

NHS Forth Valley

How to use your 2 wheeled walking aid and where to return walking aids



Walking frames 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.

This type of walking aid should not be used outdoors

How to use the frame

To walk:

- Place both hands on the frame.
- Push the frame one step ahead of you.
- Step the affected leg forward first.
- Follow with the other leg stepping up to or in front of the affected leg.
- Do not walk too far into the frame or lift or push too far ahead of you.
- When steady, lift or push the frame forwards a short distance again and step forwards like before.

To turn:

- Only lift the frame around a little at a time, then step your feet around in line with the frame.
- Repeat until turned.
- Avoid moving your feet and frame at the same time.

Chairs

Getting up:

- Position the frame in front of the chair.
- Place your hands on the arms of the chair.
- Lean forward and push yourself up to stand.
- Transfer your hands to the frame when steady.
- Always pause for a moment before walking off.
- Do not pull on the frame to stand up.

Sitting down:

- When returning to the chair, turn around and keep using the frame until you feel the chair against the back of both legs.
- Place your hands on the arms of the chair, bend forward and slowly lower yourself in to the chair.

General Safety

Getting up:

- Ensure the legs of the frame are not bent.
- Ensure the joints on the frame are not loose.
- Do not use the frame to go up or down stairs.
- Check the rubber ferrules on the bottom of the frame are not worn smooth. These can be replaced by contacting:

Single point of referral on 01324 673733

- Remove any loose mats and rugs to prevent tripping.
- If your frame becomes damaged or worn please 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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