

Walking frame

Walking support device, composed of a height-adjustable and width-adjustable four-leg rigid or foldable frame, with rubber ferrules on the bottom of all legs to prevent the frame from slipping, and two handgrips.

- **Product Classification**

- APL (WHO Assistive Product Priority List): 44 (Walking frames/walkers)
- ISO 9999:2022: 120603 (Walking frames)

- **Possible configuration variants**

- Contoured handgrip.
- Wheeled front legs.

- **Possible accessories or optional components**

None specified.

- **Product goals**

Activities or functions the product is mainly intended to support, according to WHO ICF Classification:

- Walking [\[d450\]](#).
- Moving around in different locations [\[d460\]](#).

- **Indicated impairments**

Difficulties the product is mainly intended to address, according to the WHO ICF Classification:

- Walking [\[d450\]](#) (severe difficulty in standing).
- Maintaining body position [\[d415\]](#) (severe difficulty in standing).

- **Contraindicated impairments**

Difficulties for which the product may be inappropriate:

- Severe difficulty in grasping/gripping. *Unless used with variants: Contoured handgrip*
- Ability to use only one hand.
- Lack of arms strength.
- Severe difficulty in holding things.
- Severe difficulty in lifting objects. *Unless used with variants: Wheeled front legs*
- Severe difficulty in standing (due to contractures or deformities in the lower extremities).
- Moderate difficulty in walking.
- Mild difficulty in walking.
- Moderate difficulty in standing.
- Mild difficulty in standing.

- **Indicated environments**

Specific environments in which the product should be used:

None specified.

- **Contraindicated environments**

Environments in which the product may be inappropriate:

- Stairs.

- **Other indicated factors**

Other factors or situations the product is intended to address:

None specified.

- **Other contraindicated factors**

Other factors or situations in which the product may be inappropriate:

None specified.

- Points to be considered in product selection
 - Ensure that the chosen equipment is suitable for the person's weight (check in the product documentation or with the provider what is the maximum person's weight the stick can bear).
 - Ensure that the handgrips can be firmly held by the person.
- Points to be considered in product fitting
 - Ensure that the frame is adjusted to the correct height: the handgrips should be at the wrist level, when the person is standing with shoulder relaxed, a slight bend in elbow (about 15°), and wearing shoes.
 - Ensure that the frame is adjusted to the correct width: the arms should have a comfortable width apart when holding the handgrips.
- Points to be considered in product use
 - When walking, footwear should be well fitted, secure on the feet and supportive.
 - When walking, place the frame just in front of the body, step the weaker (or only) leg forwards into the middle of the frame, step the other leg to meet the first leg, then lift the frame and move it forward for the next step.
 - When rising from a chair or bed, put the walking frame in front of you; don't pull on the walking frame to stand up as it may tip over; move to the edge of the chair/bed, place feet under knees and lean forward; push up with the hands on the arms of the chair or on the bed to stand up, and only take hold of the walking frame once standing.
 - When sitting down, stand in front of the chair or bed, with back of legs touching it; reach back with the hands to hold onto the chair/bed and slowly sit down.
 - Persons who are at risk of developing a foot wound should not hop.
- Points to be considered in product maintenance / follow-up
 - Regularly inspect the ferrules and change them when worn.
 - Regularly inspect the handgrip and change it when worn.
 - Replace the device with a new one if the frame is broken or damaged.
 - Carry out follow-up checks about every six months and in case the frame seems to be not used any more, consider the following possible reasons: the frame is broken and needs replacement; it hasn't been fit correctly; the user has not learned correct use; there are health problems affecting the user's mobility; the environment makes it difficult to use the device; the user needs support from others to use the frame but does not have the support.
- Examples of products available on the market
 - Live product search in the EASTIN website <https://www.eastin.eu/en/searches/products/list?iso=120603>

Source

This Fact Sheet was compiled in 2021 by an international team of experts, to provide the initial knowledge base for a project ("An online system to assist the selection of assistive product") supported by the World Health Organization in 2020-2021 within the GATE Initiative (Global collaboration on Assistive Product). Fact Sheets were compiled for each of the 50 types of products included in the WHO APL (Assistive Product Priority List).

The team was composed of Renzo Andrich (Italy, group leader), Natasha Layton (Australia), Stefan von Prondzinski (Italy), Jerry Weisman (USA), Silvana Contepomi (Argentina) and Hasan Minto (Pakistan).

The project led to a prototype online tool called ASPREX (ASsistive PProduct EXplorer). At the end of the project, it was transferred to a WHO collaborating center (the Global Disability Hub in the UK), in view of possible future developments.