

Walking Sling Application

Instructions

Patient seated in wheelchair or on bed:

Place the chest band around the patient from front to back with the with the belt buckle connection in the back.

Insert the separate front velcro cushion for additional comfort:
 U shape facing up for females
 U shape facing down for males

Fasten the belt buckle on the back and tighten to be comfortably firm.

The extra piece of seat belt strap can be slipped into the extra loops provided.

Leg bands:

Position the padded portion of the right leg strap around the front of the patient and pass under the right thigh – from inner to outer thigh. Pull the strap towards the back of the patient as far as possible.

Repeat on the left side.

The leg band straps should be criss-crossed at the back of the patient. Place the straps through the metal rings on the opposite side.



Safety Points

The sling should be positioned low, close to the pelvis, so that it doesn't cause discomfort under the patient's arms.

The seat belt must be securely fastened before lifting.

The thigh may need to be raised to pull the strap fully towards the back. Ensure that the patient assists with this movement to avoid lifting a heavy leg (e.g. provide an object to place foot on).

Ensure that the sling remains flat under the patient's thigh so that wrinkles do not cause increased pressure on the patient's skin.

Attaching the straps:

Position the carry bar across the patient's shoulders.

Position the patient's arm between the front and back straps.

Attach the **leg, back, and front straps** at each end of the carry bar.

As a general guideline - use the first loop on the straps; this will vary with the patient's height.

Raise the carry bar such that the straps begin to tighten. Check to ensure that all straps are connected to the carry bar prior to proceeding.

Standing the patient:

The patient should have access to the parallel bars (or similar device) while standing – to assist in raising to an upright position as well as for support.

Once sufficient height is attained, the individual can proceed with walking exercises.

Lowering the patient:

Instruct the patient to lean forward as you lower them back into a seated position.



Ensure that the carry bar is below chin level when attaching straps in order to keep the carry bar away from the patient's head **and** to attach the straps easily – without tugging.

The sling should feel comfortable while the lift is raising; if not, lower the patient and readjust the straps and/or leg bands.

Ensure that the patient is not raised too high; the patient should be able to fully weightbear on the floor.

Ensure carry bar is below chin level when removing straps.