

MUSCULOSKELETAL PHYSIOTHERAPY

How to Use a Walking Frame

Check your walking frame weekly to ensure that:

- It is not bent.
- The joints on the frame are not loose.
- The rubber ferrules are not worn.

- **Walking with your frame**

- To walk, place the frame one step ahead and walk towards it using the **affected** (the leg which causes problems) leg first, followed by the other leg, which should then step through.

Do not walk too far into the frame area

- When steady, lift the frame a short distance and repeat the process.
- If using a wheeled frame, push it forwards a short distance, do **not** continue to push and walk.

- **Chairs**

Getting up from a chair

- Position your frame in front of the chair.
- Get up by pushing on the arms of the chair and transfer your hands to the frame when fully standing.

Do not pull yourself up with the Zimmer frame sitting down in a chair

- To sit down, using the frame, position yourself in front of the chair and feel the chair behind you with your legs.
- Place your hands gently on the chair arms, bend slightly forward and sit gently down.