

NHS Forth Valley

How to use your walking Stick



Walking sticks are used by a variety of people for different reasons including:

- Those recovering from injuries requiring partial weight-bearing through the injured limb.
- People with reduced balance, strength or endurance when walking.
- People with pain, weakness or instability in any part of their leg e.g. hip, knee or ankle.

Walking sticks can be used indoors and outdoors.

If using a stick for pain or weakness:

- Hold your walking stick in the opposite hand to your weak or painful leg.
- Always move the stick forward first followed by the weak or painful leg, then your other leg.

If using a walking stick for your balance:

- Hold the stick in your most comfortable hand.
- Always move the stick forward first then opposite leg.
- Do not place your stick too far in front of you or too far out to the side
- Do not carry your stick in the air as this is unsafe and you may be at risk of falling.

Getting up from a chair:

- The stick should be near the arm of the chair.
- Lean forward, place your hands on the arms of the chair and push yourself up to stand.
- Carefully pick up your stick. Pause before moving off.

Sitting down on a chair:

- When returning to the chair, turn until you feel the chair on the back of both your legs. Put the stick close to you. Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.

Using your stick on stairs:

- If your stairs has a secure handrail, hold onto it for safety.
- Where possible go up and down the stairs normally.
- Only attempt the stairs yourself if you feel safe, otherwise ask someone to help you.

Ascending Stairs:

- Step up with your unaffected leg, then with your affected leg step onto the same step.
- The stick is the last to move up level with your feet.

Descending stairs:

- First place the stick safely on the lower step keeping it away from the edge.
- Step down with the affected leg first.
- Follow with the unaffected leg onto the same step.
- Ensure you place the whole foot onto the step.
- Always take your time

General Safety

- Regularly check your walking stick for bent or damaged tubes or cracks at the joints.
- Check that both buttons of the spring clip are present or horseshoe clips are not loose or worn.
- Check the rubber ferrule on the bottom of your stick has not worn smooth or split. These can be replaced by contacting:

Single point of referral on 01324 673733.

- Remove any loose mats or rugs to prevent tripping while using stick.
- Be aware of hazards including wet floors, uneven surfaces, wet leaves, ice or carrying too many bags.
- In the event of an accident or fall the walking stick should be inspected before use.
- If your stick becomes damaged or worn and requires replacing contact:

Single point of referral on 01324 673733

Why Can't I return my walking aid to the hospital or clinic?

Hospitals and clinic have no facilities to ensure equipment is:

- Cleaned to infection control standards
- Fully restored to its safe working standards for use by another patient.

Help us recycle, repair and re-use

When you no longer require this equipment you will be able to return it to a local recycling centre. The equipment can be refurbished and used again if it is in good condition.

What happens at the recycling centre?

The site staff will direct you to the container marked for walking aids.

Where are the recycling centres?

<p>Roughmote Recycling Centre Bogton Road Bonnybridge FK5 0NP</p>	<p>Kinneil kerse Recycling centre Grangemouth Rd Boness EH51 0PU</p>	<p>JLES Depot Unit 9 West Mains Industrial Estate Grangemouth FK2 7XU</p>
<p>Opening Hours: Mon 8:00-6:00 Tues Closed Wed closed Thurs 8:00-6:00 Fri 8:00-6:00 Sat 8:00-6:00 Sun 8:00-6:00</p>	<p>Opening Hours: Mon 08:00-6.00 Tues 08:00-6:00 Wed 08:00-6:00 Thurs closed Fri Closed Sat 08:00-6:00 Sun 08:00-6:00</p>	<p>Opening Hours: Mon 8:30-5:00 Tues 8:30-5:00 Wed 8:30-5:00 Thurs 8:30-5:00 Fri 8:30-4:00 Sat Closed Sun Closed</p>

Last entry to both recycling centres will be 5:45pm

www.falkirk.gov.uk/recyclingcentres



Falkirk Council



Falkirk
Health and Social Care
Partnership

Notes

Notes

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call [01324 590886 \(9-5\)](tel:01324590886) to arrange this or email fv.disabilitydepartment@nhs.scot

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SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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Re-order Ref: PIL/DRAFT

Review Date: 2022