# Walking Assistive Device Guideline



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## I. Adjustment of devices

- A. Walker, Quadricane and Cane:
  - 1) Stand upright with the back straight.
  - 2) Elbow should be in slight flexion (about 15 to 30 degree), when holding the devices.

### B. Axillary crutch

- 1) Stand upright with the back straight. Put axillary crutch two-fingers width(about 5 cm) below armpit.
- 2) The rubbery ends should be at 5 cm aside and 15 cm front of the 5<sup>TH</sup> toe.
- 3) Adjust the height of handle so that elbows could keep flexing at about 20 to 30 degree.

# II. Walking pattern

Three-point walking pattern (for beginner)

- 1. Stand strait then move walker or axillary crutch 25~30 cm forward with both hands in a synchronous manner(fig.2). As for Qudricane, cane and uni-axillary crutch, hold the device at sound side then move 25~30 cm forward (fig.4).
- 2. Step out the affected side.

For walker users, affected side should not exceed the front of walker. (fig.2)

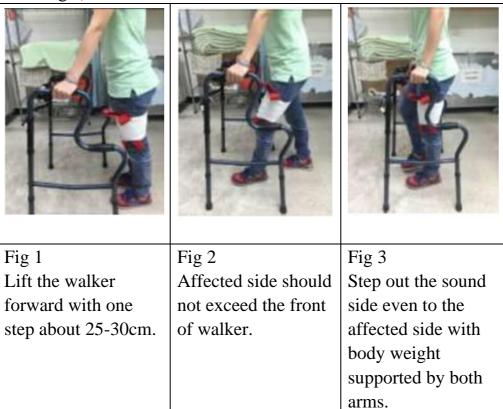
For axillary crutch, step a little backwards of the line between tow rubber bottom which means the step should notover the two rubber bottoms.

For cane, qudricane and uni-axillary crutch, affected side should not exceed the device. (fig.5)

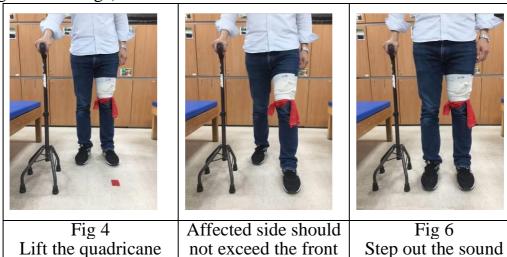
3. Step out the sound side even to affected side with back straight andboth elbow straight to help affected side bearing weight(weight can affected side bear; this variable should be consulted to a doctor or physical therapist). When using axillary crutches, never lean all the body weight on the armpit or brachial plexus could be easily injured. When step sound side by using walker, cane, quadricane and uni-axillary crutch, body weight should alsobe borne by affected side, andonly by the

time affected side can carry half of the body weight. (fig.3) and (fig.6)

Demonstration of walking with walker (The affected side is the left leg with bandage )



Demonstration of walking with quadricane (The affected side is the left leg with bandage)



of quadricane.

side even to the

affected side with

forward with one

step about 25-30cm.

	body weight supported by right
	arm.

### Reference:

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