

Information for Patients

**Guidance for Care & Safe Use
of Your Walking Aid**

Physiotherapy Service

You have been provided with a walking aid to help you move around safely. This information leaflet is provided as a guide to safe use and general maintenance of the aid.

General Safety points to remember

- Please use your walking aid as directed.
- Wear flat supportive shoes.
- Remove obstacles to walking within the home e.g. loose rugs, draught excluders and worn floor coverings.
- Ensure your lighting is adequate.
- Take extra care on wet floors or when outdoors e.g. uneven surfaces, ice etc.
- Do not use your aid if it is showing signs of over use or damage.
- Each walking aid has a maximum user weight – this can usually be found on the walking aid and should be adhered to ensure safety.
- Care must be taken to avoid damaging your aid when transporting it in the boot of a car.
- Walking frames must be stored in an upright position and not on their sides.

Maintenance and General Information

- Keep the aid clean by wiping it over with a damp soft cloth.
- Do not use any harsh abrasives.
- The walking aid is fitted to your requirements. Please do not loan it out to anyone else or change the height settings.
- Do not store in sub-zero temperatures.

- Regularly check for bent frames or legs, loose joints, damaged spring clips, elongated adjustment holes, split handles or worn ferrules or wheels. The pins used for adjusting the height should be visible and fully engaged.
- Replacement ferrules can be purchased from local mobility shops, most chemists, shoe repair shops and online.

Returning the equipment

Please return the walking aid to your local Physiotherapy Department when it is no longer required or if you are experiencing any problems with it. Physiotherapy Departments are open Monday – Friday 8.30 to 4.00pm.

Information regarding the physiotherapy outpatient services can be found on the Health Board Internet site at:

www.aneurinbevanhb.wales.nhs.uk

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg