

EVO CARE CONTACT:

Sales: 07 3355 8000

Fax: 07 3355 5043

Email: sales@evocare.com.au

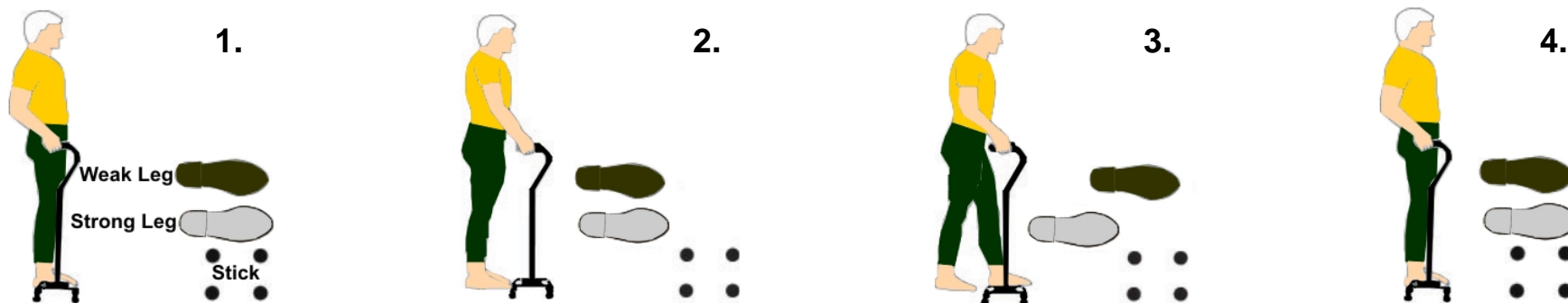
PO Box 1144, Stafford

Q 4053 Australia

How to Use a Quad Stick

Call or email for more information

Simple steps to follow when walking with a Quad Stick



Instructions for Use

Make sure the quad stick is adjusted to the correct size for you. The handle at the top of the cane should be at the level of your wrist. When you grip the handle, your elbow should be bent slightly.

- **Step 1:** Hold the stick in one hand. If one leg is weak, hold the stick in the hand opposite the weak leg; using the stick as a counter balance gives more stability. Note: If the Quad Stick has a flat side make sure it is closest to your body.
- **Step 2:** Advance the quad stick forward about one arm's length. Be sure all four legs of the quad cane contact the floor to prevent tipping.
- **Step 3:** Step forward with your weaker leg.
- **Step 4:** Gently press down into the handle of the quad stick with your hand to help with stability. Advance your other leg just slightly past to first foot.
- **Step 5:** Continue, repeating steps 1 through 4.
- Turn by taking smaller steps.

Because of the size of the base you will have to be more aware of how you are walking, with this type of mobility device.

Maintenance and Care

Servicing is required if:

- Handgrip is worn
- Stopper feet are worn
- Stick is difficult to fold
- Stick is corroded
- Stick parts are loose

Always dry stick if wet.
(not for use when showering)

Our catalogue is our comprehensive and up to date website: <http://www.evocare.com.au/>

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