



Choosing and Sizing Walkers and Walking Frames

Ensuring the Correct Handle Height

- Stand behind the walker with your arms and hands hanging at your sides.
- Adjust the height of the walker handles so that they are at the same height as your hip joint.
- To adjust the height, loosen the bolts or knobs on the sides of the handle shafts. For most models, you will need to take the bolt out completely, adjust to the height desired and screw the bolt back in, ensuring they are very tight.
- When you stand straight and grip the handles, your arms should be slightly bent at your elbows (a 20-30 degree angle).



Safety

- Please take note of maximum user weights. Walkers for larger people can be sourced if needed. These are called bariatric walkers.
- ALWAYS lock the walker's wheels BEFORE you sit down. Do this by pushing the handbrakes down until they lock.
- NEVER push someone around while they are sitting on a walker. They are walking supports, not wheelchairs.
- Make sure the height is adjusted correctly (as above) to ensure you are walking straight and there is no strain on back, shoulders or wrists. Some models may be fitted with extra tall handles if needed.

Other Things to Consider

- 6" wheels or castors are good for shorter people and work well indoors as they have a smaller turning circle.
- 8" wheels or castors are good for people using the walker more for outdoor use, as well as those who are a bit taller.
- A walker or walking frame without a seat is a good option for indoors for someone who needs a little extra support with walking. A walker with a seat allows the user to stop and rest when needed, and also have a basket or bag under the seat which is handy for shopping or library books.
- Folding walkers and frames can be very useful for storage and for transport. If you drive or use a taxi to get around, it would be a good idea to get a walker that you or the driver can fold and get in and out of the car easily.
- It also pays to check the weight of the walker you are buying if you are going to be lifting it into a car or up steps. Do you have a ramp to get it into the house?

Call our friendly staff at Up2date Equipment on 07 307 9101 for more information.