

USE AND MAINTENANCE

Manual

PARALLEL WALKING BAR

VT PWB-201 AG





A **Parallel Walking Bar** is a physiotherapy device used for **gait training**, **balance recovery**, and **post-surgical rehabilitation**. It consists of two parallel bars mounted on a stable frame, allowing patients to walk safely while holding the bars for support.

✓ How to Use Parallel Walking Bars

◆ 1. Preparation

- Ensure the area around the walking bar is clean, dry, and free of obstructions.
- Adjust the bar height according to the patient's elbow level (approx. 30° bend when standing).
- Check that the bars are stable and securely locked in place.

◆ 2. Assisted Walking

- Patient stands between the bars, holding one in each hand.
- Encourage upright posture, head forward, and feet shoulder-width apart.
- Begin walking slowly, maintaining equal weight distribution on both arms.
- The therapist may provide supervision or minimal support as needed.

◆ 3. Balance Training

- Ask the patient to perform weight-shifting side to side or forward-backward.
- Progress to single-leg standing or marching in place with therapist guidance.

◆ 4. Post-Surgical Gait Training



VEGO & THOMSON

- Patients recovering from hip, knee, spine, or neurological surgeries can relearn walking patterns here.
 - Start with partial weight-bearing and gradually reduce dependence on the bars.
- ◆ **5. Stair Simulation (if applicable)**
- If the unit has integrated steps or slopes, practice step-ups to improve stair-climbing confidence.
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Maintenance Guidelines

Daily Maintenance

- Wipe down all surfaces with disinfectant after each patient use.
- Ensure anti-slip floor surfaces or mats are in place and intact.

Weekly/Monthly Checks

- Inspect for:
 - Loose bolts or screws
 - Worn-out rubber grips or padding
 - Rust or corrosion (for metal parts)
 - Cracks or splinters (for wooden frames)
- Lubricate adjustable joints or height mechanisms if needed.

Storage

- If the unit is mobile or collapsible, store it in a dry, flat area.
 - Do not overload or place heavy objects on the bars when not in use.
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♥ Safety Tips

- Always supervise patients during use.
- Do not use the bars as a pull-up or hanging support device.
- Check for wet floors to avoid slipping.
- Patients must wear proper shoes (non-slip soles).