INDEPENDENT RESEARCH EXPLAINED | 2024

# Falls While Using Wheeled Walkers

Video analysis of real falls during walking, turning, standing and transfers with rollators and two-wheeled walkers.

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## What Did The Researchers Do?

Researchers reviewed 41 videos from two retirement facilities. Excluding five misuse incidents and two without walker contact left 34 falls involving 16 people: seven with two-wheeled walkers and 27 with rollators. Five individuals fell repeatedly.

## Repeated Falls And Key Findings

Three of seven two-wheeled-walker falls occurred sideways while turning; 12 of 27 rollator falls occurred backwards during transfers. The authors identified manoeuvrability, lateral stability and wheel-speed control as design concerns.

## Activities At The Time Of Falling

| Activity | Recorded falls |
|---|---|
| Turning | 10 |
| Straightening after bending | 6 |
| Forward walking | 5 |
| Standing | 4 |
| Rising from walker seat | 3 |
| Moving to another chair | 3 |
| Moving onto walker seat | 2 |
| Collapsing walker seat | 1 |

Activities across all 34 analysed falls. Counts describe recorded incidents, not the probability of falling during each activity.

# What This Means For Everyday Mobility

A walking aid needs to suit the person and the movements they actually make, including turns and transfers. These observations support questions about fit, training and support during changes of direction. They cannot tell us whether a different device would have prevented an individual incident.

## Limits Of The Evidence

This small, selected sample cannot establish national fall rates, comparative device safety or LifeGlider outcomes. Video quality and the long-term-care setting limit interpretation and generalisability.

These studies did not test LifeGlider. Evidence about existing falls does not establish that another device would have prevented them. No author or institution endorsement is implied.

## Complete Report And Attribution

Circumstances of falls among older adult walker users in long-term care and the associated walker design deficits

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Read the complete original study

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The report includes two charts, two main tables and three appendix tables. No direct video supplement is provided. No explicit Creative Commons licence was identified for the manuscript; original text and figures are linked rather than republished.

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## Still Unsteady With Your Current Walking Aid?

If your existing support is difficult to use, we can show you how LifeGlider works and discuss everyday activities that matter to you. Suitability depends on the individual.

Explore a free LifeGlider video demonstration

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