



Walking Stick

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

WHAT ARE WALKING STICKS USED FOR?

- Walking sticks provide support to assist people who have difficulty walking due to balance problems, pain or injury.
- A Physiotherapist is also able to provide advice and training in the correct use of these devices.
- The choice of walking stick depends on a person's abilities and personal requirements. It is recommended to seek the advice of a Physiotherapist in this process.

TO FIT:

- If the walking stick is adjustable, it should be adjusted to a height to allow the user to walk with safety. Your Physiotherapist can advise you regarding the appropriate height. The height is usually adjusted to allow the elbow to be bent at 15-30 degrees while the user is standing straight and holding the stick.
- To adjust the leg length, push in the adjustment button to slide the internal leg piece up or down to the appropriate notch.

HOW TO USE THE WALKING STICK:

- To help with walking, your Physiotherapist will give you advice on how to walk with a walking stick; how to stand up and sit down and how to get up and down stairs.
- Usually a walking stick is used on a person's unaffected side, but the user's condition and preference may change this.
- If it is a three or four-point stick with an offset base, the straight side should be nearest the body and all of the points should be placed on the ground at the same time.



PRECAUTIONS & SAFETY:

- For safety, have someone help you until you have gained your balance, mobility and confidence.
- Walk at a safe, comfortable pace and do not turn too quickly.
- Be careful when walking over uneven or wet ground.
- Wear well-fitting, comfortable, flat shoes with non-slip soles.
- After adjusting the length, check that all adjustment buttons are fully protruding.

MAINTENANCE & CLEANING:

- To clean – wipe with a mild detergent.
- Keep rubber tips in good condition and attached securely.
- If sticks are timber, do not store sticks in direct sunlight or damp places
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.