



MSK physiotherapy

Safety information leaflet: walking sticks

Walking sticks

Walking sticks are designed to:

- provide balance support in standing and walking
- take some pressure off one or both legs
- improve feeling of safety and security when walking

Standing up

Always push up from the surface you are sitting on. The stick(s) can be held with one hand or placed to the side.

Sitting down

Turn around until the chair or bed is touching the back of your legs. Reach back with your hands to the arm rest on the chair or bed and sit down in a controlled manner. Hold the stick(s) with one hand.

Walking

If you are using one stick, it goes on the same side as the stronger leg and moves when the weaker leg does. If you are using two sticks you either move them both together with the weaker leg or move them in turn together with the opposite leg.

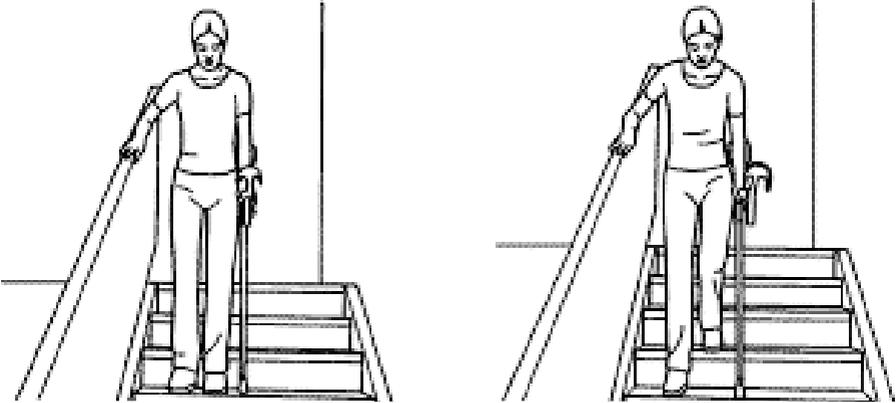
Stairs

Hold on to one handrail if available. If you have a rail but require two sticks to walk on the flat, hold the two sticks together.

Going up – keeping the stick on the same level, step up with your stronger leg. Push up on the stick and bring the other leg up, finally moving the stick to the same level. Repeat.



Going down – put the stick on to the step below and lower your weaker leg. Take the weight through your arms, step down with good leg. Repeat.



If you have no rail and are using two sticks, position both sticks down first, then the weaker leg, followed by the stronger leg (taking weight through the sticks).

Aid height

Prior to receiving your stick(s), you will have been assessed by a physiotherapist, who will have ensured your stick(s) are safe for use and measured them to your specific height requirements. Once set up there should be no need to adjust the height without consultation with the issuer.

It may take you some time to get used to using your stick(s).

This walking aid has been set up for:

.....

on.....

by.....

If you have any concerns about your walking aid then please contact the company who provides the walking aids:

Millbrook
Unit 38a, Innovation Drive,
Milton Park,
Abingdon,
Oxfordshire, OX14 4RT
Tel: 0333 999 0870

Please see attached information leaflet provided by the manufacturer for additional information.

Safe working load: please refer to the manufacturer's information leaflet provided.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the physiotherapy team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Notes

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

ਜੇ તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

Contact us

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Headington

Oxford, OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

This service is part of the Older People Directorate.

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