

Walking Aids

Overview

Walking aids helps to facilitate our independence when our mobility is affected due to:

- Reduced stability due to pain or weakness
- Weight-bearing restrictions due to structural damage such as a fracture

Common walking aids prescribed:

- Walking stick
- Quad stick
- Walking frame



Common weight-bearing restrictions:

- Non weight bear (NWB) – No body weight through your injured leg. Your foot should not touch the ground while walking.
- Toe touch weight bear (TTWB) – Put only 10% of your body weight through the foot/toes. Your toes should only touch the ground lightly for balance while walking.
- Partial weight bear (PWB) – Only put 50% of your body weight on the injured leg.
- Full-weight bear (FWB) - Safe to put up to 100% of your body weight through your leg.

Preparing Walking frame:

- Stand with shoulder width apart and arms relaxed with a natural bend at the elbow
- Ensure that hand pad is at wrist level in standing



Using the Walking frame:

1. Stand in the middle of the frame
2. Once stable, place frame one arm length forward
3. Move your affected/injured leg forward into the middle of the frame
4. Weight to be distributed through the hands, and bring your good leg alongside



Preparing Walking stick / Quad stick:

- Stand with shoulder width apart and arms relaxed with a natural bend at the elbow
- Ensure that hand pad is at wrist level in standing



Using the Walking stick / Quad stick:

1. Always use the stick on the unaffected/uninjured side, regardless of hand dominance
2. Once stable, stand with stick diagonally ~6 inches to the front/side of your last toe (longer side of quad stick to be facing away from your body)
3. Place stick one arm length forward, before moving your affected/injured leg forward in-line with the stick
4. Weight to be placed through hand on stick, and step to/through with your good leg



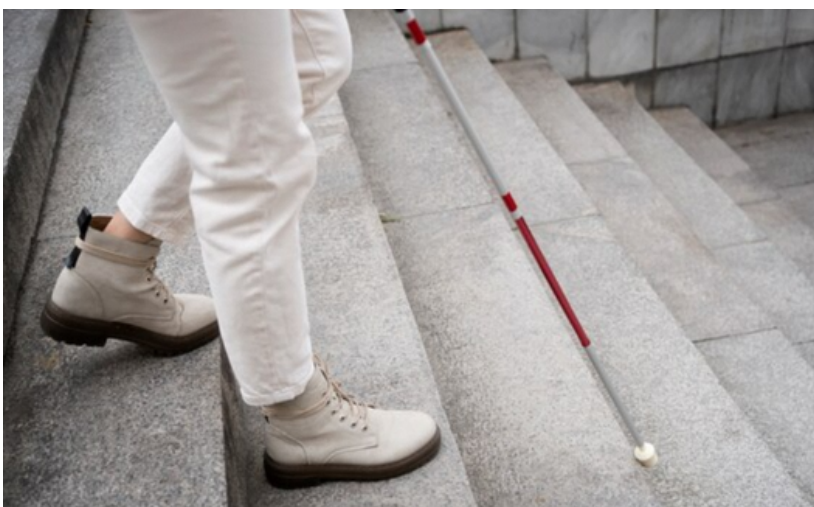
Going up the stairs with the Walking stick / Quad stick:

1. Stand close to the step, hold onto handrail with free hand (usually the affected side)
2. Place good leg up the step
3. Bring affected leg and the walking stick up to the same step simultaneously (always go one step at a time)



Going down the stairs with the Walking stick / Quad stick:

1. Stand close to the step, hold onto handrail with free hand (usually the affected side)
2. Bring affected leg and the walking stick down the step
3. Step down with your good leg to the same step (always go one step at a time)



Care of walking aids:

- Check rubber bases regularly to ensure they are not worn out; this is to prevent the aid from slipping
- Avoid exposing aids to heavy rain or water; this may cause the aid to rust
- Always check that the walking aid is adjusted to the correct height (wrist level in standing), and safety button is secured, before using the aid

Safety tips at home:

- Remove clutter, electric cords, loose rugs and spills; these may increase your risk of fall
- Use a non-slip mat in the toilet. Grab bars and raised toilet/shower seats may also be helpful
- Keep your home neat and tidy, with commonly used items easily accessible



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