

Wheeled Zimmer Frame at Home

This leaflet provides information about going home with a wheeled Zimmer frame. If you have any further questions or concerns, please speak to the staff member in charge of your child's care.

Wheeled Zimmer frame at school

- **Telephone School** – Ask your child's school to complete a formal risk assessment prior to their return to school. Let the school know that your child will be walking with a wheeled Zimmer frame for support.
- **Lift Pass** – Ask your school about being able to use the school lift. This will help with managing your child's fatigue or tiredness in between classes.
- **Supportive shoes** – If necessary, tell school that your child needs to wear trainers or supportive shoes. This will help your child's walking pattern with the wheeled Zimmer frame.
- **Class Pass** – Ask the school about leaving classes 5-10 minutes early to avoid the rush in the corridors. This will help your child to focus on their walking and reduce the risk of trips / falls.
- **The Buddy System** – Find a friend or teacher who can help your child carry bags between classes. This means they can focus on walking with the wheeled Zimmer frame and reduce the risk of trips / falls.

Wheeled Zimmer frame at home

- **Shoes** – Make sure your child is wearing supportive shoes to avoid slipping. Crocs, sliders or flip flops are not advised.
- **Loose clothes** – if your child has a cast or dressing **in situ**, loose clothes will be more comfortable and easier to get on and off. Make sure they are dressing the affected leg first and undressing the affected leg last.

Getting out and about with a wheeled Zimmer frame

- Wheeled Zimmer frames cannot be used outdoors. Therefore a wheelchair will be necessary for outdoor mobility and longer distances.
- The red cross website can provide more information regarding wheelchair hire.
- It is important for short distances and all transfers to mobilise with your child's wheeled Zimmer frame to help keep muscles strong and prevent becoming dependent on the wheelchair.

Safety

- Check the two ferrules on the bottom of the Wheeled Zimmer frame for any wear and tear – if you notice wear and tear please contact the department on the details below.

Washing

- **Keeping the dressing / cast dry** – Avoid the dressing or cast getting wet.
- Instead of a shower or bath a strip wash sitting on a stool at the sink might be necessary to reduce the risk of trips or falls.

A limbo cast cover can also be considered and be purchased online to avoid the dressing or cast getting wet.

Contact us

If you have any questions or concerns about going home with a wheeled Zimmer frame please contact the paediatric physiotherapy department on 020 8672 1165 (Monday to Friday, 8:30am to 4:30pm). Out of hours please liaise with nursing staff to handover to physiotherapy.

If your Wheeled Zimmer frame becomes damaged, please contact the paediatric physiotherapy department on 020 8672 1165 (Monday to Friday, 8:30am to 4:30pm). Out of hours please liaise with nursing staff to handover to physiotherapy.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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