

AF- Stepper

C. Beuthel The medical supply store

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Information and operating instructions

AF-Stepper / An aid for Parkinson's patients and a training module for improving the gait

AF- STEPPER

Given the fact that the AF-Stepper is only a supplementary module, the instructions for the use of the rollator frame must necessarily be taken into consideration.

In addition, it is recommendable to practice the handling of the paddle with a therapist or with a relative.

This module has been designed only for the Troja rollator frame produced by Topro Company and must be installed only on this model.

AF- STEPPER

Aid and therapy for everyday life

The AF-Stepper is a module that can be used to both overcome the spontaneously occurring motor blocks by Parkinson's patients (the so called *freezing* phenomenon) and as an effective tool for improving the gait.

The sudden motor blocks occur at the beginning of target-oriented movements, especially when starting to walk or changing directions, as well as in stressful or "bottleneck" situations.

External stimuli, as for example the foot of an accompanying person, a punch to the thigh, an obstacle which has to be overcome, as well as stair climbing can break the freezing and make walking possible anew.

The AF-Stepper module can simply be fixed between the longitudinal braces of the rollator frame (Image 1) and screwed tightly with two knurled screws (Image 2). The paddles may also be shifted according to the stride length (Image 3 and 4).

This module is equipped with two rubber-cushioned aluminium paddles, on which one can step in case of a motor block.

At the moment of stepping on it, the paddle recedes, and at the moment of release, it swings back in its original position (giving the sensation of climbing stairs). Walking is possible again and the risk of falling is overcome.

AF-Stepper as training device

Other diseases often cause a deterioration of the gait as well.

Thus, the AF-Stepper can be also used as a training device and, through the deliberate attempt to step on to the paddle, it promotes a more harmonic step sequence.

Installation

Pin the module and screw it tight

Loosen the screws and shift the paddle

Operating instructions

In case of a motor block, step on the paddle

The motor block (freezing) is overcome, you can walk again!

AFS / Anti-Freezing walking stick

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User guide

Anti-freezing walking stick

An aid for Parkinson's patients according to Prof. Dr. J. Jörg

AFS

An aid in everyday life...

The motor blocks (*freezing* phenomenon) provoked by the Parkinson's syndrome require a particular strategy in order to be overcome.

Anti-freezing walking stick? What is it?

The phenomenon of sudden motor blocks, which give Parkinson's patients the feeling of being frozen, is called *freezing*.

These sudden blocks appear all of a sudden at the beginning of target-oriented movements, especially when starting to walk or changing directions, as well as in stressful or "bottleneck" situations.

The freezing phenomenon generally affects the lower extremities, therefore the risk of falling is high.

External stimuli, as for example the foot of an accompanying person, a punch to the thigh or the transversal arm of a walking stick, which has to be overstepped, can break the freezing and allow you to walk again.

These strategies may differ greatly from patient to patient.

The anti-freezing walking stick according to Prof. Dr. Jörg has proved itself as an efficient tool for a great number of patients.

It has been developed in collaboration with the medical supply store Beuthel, located in Wuppertal, and then tested at the Clinic for Neurology of the Helios Clinical Center.

By pressing a mechanism situated at the walking stick handle, the patient unfolds the transversal arm, over which he or she can step in case of a motor block.

By releasing the mechanism, the arm goes back to its initial position. Walking is possible again and the risk of falling has been overcome.

The transversal arm is made of brittle plastic and breaks immediately, when the patient treads on it. This is mandatory due to security reasons. In order to avoid the useless breaking of a great number of black transversal arms in the early phase of familiarisation, the walking stick is provided with a red transversal arm for training purposes.

This one can easily be replaced with the black transversal arm. Besides, it is recommendable to exercise the handling of the walking stick with a therapist or a relative.

Operating instructions

Contact us, it is our pleasure to advise you.

1. In case of a motor block, activate the mechanism of traction situated at the handle of your anti-freezing walking stick, and the transversal arm will unfold.
2. Step over the transversal arm.
3. Release the mechanism of traction situated at the handle, the transversal arm goes back to its initial position.
4. Continue walking normally (optionally assisted by counting rhythmically).

In order to use the anti-freezing walking stick optimally, you should practice the sequence described above until the moment when it becomes a “second nature” to you.

Be particularly careful that the mechanism of traction is released immediately after having stepped over the transversal arm, so that the transversal arm doesn't interfere with your proceeding walk.