Orthopaedic and Surgical Aids

Experiment 4 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To identify common support and mobility aids and demonstrate their safe handling.

Principle

An aid is selected for the clinical purpose, fit and the person's functional needs; incorrect fit can cause pressure or falls.

Handling Guide

Aid	Demonstration focus
Knee support	Appropriate size, alignment, skin and circulation checks
LS / abdominal belt	Correct position and prescribed tightness; breathing and comfort
Walker	Stable frame, secure handgrips, height and prescribed gait sequence
Walking stick	Intact tip and suitable height; use the prescribed side and sequence

Key Points

- Identify knee supports, lumbosacral belts, abdominal belts, walkers and walking sticks.
- Use the prescribed fit and mobility plan, not a universal size or technique.
- Check skin, comfort, stability and the device condition.

Activity Procedure

1. Identify

Match each dummy aid with its intended support or mobility purpose.

2. Inspect

Check size, fasteners, tips, frame and manufacturer instructions.

3. Fit on trainer

Demonstrate the clinician-authorised positioning and adjustment.

4. Teach back

Explain checks, maintenance and concerning pain, numbness or skin changes.

Record and Observations

Aid	Fit / handling record
Knee cap	_____
Lumbosacral / abdominal belt	_____
Walker	_____
Walking stick	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Viva Questions and Answers

1. Why check rubber tips?

Worn tips can reduce grip and stability.

2. Why inspect skin under supports?

Pressure and friction can cause injury.

3. Who defines the mobility technique?

The qualified rehabilitation team for that person's needs.

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