

Nether Hall School Vision & Values

Be
Brave

Be
Honest

Be
Kind

Be
Safe

Grow
Together



A place to shine



Guide to Walking Aids



What is it?

Walking is a life skill we learn as a young child but for some, other conditions get in the way of this. With today's technology we are finding more and more ways of helping these children to support learning to walk so they can explore the world.

Walking aids are a mobility device that provide an additional level of balance and support while developing the ability to move independently.

Walking aids come in all shapes, sizes and variety of designs: such as fixed, folding, 2 wheels, 4 wheels, seats and/or adjustable. This is so they can be best suited to your child's exact needs.

Walking aids are also not for every child or every condition. Firstly we have to think about the child and ask ourselves what are they going to get out of it as well as looking in depth at each and every muscle and make sure this is the best thing for them. Then if a walking frame suits we need to look at how much support they need and start trying out different types of walking aids. These conversations need to be done with your child's GP and/ or physiotherapist.

The benefits of our children walking or learning to walk are:

- Improve independence
- Postural alignment
- Strengthen muscles and bones
- Improve coordination
- Increase social interaction
- Explore environment

What do I need to do?

If you feel your child would benefit from a walking aid then talk to your child's GP or physiotherapist.

If your child has a walking aid already you should be following the plan given to you by your child's physiotherapist regarding:

- When should you be using it
- How often they should be using it for
- What is the goal they are working towards

Also remember:

- What surface you are on
- How the child is coping
- If the child's other conditions are affecting their programme

Children's Physiotherapy Service

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