

Walk with the right help

There are many walking aids available, so here is a guide on which one to get.



1 ROLLATOR

- For those who need support on both sides of their body, but do not have the strength to keep lifting their walking aid.
- May also be prescribed to those who want to practise normal walking patterns or who have cardiovascular endurance or other issues.

2 WALKING FRAME

- Prescribed to those who need support on both sides of their body, with limited standing balance and weaker lower-limb strength.
- Compared with the wheeled version, users of this frame must be able to lift it as they move.

3 BROAD-BASE QUAD STICK/NARROW-BASE QUAD STICK

- Meant for patients who have better balance and lower-limb strength and who go out more often.
- May be prescribed to patients who can use only one of their hands, such as those who have had a stroke.
- Broad-base quad sticks have a broader base, making them more stable than the narrow-base ones.

4 WALKING STICK

- Meant for patients who need only a little support from their walking aid.
- Least stable of the five walking aids, but is easiest to manoeuvre around obstacles.

NOTE: You should consult a professional before getting a walking aid.