

# Information for patients, family and visitors

## EQUIPMENT SAFE USE GUIDE – QUAD STICK

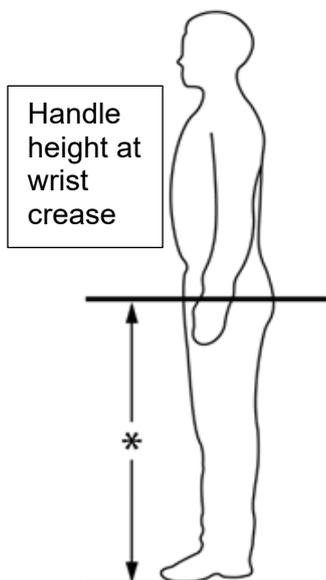
### Quad Stick



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

Your quad stick may be different from this picture.

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



- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height so that the handles of the quad stick is at the level of the crease of your wrist.
- ◆ To adjust the height, push in the button to slide up or down to the nearest notch.
- ◆ After adjusting the height, check that all buttons click into place.
- ◆ When you place both hands on the handles of the quad stick, your elbows should be slightly bent.
- ◆ As your stick may be different, please speak with your health professional or follow information from the manufacturer.

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### How to use your quad stick:

- ◆ A quad stick is usually held on the same side as your stronger leg, but your case may be different.
- ◆ **To stand:** Rest the stick close to you. Push from the chair or bed with both hands to stand up.
- ◆ **To walk:** The stick is usually moved forward at the same time as the opposite leg, then the other leg follows. Make sure all four legs of the quad stick are on the ground before stepping.
- ◆ **Stairs:** Hold a rail if possible. Take one step at a time. When going up the stairs, move your stronger leg up first, then your weaker leg and the stick. When going down the stairs, move your stick down first, then your weaker leg, then your stronger leg.
- ◆ **To sit:** Rest the stick close to you. Put both hands on the chair or bed before you sit.
- ◆ As your case may be different, ask a physiotherapist or health professional how to use your stick safely.

### Safety:

- ◆ Check the safe use weight limit before using the stick.
- ◆ Have someone help you until you feel safe and ready.
- ◆ Walk at a comfortable pace and turn slowly.
- ◆ Be careful when walking over uneven or wet ground.
- ◆ Make sure you have a clear path and remove rugs and tripping dangers.

### How to look after your quad stick:

- ◆ If the stick appears damaged do not use.
- ◆ Make sure rubber stoppers are attached firmly.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean wipe with a mild soap.

Use the QR code to watch CEC safe use of quad stick video.

