

Quadstep

Combined Walking Stick & Low Step for Climbing Stairs

Introduction

Many people have legs with a limited range of motion, because of conditions such as rheumatoid disease, multiple sclerosis, strokes, and orthopaedic conditions. This means that stairs and steps are serious obstacles which restrict their freedom and limit their quality of life. Solutions such as stair lifts are expensive and usable only in fixed locations. The Quadstep is a simple cost-effective solution to this situation, combining a walking stick with a low step. It is light, portable, and can be used in any situation where you need to step up, including:

- staircases
- steps
- kerbs & street obstacles
- walk-in baths
- cars and buses



Features

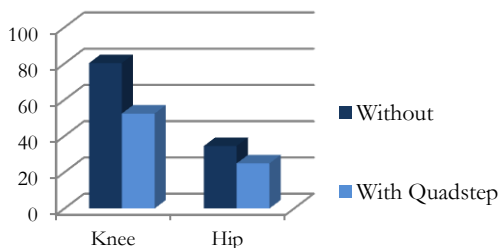
- 4-point base of strong ABS plastic
- Maximum weight of 250kg
- Lightweight (820g, 1.8lb)
- An offset ergonomically designed handle for greater stability
- Comfortable contoured soft rubber hand grip
- Flexibility of base for self-levelling & greater stability
- Height-adjustable in increments:
78cm (31") - 100cm (40")
- Reversible for left or right hand use

Test Results

When the Quadstep was used for both climbing and descending stairs, the range of motion and muscle activity were both statistically significantly reduced.

T.M.Mohr, C.E.Staloch, J.L. Brekhus, B.J.Behrens, T.L.Lewis, R.L.Maybey, 'Electromyographic and Electrogoniometric Study of Stair Climbing Using the EZ-Step and Quad-Step Devices', *Phys. Occup. Ther. Geriatr.*, March 2010

Range of Motion (°)



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Price

The Quadstep costs £49 plus £6 postage. We have a 30-day free trial period on this product.

