

Gloucestershire Community Equipment Service

How to use a frame

The Integrated Community Equipment Service provides equipment for Gloucestershire residents to remain in their own homes, achieving and maintaining independence in daily living tasks and to support carers. The service is contracted to and supplied by GIS Healthcare.

This leaflet should be read in conjunction with the Community Equipment Service User leaflet, which should be given out with all equipment

How to care for a walking frame

- Check the frame feels stable
- Check tread on rubber feet for wear
- Check frame for wear and tear
- Wash with hot soapy water from time to time
- Do not leave the frame outside, to avoid weather damage
- Replacement rubber feet (ferrules) can be purchased at many high street outlets

How to use a walking frame

Standing up



- Position frame in front of you
- Push up from the arms of the chair or surface of bed
- Place your hands on to the frame handles one at a time
- Make sure you feel balanced before moving off

Sitting Down



- Ensure you can feel the chair with the back of your legs before sitting down
- Place your hands on the chair arms one at a time
- Bend slightly forward and sit down gently

Walking

- Lift or push the frame one step ahead
- Step towards frame with affected leg first
- Step past with unaffected leg
- When steady lift or push the frame one step ahead
- Do not walk too close to the front of the frame



Non weight bearing (NWB) – when you cannot put any weight through your affected leg

- Keep the affected leg off the ground by holding the knee slightly bent
- Lift or push the frame one pace forward
- Take your body weight through your hands and hop forward level to the frame using your non affected leg

Partial Weight bearing (NWB) – when you cannot put any weight through your affected leg

- Lift or push the frame one pace forward
- Take some of your body weight through your hands and place your affected leg level with the frame with some weight through it
- Step to with the unaffected leg

Posture

- Maintain an upright posture when walking
- Avoid stooping

Keep Safe

- Apply body weight evenly on frame
- Ensure all four legs of frame are on the ground when stepping
- Avoid using on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Do not use outdoors
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting
- Do not use frame on stairs

If your needs change: Please contact Adult and Childrens Helpdesk on **01452 426868 (Adults) 01452 426565 (Childrens)**