



CHOOSING THE RIGHT

walking frame for you



We've put together this guide to give you an overview of the more common walking frames and rollators, and what you need to keep in mind when choosing a frame. Your local dealer will also be able to give you guidance and allow you to try the different types as part of your decision process.

DIFFERENT TYPES OF WALKING FRAMES

Three Wheeled Walking Frame

These have a swivelling front wheel and two fixed rear wheels, one on each corner. The frame has handle bars for you to hold and use to push the frame as you walk. As it has wheels, there is no need to lift it – you just need to push it in the direction you want to go. These are easily folded and narrower than other types of walkers. A carry bag is easily accessible and the height adjustable handles make it suitable whether you're shorter or taller.



Bariatric Walking Frame

This four wheeled walker, complete with seat and backrest, is a good option for a larger person who needs support while walking. It is suitable for anyone up to 225kg.



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Petite Walking Frame

This is a smaller version of the four wheeled walker and is ideal for more petite users. It also has a seat which is lower than other models so allows those with shorter legs to feel more stable when sitting.



Four Wheeled Walking Frame

These are an excellent option for someone who needs more stability when walking. The two front wheels swivel to enable the frame to turn, while the rear two are fixed for stability. It incorporates a seat which is very useful if the user needs to rest and also has a storage bag under the seat so personal items can easily be carried. These can be used both indoors and outdoors. Four wheeled walkers are wider than tri-walkers and are less manoeuvrable, however provide more stability and are less likely to tip over.



Gutter Walking Frame

This type of walker has forearm supports that assist someone who has less upper body strength and reduced strength in their hands. Complete with seat and basket, with four wheels it works well in a variety of environments – both home and in the community.



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FEATURES & FACTORS TO CONSIDER

Wheel Size

6" castors work well for more petite users who are 5'2" or shorter. These also work well indoors. 7.5" castors are good for people who are using the walker both indoors and outdoors and are generally more active.

Folding

A folding walking frame means that it will fit into a small car, or can be easily stored when not in use.

Seat

A seat on a walker means that the user can stop and take a rest when needed. The seats are located between the handle bars and are hinged so they can lift for access to a storage bag underneath.

Braking System

All walking frames have some type of braking system. The most common type is a hand brake which works by squeezing the brake handle enough to apply the brake. Relatively good hand function is needed for these to work, though you can use pressure through your palm if you don't have strength in your fingers.

Product Weight

The weight of the walker can vary significantly depending on what it is made of. Most walkers are constructed of aluminium; however, often walkers that are able to support a heavier user are made of steel. Generally aluminium walkers like the four wheeled models weigh between 5 – 7 kg and heavier duty models on average between 10 – 12 kg.

Size

Walkers have height adjustable handles so they can be set up to be the most comfortable height for the person using it. Petite walkers suit shorter people – such as under 5'2" whereas standard walkers work well for people from 5'3" upwards.