



Safety Information Leaflet: Front-Wheeled Walking Frames

Supporting video available at the following link:

<https://media.salford.ac.uk/Play/31321>

Video also available via our website:

<http://hub.salford.ac.uk/research-walking-frames/>

Front-wheeled walking frames are designed to:

- provide support during standing and walking
- reduce pressure on your legs and feet



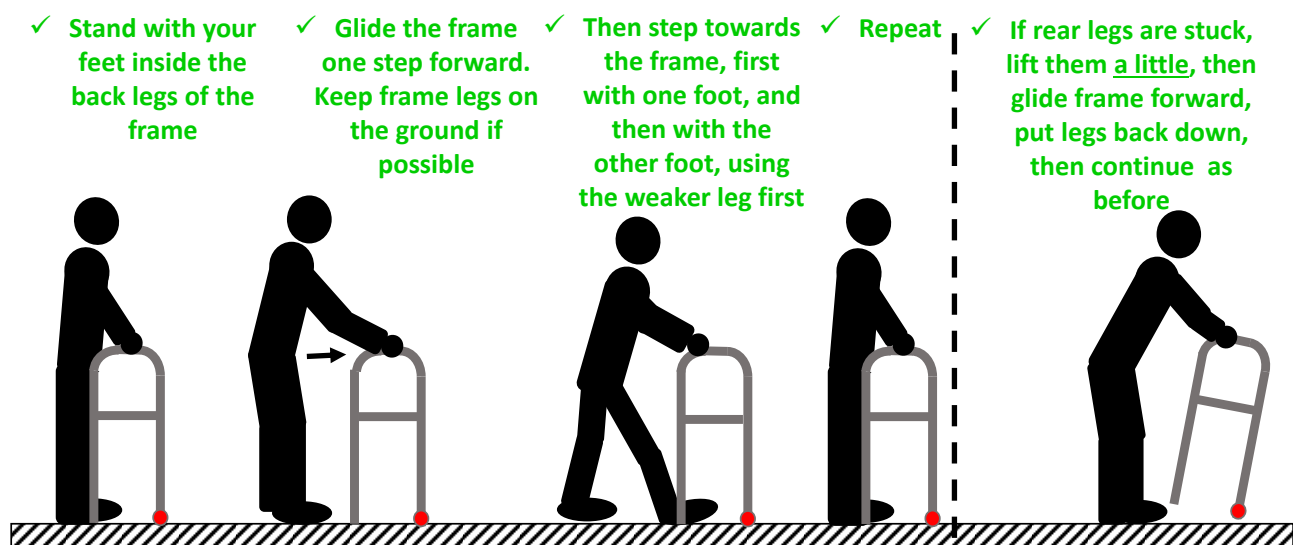
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Correct frame height

- The hand grips of the frame should be just above the level of your wrist when you are standing with your arms hanging at your side.
- When you stand upright and hold onto the hand grips your elbows should be slightly bent.
- Once set up there is no need for further adjustment. If you are unsure about the height consult the issuer.

Walking

- Glide the frame approximately one step forward.
- Then step towards the frame, first with one foot, and then with the other foot; your feet should end up just inside the frame's back legs.
- If one leg is weaker or more painful than the other, step with that leg first. Then step with your better leg to join the affected leg.
- Don't over stretch (don't glide the frame too far forward)
- Don't walk too far forward into the frame.
- Avoid lifting the frame.

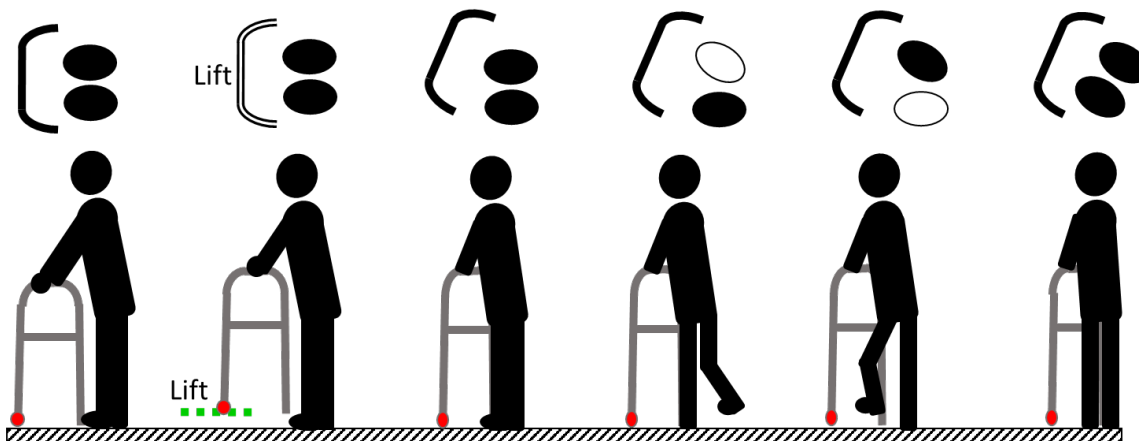


- ✗ Don't over stretch
- ✗ Don't walk too far into the frame
- ✗ Avoid lifting the front wheels
- ✗ Avoid lifting the whole frame

Turning

- The front wheels of the frame are fixed so you should plan to make gradual turns where possible.
- When this is not possible and the floor is smooth, slide the frame towards the new direction of travel, keeping the wheels on the floor. Then follow with your feet.
- If you are not able to slide the frame on the floor, then lift it a little, and replace it at a small angle. Then follow with your feet.
- Turn only a little at a time. Repeat if needed.

