



AMBULATORY AIDS

Walkers, Rollators, Canes & Crutches

PURPOSE: Walking aids are designed to give the user added stability and when used properly, increased independence. Your physician has ordered your walking aid for a specific reason. If your physician has given you instructions on how he/she wants you to use this aid, you must follow them. If you have not seen a therapist or physician, please do so.



Walkers: Walkers come in a variety of styles and sizes, each with a specific purpose. Make sure you read and understand all manufacturers' operating instructions. Folding walkers are just as strong as non-folding walkers and have the added convenience of compact storage. Most walkers have a 250-300 pound weight limit. Check with Allay Home Care for the specific weight requirements for your walker; heavier duty models are available. Walkers with two wheels are common and the wheels are always in the front position.

A properly fitted walker is adjusted for height when wearing the shoes you will be wearing while walking with the walker. The top of the handgrips should be approximately at the hip joint and the elbows will be slightly bent (20 - 30 degree angle). Make sure all walker legs are adjusted to the same height.

USE: Your wrists must be straight and firmly grasping the handgrips. Your first step should be even with the back two legs of the walker, followed by a second step into the middle of the walker. The walker is then moved forward, stepping through the walker last (exactly the same as a normal walk). The feet do not meet side by side unless stopping for a reason. If your walker has a seat, the brake must be fully engaged when utilizing the seat. If your walker is of the folding type, make sure the spring buttons are fully engaged.

Canes-Straight & Quad: The properly fitted cane is adjusted to the height necessary when wearing shoes you will be wearing while walking with the cane. The top curve or handle should be approximately at the hip joint and the elbow will be slightly bent (20-30 degrees angle).

Crutches: Crutches must be adjusted to approximately 1-1 1/2 inches below the armpit when the user is standing straight. Fitting must be performed with the rubber tips on. The height of the handgrip should also be adjusted to allow a 20-30 degree bend in the elbow when the user is standing up straight.

SAFETY: Follow the guidelines on the Home Safety Basics list to prevent falls.

MAINTENANCE & WARRANTY: The rubber tips or glide tips (on walkers with wheels) are very important and you should inspect them regularly. Worn or damaged tips must be replaced immediately. The handgrip(s) and underarm pads, if applicable, should be checked regularly and replaced if damaged. All ambulation equipment comes with a manufacturer's warranty however; they do not cover user abuse. Call Allay Home Care if you need to replace worn or damaged parts.

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