



# Mobility Aids /Accessories

## Information for patients

For the management and maintenance of mobility equipment.

### Musculoskeletal Physiotherapy Service

Central Bookings Offices:

'O' Block Therapy Centre  
West Middlesex University  
Hospital, Twickenham  
Road, Isleworth, TW7 6AF  
Tel: 0300 555 0107

Teddington Memorial  
Hospital Hampton Road,  
Teddington, TW11 OLJ  
Tel: 020 87144019  
Fax: 020 8714 4138

**HRCH website:**  
[www.hrch.nhs.uk](http://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](mailto: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.

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



©PhysioTools Ltd

### Walking up stairs.

Stand close to the stairs. Hold onto the handrail with one hand and the crutch/crutches with the other hand.



©PhysioTools Ltd

First take a step up with your healthy leg.

Then take a step up with your affected leg.

Then bring your crutches up on the step.

Always go one step at a time.



©PhysioTools Ltd

### Walking down stairs.

Stand close to the stairs. Hold onto the handrail with one hand and the crutch/crutches with the other hand.



©PhysioTools Ltd

First put your crutch one step down.

Then take a step with your affected leg.

Then take a step down with your healthy leg, onto the same step as your affected leg.

Always go one step at a time.

**Whitton/Twickenham:**

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

Tel: 020 8755 0022

[www.aamobility.co.uk](http://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](http://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](http://www.sheenmobility.co.uk)

**Richmond:**

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

Internet based:

[www.amazon.co.uk](http://www.amazon.co.uk)

<http://www.rubberferrules.co.uk>

Written by: Ruqayyah Adeoye © December 2014

Version 1.2 Dec 2015

Review date Dec 2017

All rights reserved. Hounslow and Richmond Community Healthcare NHS Trust.

Author: Veronica Bowles, Musculoskeletal Services Clinical Manager © July 2013

Version 1.3 Sept 2017

Review date Sept 2019

All rights reserved. Hounslow and Richmond Community Healthcare NHS Trust.