

Gloucestershire Community Equipment Service

How to use walking sticks

The Integrated Community Equipment Service provides equipment for Gloucestershire residents to remain in their own homes, achieving and maintain in 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 your walking sticks

- If using 2 sticks check they are the same height
- Check stick for wear and tear
- Wash with hot soapy water from time to time
- Do not leave walking stick(s) outside in order to avoid weather damage
- Replacement rubber feet (ferrules) can be purchased at many high street outlets

How to use your walking stick

Standing up



- Holding stick(s) place hands on arms of chair or edge of bed
- Push up from the arms of the chair or surface of bed
- stand upright:
 - if using 1 stick slightly to the side
 - if using 2 sticks slightly apart

- 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
- Bend slightly forward and sit down gently

Walking

- If only using one stick it should be held in the hand opposite the affected leg (unless otherwise instructed)
- If using one stick, lift stick forward and place slightly out to side



- At same time step forward with affected leg
- If using two sticks place forward step with affected leg first, then step past with unaffected leg
- When steady lift stick(s) forward again



Posture

- Maintain an upright posture when walking
- Avoid stooping or leaning heavily to one side

Keep Safe

- Take care when walking on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Avoid outdoor hazards e.g. wet leaves and ice
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting

Going upstairs

- Hold hand rail if available
- Place unaffected leg up on to step first
- Then step up with affected leg and stick at same time



Going downstairs

- Hold hand rail if available
- Place affected leg and stick on to lower step at same time
- Then step down with unaffected leg



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