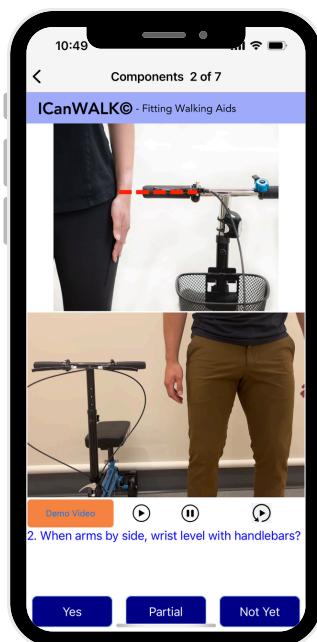


Learn More Skills With Our App!

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 Aids Skills, Learning, and Knowledge© (ICanWALK©)

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



Interested in Learning More?



Web: <https://icanwalk.info>

X: @MobilityBetter

Instagram: @BetterMobilityLab

References:

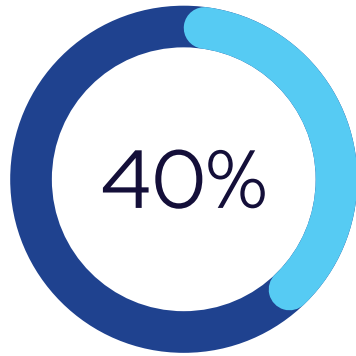
1. Yeoh et al. Foot & Ankle Orthop 2021
2. Rahman et al. Foot Ankle Orthop 2020
3. Hegeman & Huh. Foot & Ankle Int 2024

How Do I Fit My Knee Scooter?

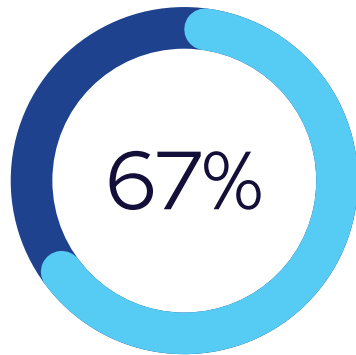
A resource for users

Created by Jose Uriel Perez (MBT, BHSc), Ranita Manocha (MD, MSc), & the ICanWALK© Knowledge User Engagement Group

The Problem:



In a survey, 44% of knee scooter users experienced falls¹



67% of knee scooter users did not receive formal training on how to safely use the devices¹

How to Fit Your Knee Scooter:³

1. Wear flat-soled shoes.
2. Let your arms hang by the side. Your wrist crease should be at the level of the handlebars.
- 3a. Place your injured leg on the scooter cushion, with your knee bent at 90°.
- 3b. On your injured leg side, your hip should be directly over the knee.
4. Your back should be straight.
5. When holding the handlebars, your elbows should be bent slightly.

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.



53% of orthopedic surgeons reported that at least 1 of their patients sustained a knee scooter-related injury.² Instruction on knee scooter fitting may prevent 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 on 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)