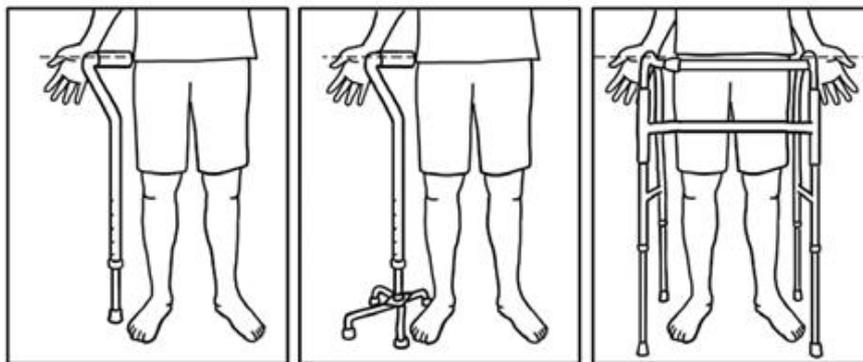


Walking Aid Adjustments

Adjusting your walking aids

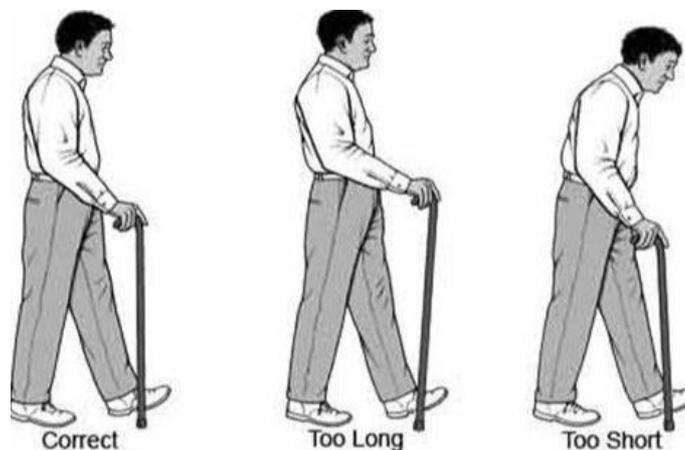


Walking stick

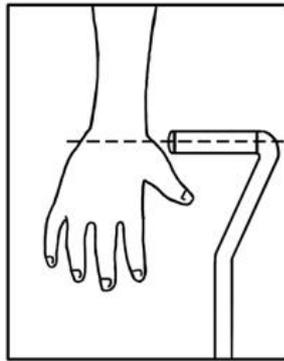
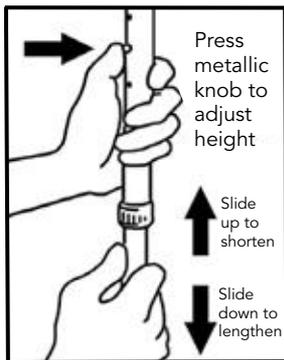
Quad stick

Walking Frame

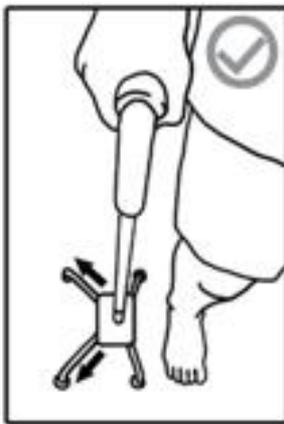
Wear your most comfortable walking shoes and stand as upright as you can, with your feet together and your arms straight down by your sides. Measure your wrist bone to the levels of the walking aid handles. You should be able to push down your body weight on the handle through your hands comfortably. You should not be having additional stress on the shoulder (too long) or slouch (too short).



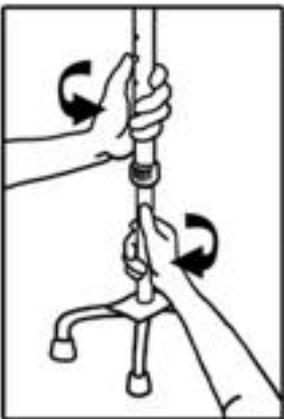
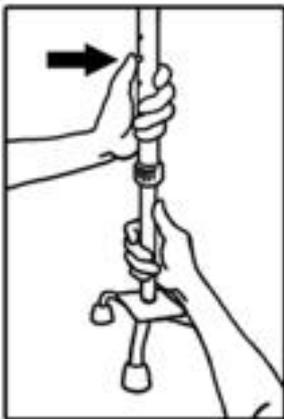
Tips for adjusting quadstick



Measure your wrist bone to the handle of the walking aid.



Ensure that the vertical legs are close to you.



To adjust the orientation of the legs, press the knob and rotate stick 180°.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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