

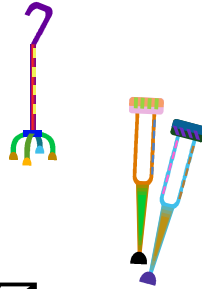
Assistive Devices

Assistive devices for mobility/ambulation

These devices are needed any time you cannot walk normally due to pain or joint limitation. These devices should be carefully matched to your particular needs. You need to use the device which allows you to walk most "normally." The device may not necessarily be the one you have in your closet or the one that looks better to you. It must be measured to the right size and provide the optimal level of support and stability.

Canes - used in the **OPPOSITE** hand from the injured/weak side

- Single point cane
- Quad cane: a cane with four points
- Walker cane (hemi-walker)



Crutches

- Axillary (arm pit) crutches
- Lofstrand crutches/Forearm crutches

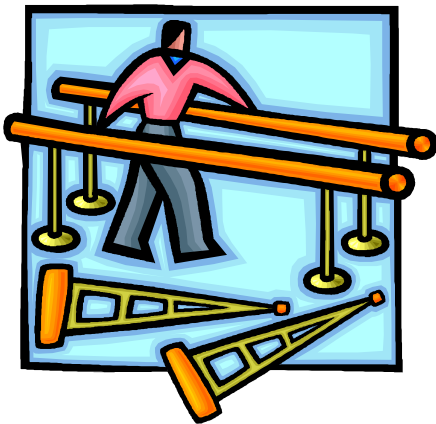
Walker

- Pick-up walker
- Front-wheeled walker
- 4-wheeled walker
- Forearm support walker
- Various walkers with seats



What assistive device should you use?

- Mildly impaired balance/stability - Single point cane
- One sided leg pain/mild weakness - Single point cane
- Moderated impaired balance/stability - Quad cane
- Moderate to severe one sided weakness/hemiplegia - Walker cane/hemiwalker
- Bilateral leg weakness/paralysis - bilateral crutches or walker
- Severely impaired stability - Walker
- Impaired arm function - Platform-forearm walker



Wheelchair or Scooter: If you are using a walker and still experience 1 or more falls a week please tell your physical therapist or doctor as you may require a wheelchair; this is NOT normal.

Assistive Devices

Assistive devices for activities of daily living

There are a number of devices available to make your daily activities easier and allow you more independence in the home. These are just a few of the options out there. Chances are if you are having trouble with something there is a device out there to make it easier.

- Sock aid – allows you to don socks independently when you have difficulty bending over or are not allowed to bend.
- Reacher/Grabber – allow you to pick-up objects from the floor
- Transfer (sliding) board – assist with transfers between surfaces
- Grab bars – can be use in the bathroom to assist with getting up and down from the toilet or in and out of the shower



- Shower chair – with or without a back; for persons who need to sit while bathing/showering; can be used in bathtub or shower stall
- Bathtub Transfer Bench – for people who have difficulty getting in and out of the bathtub; half of bench goes outside the tub and half in; just sit and lift legs over tub rim and then slide over
- Commodes
 - Raised toilet seat – with or without arms, fits over toilet, elevates seat for easier on and off
 - Bedside commode – can be used over the toilet or in the bedroom
- Lift chair – difficulty getting up from a chair
- Kitchen aids – there are various devices that can be used in the kitchen to make cooking, meal prep, and eating easier.