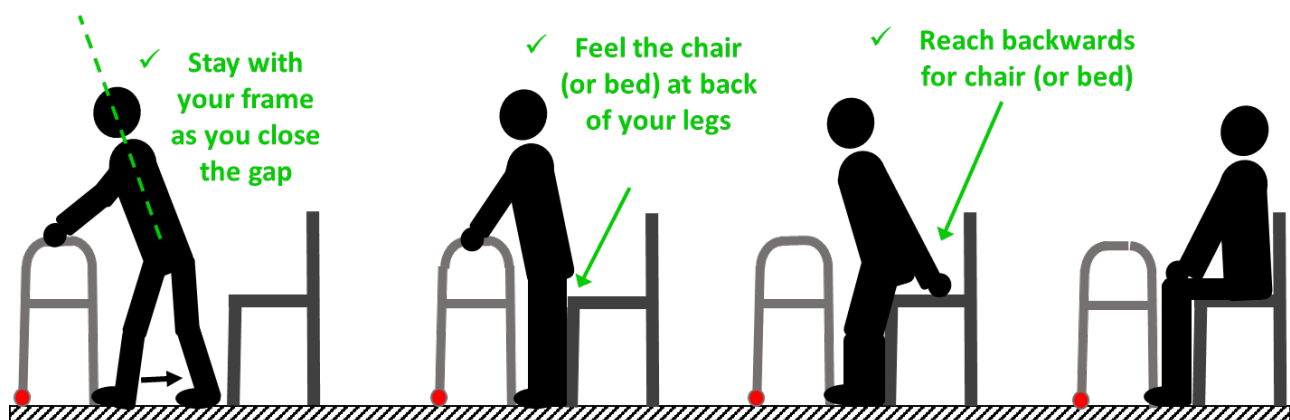
Lift only little, and turn only little at a time. Then repeat.



- ❌ Don't lift too much
- ❌ Don't spin frame on one leg when turning
- ❌ Don't step when lifting
- ❌ Don't turn too much at once

Stepping backwards to sit down on chair (bed)

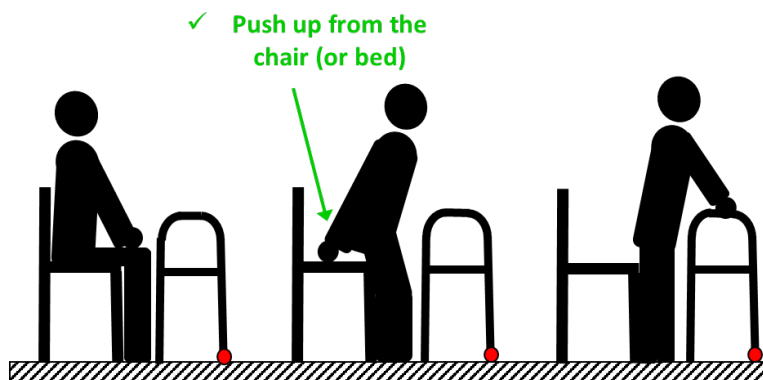
- First, turn with the frame (see “Turning”).
- Then gently step backwards until the chair (bed) touches the back of your legs.
- Make sure you “stay with the frame” as you step back towards the chair/bed (don’t lean back).
- Reach back with your hands towards the sitting surface (or arm rests) of the chair/bed and sit down in a controlled manner.



- ❌ Don't lean back when stepping backwards towards chair (or bed)
- ❌ Don't leave a gap between back of legs and front of chair (or side of bed)
- ❌ Don't hold onto the frame when sitting down on chair (or bed)

Getting up from chair (bed)

- Push up from the surface you are sitting on.
- Don't pull yourself up on the frame as it will tip backwards, and this may result in injury.
- Once you are standing, place your hands on the hand grips.



✗ Don't pull on the frame

Stairs

Never use a frame on the stairs. If there are stairs in your home, a second frame will be needed for upstairs.

Outdoors

Front-wheeled walking frames are to be used indoors only. If you need a walking aid for going outdoors, please contact your physiotherapist or occupational therapist.

This walking frame has been set up for:

.....

On.....

By.....

Should you have any concerns or questions about your walking frame please contact:

Please see manufacturer leaflet for safe working load and other additional information.

Notes:

We acknowledge the Oxford Health NHS Foundation Trust whose leaflet served as a starting point for the development of this guidance document.