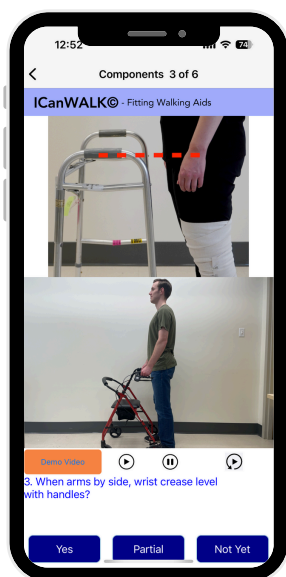


# Learn More Skills With Our App!

We developed an interactive video-based app to help teach walking aid users how to fit and walk with their devices.

It's called Improving Canadians' Walking Aid Learning, Skills, and Knowledge® (ICanWALK®)

ICanWALK® is available through downloading the MOVE Improve® app on the Apple App Store and the Google Play Store!



(Image from Patient Partner)



(Image from Creative Commons)

## Interested in Learning More?



Web: <https://icanwalk.info>  
X: @mobilitybetter  
Instagram: @bettermobilitylab

### References:

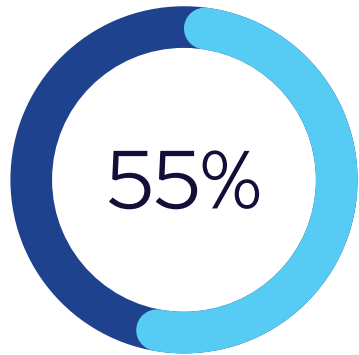
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3. Hall et al. Physiotherapy. 1990
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## How Do I Fit My Walker?

**A resource for walker users**

Created by M. O'Brien (BASC), R. Manocha (MD, MSc), & the ICanWALK® Knowledge User Engagement Group

# The Problem:



55% of people are using their walker at the wrong height<sup>1</sup>

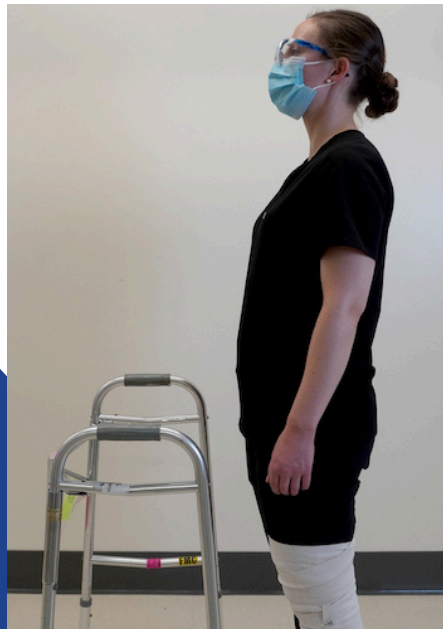
41,000

Walkers contributed to over 41,000 fall-related injuries in adults aged 65+<sup>2</sup>

# How to Fit Your Walker<sup>3,4</sup>:

1. Wear flat-soled shoes.
2. Place the edge of the walker 5-7 cm (2-3 in) in front of your hips.
3. Let your arms hang by the side. Your wrist crease should be at the level of the walker handles.
4. Now hold the walker handles. Your elbows should be bent to about 30°.

*Please note that these are general guidelines only and do not constitute medical advice. Please speak to your healthcare provider to ensure this applies to your condition.*



(Image from ICanWALK<sup>®</sup> app)



(Image from Creative Commons)

Many walker users don't receive training on fitting and walking with their device, which may lead to pain or injury.

*"It's very easy to obtain [walking aids]... but what's not there is personalized fitting or supports for how you use it."*

**-Matt**

*"I want the quick and dirty how to use [my walking aid] right so that I won't fall into dangerous habits that cause future physical problems."*

**-Mary**

(O'Brien et al., 2024)