Adaptive Devices

## Edited Video Transcript

### Single-Point Cane

Okay, so going through these, we all know our single-point cane, right? A single-point cane is going to do pretty much no assistance with weightbearing. You can take a tiny bit of weight off that foot if the foot is painful, right, but not much. This… [single-point cane] will be a little more use for balance, right, but it really won't assist in that gate process. So use this… for balance. Use this… for off-weighting one foot, right.

### Quad Cane

So, we have our quad cane. In fact, this is a wide-base quad cane to be specific. Because it's a bit wide, we would use this for an individual who needs more support than the single-point cane, but not anything great big. It's still going to do about that same piece, right, mostly balance a little bit of weightbearing. This…[quad cane] is most commonly used for individuals following a stroke. You will see this used by other individuals who need a little more help than that. You'll also see narrow-based quad canes, which have a little tiny prong on the end that you'll see used more often. Yes, if you need a little more help with balance, you need a little more weightbearing support. It's going to be like this…. You're going to have this…, and this… can give you more because if I lean on this…, I can really lean on it. If I take a narrow-base quad cane, and I lean on it, it leans with me.

### Axilla Crutches

So, we have our axilla crutches. These are very tall. “Hey, Zach, come here for a second. Not bad actually—they're about right in the arms, okay?” Yes, you would use this, as Zach quickly demonstrated, for an individual who is non-weightbearing on one leg. You've got to have pretty good balance to do something like this…, all right. So, like Zach initially said, he felt like this was too short for him, but it's actually not bad. “I want a little bit higher; you don't want them so high that they're up in the armpits—that will do brachial plexus damage, most likely temporary, but it will do damage. Cool, thank you, sir.”

### Lofstrand or Canadian Crutches

All right, our Lofstrand crutches or Canadian crutches. Like I said, I don't hear that term out here as much, but back east, that's what they called them, and no one could tell me why, right. You'll also hear these called forearm crutches. This can do the same thing as your axilla crutches but with a little less support and stability, so I don't see these a ton out here. When I do, it's typically for individuals with a neurological impairment—multiple sclerosis (MS) or cerebral palsy (CP) are not uncommon. Occasionally, if you have an incomplete spinal cord injury, you'll see these…[ Lofstrand crutches], but I don't see them a ton. I have seen physicians who actually like these… for orthopedic surgeries because you can have a more normal gait than you can with standard crutches or a walker because the hands can move independently. That said, I’ve heard doctors like these… I’ve never heard a therapist [who] likes these for that because no client can figure that one out.

### Rolling Walker

So we have a rolling walker. The rolling walker can assist a tiny, tiny bit with balance, less actually than the quad standard cane. It cannot do any support for weight, for taking weight off the legs, for assisting. It can't help with endurance because when somebody has an endurance issue, you can lock the brakes, turn around, and sit, right, recover. When you're recovered, stand back up, turn back around, and continue on your journey. However, if somebody needs any assist with gait, if they need their arms to take any weight, what will happen? And you see this all the time—it is the wrong tool if they need assistance from their upper body for support. It's the wrong tool, flat. The seat is nice; the basket is nice; right. There are other ways to go—pretty much endurance and balance, right.

### Hemi Walker

We have a Hemi walker, right. It is smaller than the standard walker, but you can provide a good deal of support on this. So, this again will be balance and support primarily for someone who cannot use one side of their body—example strokes. For the Hemi, for somebody who has hemiplegia, right, they can use this on their strong side to help take that weight.

### Front-Wheeled Walker

Again, so the arms can assist, we have our front-wheeled walker. This can give you certainly balance, again, but more importantly, assistance, right? This [front-wheeled walker] can go anywhere from just a tiny bit of assistance, so if you're complete non-weightbearing on one leg, but have strong arms, this takes a lot less balance than your forearm crutches.

### Posterior Walker

This is your most common thing that you will see—your posterior walker. Posterior because it's behind. [With] this, you can do a lot of weight, all right. One reason you can do that is it actually has brakes. There's a little ratchet on the back wheel. That's what you hear spinning, and when I go back. You'll most likely see this for people with neurological impairments, with a great deal of spasticity, individuals with cerebral palsy are your most common—they use this more; you'll see this more often. This… [is] given to kiddos, and they grow up with them. Don't as often see them with adults, or at least starting with adults. The challenge with those [posterior walkers], with that braking system, which is nice, is it's a braking system—you can't go backwards—turning takes a pretty giant radius to get around, all right.

### Platform Walker

Then, we have our platform walker. This is basically just your front-wheeled walker, but with an attachment for the forearm. [It] actually has something where you can strap the arm in if necessary. This is very useful for an individual who can't, for whatever reason, grasp the handle. That may be following trauma. If somebody, for example, has fractures in their forearm, wrist, or hand and is non-weightbearing, right. If somebody has had a stroke and can't grasp or support themselves through that arm, you can use this [platform walker]… and effectively use the anatomical structure of the shoulder to support. But this… is a pain to deal with, certainly. Yes, this individual walker does not have wheels. The front part's replaceable with wheels—good question. Very much so. If somebody has subluxation, is unstable, that might be problematic depending on what else is going on. Weightbearing through the shoulder itself is not contraindicated in that case, but you generally will more often have pain in that case, and this would very likely exacerbate that pain, all right? It has a platform, yes. No, has nothing to do with the state of no wheels, all right. Questions about that stuff? Let me hit stop on this one; save.