

Mobility Aids /Accessories

Information for patients

For the management and maintenance of mobility equipment.

Musculoskeletal Physiotherapy Service

Central Bookings Offices:

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HRCH website:

www.hrch.nhs.uk

This document can be provided in **different languages and formats.**For more information please contact:

Patient Advice and Liaison Service (PALS)

Email:pals.hrch@nhs.net

Freephone: 0800 953 0363

We appreciate and encourage comments about any aspect of care or treatment. Don't hesitate to speak to a member of staff or contact the **Patient Advice and Liaison Service (PALS)** above. Additionally, if you require a full list of **references** for this leaflet.

Mobility Aids / Accessories

Wear and tear does occur so please **check your mobility aid regularly.** If in doubt as to the suitability of your mobility aid, then please telephone us (contact details on front).

Do not allow others to use it, as it may not be appropriate for their needs.

General Information

- Check that the **ferrule** (the rubber tip to your stick or frame) has a tread on it and has not worn smooth.
- Worn ferrules can be dangerous and may increase your risk of having a fall.
- If it is worn replacement ferrules are sold in, larger chemist stores such as Boots, or at mobility/ disability aid shops (see below for local providers)

Tips on Walking With a Mobility Aid

Holding a stick on the stronger side assists movement and reduces joint strain. Using a walking stick requires some muscle power in the upper arm.

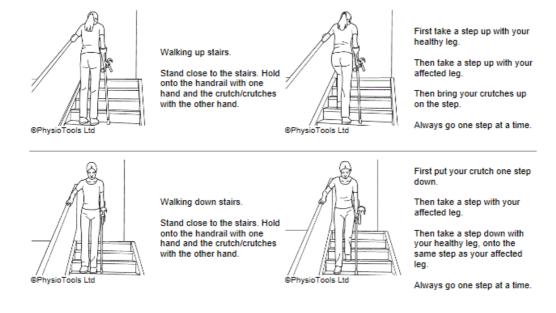
The stick must be adjusted to the correct height: the handle/grip should be at wrist height when you are standing with arms loosely at the side. Stick length should also be adjusted according to the height of shoes and heels.

The height of the crutches should be adjusted so that the hand grip is at wrist level when arms are loosely held at the sides.

Walking with crutches/sticks:

- Place your crutches/sticks forward.
- Place your affected leg between the crutches.

Using Stairs



Whitton/Twickenham:

AA mobility: 80 High St, Whitton, Middlesex, TW2 7LS

Tel: 020 8755 0022 www.aamobility.co.uk

Timpsons: Twickenham Tesco and 6 York Street, TW1 3LD

Hounslow:

Hounslow Mobility: 2-3 Noble Corner, Great West Road, Hounslow, Middlesex, TW5 0PA

Tel: 0208 577 2333

http://www.mobilityadvisors.co.uk/walkingaids.html#accessories

Teddington:

Opt4mobility: 9-11 The Causeway, Teddington, Middlesex, TW11 0HA

Tel: 0800 1955 8030

www.opt4mobility.com/products/index/Search.category id:77

Kingston:

Timpsons: 26 Market Place, Kingston Upon Thames, KT1 1JH

Sheen:

Sheen Mobility: 111 Sheen Lane, East Sheen, London, SW14 8AE

Tel: 020 8408 2000 www.sheenmobility.co.uk

Richmond:

Timpsons: 9 Sheen Road, Richmond, Greater London, TW9 1AD

Internet based: www.amazon.co.uk

http://www.rubberferrules.co.uk

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