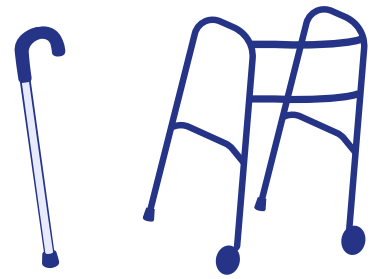
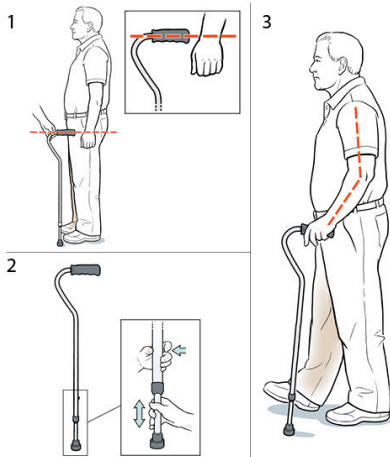


# ASSISTIVE DEVICES

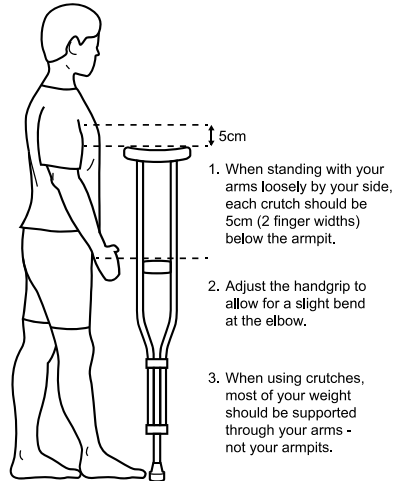


## QUICK TIPS

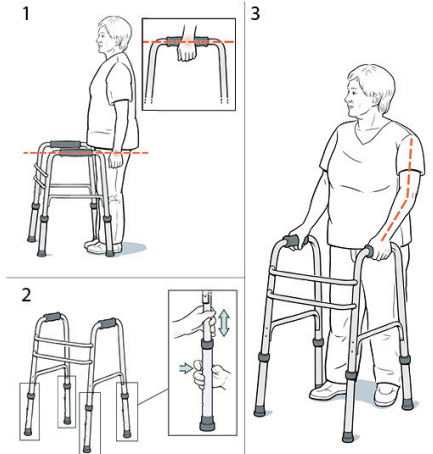
### CANE



### CRUTCHES



### WALKER

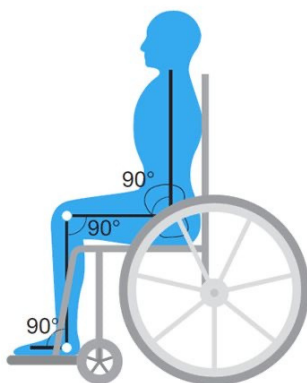


1. When standing with your arms loosely by your side, each crutch should be 5cm (2 finger widths) below the armpit.
2. Adjust the handgrip to allow for a slight bend at the elbow.
3. When using crutches, most of your weight should be supported through your arms - not your armpits.

Going up and down steps,  
*"up with the good, down with the bad"*

- When sitting down:
- legs touching chair
  - reach a hand back onto the chair
  - slowly descend into chair

## WHEELCHAIR



- TIPS FOR SAFE WHEELCHAIR PUSHING:
- Wear non-slip shoes
  - Always apply brakes when not in motion
  - Keep arms in and feet on foot rests

GOING UP CURBS  
wheelchair facing the curb

GOING DOWN CURBS  
wheelchair facing away the curb

