

EQUIPMENT SAFE USE GUIDE

Forearm Support Frame

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



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

How to make the frame the right height for you:

- ◆ Stand up straight with your shoes on and your shoulders relaxed.
- ◆ Adjust the height of the armrests so that they rest under your forearms, with your elbows bent to 90 degrees.
- ◆ In this position, you should be able to push through your forearms for support.
- ◆ As your frame may be different, please speak with a relevant 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 advised to put less weight through your leg, ask a relevant 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.

Safety:

- ◆ Check the safe user 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 confident.
- ◆ 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.
- ◆ Check that stoppers and wheels are in good condition and attached securely.
- ◆ To clean – wipe with a with a mild detergent.

Watch the CEC Safe Use Mobility Aids Video: <https://www.youtube.com/watch?v=ZV01-lwNwng>

Acknowledgements: NSLHD and CCLHD Community Falls Prevention Committees. Royal Rehab.