

A Guide to Selecting a Walking Frame

Adjusting a four wheeled walker

When adjusting the height of a walker it is important to wear everyday shoes and stand in a natural position with hands resting comfortably to the sides of the body.

Adjust the height of the handles by unscrewing the large wing-nut on the side at the base of the handle. Once you have removed the wing-nut you will be able to slide the handle up or down. Set it so that the walking frame hand-grips sit approximately at wrist crease height.

Wheeled walkers often come with a seat that is fixed in height, so it is important to check that this is appropriate before making a purchase.

When sitting on the seat in a comfortable position, feet should be resting flat on the ground and your hip should be above your knee to make it easier to stand following a rest.

When walking, it is important to stay within the base of support, with the frame held at a comfortable position in front of the body.

This position should allow a 15 to 30-degree bend at the elbow and facilitate standing in an upright position. When turning corners, it is important not to spin directly on the spot, but to walk in a wider turning circle.

Choosing a walker can be difficult as there are so many different types available. We recommend speaking to a physiotherapist to assess whether a walker is the right option for you.



Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you. Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.

Did you know Indigo also offer a range of other services? Please ask us when you call, or visit: www.indigosolutions.org.au