

Model Nos: 7530 7531 7532 7533 7540 7541 7542 7543 7561
7562 7563 7564 7571 7572 7573 7591 7592 7593
7594 7611 7731 7733

Maximum User Weight: 127kg (20st)

USING STICKS

Usage

A stick should be used with the handle facing backwards and normally held in the hand opposite the affected leg.

Measuring sticks

When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the stick by pushing down on the stick when walking. It is important that a walking stick is the correct length. Measure the stick with the handle resting on the floor against the arm held in a relaxed position by the side of the body. Trim the excess length of the walking stick above the level of the wrist joint.

Walking With the Stick

Walk in a normal manner placing the stick on the ground at the same time as the affected leg. Remember the stick should normally be held in the hand opposite the affected leg

CHAIRS

Getting Up

The stick should be near the arm of the chair. Lean forward and with the hands on the arm of the chair, push forward and stand up.



Sitting Down

When returning to the chair, turn round, feel the chair behind the legs, place your hands on the chair arms, bend forward and lower yourself gently into the chair. The stick can be held or rested nearby.



STAIRS

Hold onto a handrail if at all possible.

The stick goes on the same step as the affected leg. The unaffected leg should lead when going upstairs, and the affected leg leads when going down. However, where possible, go up and down stairs in the normal manner.

GENERAL SAFETY

- 1 Use a chair with high seat and arms to help you sit and stand up with ease
- 2 Remove obstacles such as loose rugs, draught excluders and worn floor coverings
- 3 Ensure lighting in hallways and stairways is adequate
- 4 Wear flat supportive shoes
- 5 Avoid wet floors
- 6 Beware of outdoor hazards including uneven surfaces, wet leaves and ice
- 7 All equipment should be regularly inspected for any damage or significant signs of wear

Check for:

Splits, splinters or cracks in the stick

Smooth, worn or split ferrules (rubber tips)

- 8 Regular cleaning with a mild disinfectant is recommended
- 9 Do not store this product in temperatures below freezing



Sunrise Medical Limited

Thorns Road, Brierley Hill, West Midlands, UK. Tel:
+44 (0) 845 6056688 Fax: +44 (0) 845 6056689
www.sunrisemedical.com



Conforms to
The Medical Device Directive 93/42/EEC 1993