

# Walking Stick/Quad Stick



## Purpose

To provide support to assist people who have difficulty walking due to balance problems, pain or injury.

## Features

- Different types- T handle, swan neck, quad stick -small and large
- Height adjustable
- Anti-slip rubber tip/s
- Aluminium construction for durability and strength

## Adjustment

- The height should be adjusted to allow the elbow to be bent at 15-30 degrees whilst standing straight and holding the walking stick.
- To adjust the leg length, press the silver button on the walking stick and slide the leg piece up and down until the button clicks on the appropriate hole.
- If using the quad stick, keep the prongs on the base facing away from your side. (flat edge facing inwards)
- When using the quad stick, make sure that all four prongs are flat on the ground when walking.

## Maintenance

- Keep rubber tips in good condition and attached securely.

- The equipment should be checked monthly for signs of rust, cracks, changes in the appearance of the rubber stoppers, or damage/bending in the metal. If any of these are present stop use and contact the supplier
- This product should be cleaned regularly with warm soapy water (detergent).

## Safe Usage

- The choice of walking stick/s depends upon a person's abilities and personal requirements. It is recommended to seek the advice of a physiotherapist in this process.
- A physiotherapist is also able to provide advice and training in the correct use of these devices. Usually, a walking stick is used on a person's unaffected side, but the user's condition & preference may change this.
- If using a quad stick - it has 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.
- Walk at a comfortable pace and do not turn too quickly. Wear well fitting, comfortable flat shoes with non-slip soles.
- After adjusting the length, check that all adjustment buttons are fully protruding.

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

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