help you sit and stand up with ease
2. Remove obstacles such as loose rugs, draught excluders and worn floor coverings
3. Ensure lighting in hallways and stairways is adequate
4. Wear flat supportive shoes
5. Avoid wet floors
6. Beware of outdoor hazards including uneven surfaces, wet leaves and ice
7. Do not store this product in temperatures below freezing
8. Take special care if carrying a bag or similar package
9. All equipment should be regularly inspected for any damage or significant signs of wear
10. Regular cleaning with a mild disinfectant is recommended. DO NOT use bleach or any solvents (such as lighter fluid).

## Check regularly for:

- Bent or damaged tubes or cracks at the tube joints
- Loose or worn horseshoe clips or both buttons of the spring clips are present
- Loose screws or fasteners
- Elongated adjustment holes
- Loose handles
- Loose or worn wheels and fasteners (where fitted)
- Smooth, worn or split ferrules (rubber tips)

Replace all worn, missing or damaged parts where necessary.