
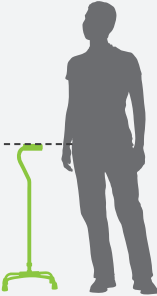







Up + Running



Choosing the right walking aid

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Types of walking aids	Adjusting the height
 <p>Walking Stick Suitable for users who need little support while walking.</p>	 <p>The height of the walking aid should be the same height as the user's hip.</p>
 <p>Quad Cane (Wide Base) The wider base gives more stability for users who need more support while walking. The flat base of the base should face the user.</p>	
 <p>Quad Cane (Narrow Base) The narrow base can fit most staircase steps and can be used for climbing up or down the stairs.</p>	

Types of walking aids	Adjusting the height
 <p>Walking Frame Suitable for users who do not get enough support from walking sticks as it provides more stability.</p>	
 <p>Reciprocal Walking Frame Only one side of the walking frame is moved at one time, instead of the whole frame. This may be suitable for users who find it difficult to lift a normal walking frame while walking.</p>	<p>The height of the frame should be adjusted to a height that allows the user to bend his elbow slightly (around 30 degrees) when he is holding on to the hand grip.</p>

Scan the QR code to know more features of the available walking aids.

