

# Information for patients, family and visitors

## EQUIPMENT SAFE USE GUIDE – Forearm Support Frame

### Forearm Support Frame



This is a general guide to be used with advice from a physiotherapist or health professional. Speak to a health professional for advice on how to choose the right walking aid and use it safely.

Your forearm support frame may be slightly different from this picture.

#### How to make the frame the right height for you:

- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height of the armrests so that they rest under your forearms, with your elbows bent to 90 degrees.
- ◆ You should be able to push through your forearms for support.
- ◆ As your frame may be different, please speak with a health professional or follow information from the manufacturer.

#### How to use your forearm support frame:

- ◆ **To stand:** Push up from the chair or bed, before placing your hands on the frame. Do not use the frame to pull yourself up, as it may tip over.
- ◆ **To walk:** Stand up straight and walk at a safe pace. Relax your shoulders. Do not push the frame too far in front of you.
- ◆ If you have been told to put less weight through your leg, ask a health professional how to do this safely.
- ◆ **To turn:** Turn slowly. Keep your feet between the back legs of the frame.
- ◆ **To sit:** Make sure you can feel the chair or bed with the back of your legs. Put both hands back on the chair or bed before you sit down.

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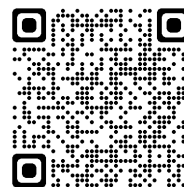
### Safety

- ◆ Check the safe use weight limit before using the frame
- ◆ Place both of your forearms in the armrests of the frame when walking. Putting weight on one side may cause it to tip.
- ◆ Have someone help you until you feel safe and ready.
- ◆ Make sure you have a clear path and remove rugs and other hazards.
- ◆ Do not hang bags on the frame - this may make it harder to push or cause it to tip.
- ◆ Do not use or carry the frame on stairs.

### How to look after your forearm support frame:

- ◆ If the frame appears damaged, do not use it.
- ◆ Check that stoppers and wheels are in good condition and attached firmly.
- ◆ To clean, wipe with a mild soap.

Use the QR code to watch a video on how to use your frame:



### Notes from health professional: