Mobility Devices

An overview of the options

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What is a mobility device?

• Definition
• FOG
• Balance reactions
Why might I need one?

- Sustain independence
- Improve quality of movement
- Decrease fall risk /Fear
Falls

- Prevalence
- Risk (increased debility/Fear)
- Risk of falls in PD
Fall prevention

- Please use a PT!!!!
- Keep moving
- Use all the previous presentations and information to prevent falls
- SAFE MOBILITY DEVICES
## What types are available?

- Nothing (the best if it is still safe!)
- Cane
- Walking stick
- Walking poles
- Four-wheeled walker
- Front wheeled walker
- U-walker
- Wheelchair (transport)
- Wheelchair (primary)
- Platform walkers
- Hemi-walkers
- Loft-strands/crutches
Walking poles

- Reciprocal Motion
- Promote Upright Posture
- Assist in wider BOS
- Urban Polling/Nordic Walking
Canes

- Laser canes
- Standard Cane
- Quad Cane
- Stand Alone cane
Front wheel walker

- Pros
- Cons
- Sizing
Four wheeled walker

- Pros
- Cons
- Sizing
U Step-Walker

- Stability (base)
- Control
- Opposite brakes
- Customizable
Demo
Wheelchairs
What one is right for me in my journey?

- What is safe that you will use to be the best YOU
Closing

The right device is the one that keeps you moving and keeps you safe!

Questions?