

## STANDING AND WALKING SLINGS



### Description

Safe Patient Handling Experts have recognized the potential of ceiling and floor-based lifts in rehabilitation. Potential areas of application are activation, promotion of weight bearing and proprioception, and gait training.

### Walking Sling:

The Walking Sling is designed to upper body support and freedom of movement to individuals performing exercises in a rehabilitation setting.

### Deluxe Walking Sling:

In addition to the features offered in the Walking Sling, the Deluxe Walking Sling offers further adjustment to the torso and is easier to apply.

### Standing Sling:

The Standing Sling provides a natural sit-to-stand pattern. This sling encourages pivot transfers, ambulation and toileting.

The Standing Sling provides its support through the chest harness. The leg straps are designed to keep the chest harness in position (i.e., prevent the chest harness from rising up on the client's body) and are not designed to support the client's weight or maintain the client in a standing position.

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**Rehab Walking Sling:** The Rehab Walking Sling was designed in conjunction with Spaulding Rehabilitation Hospital Boston. The Rehab Walking Sling provides an adjustable, contoured, non-slip chest harness in a variety of sizes. The leg straps are removable, adjustable and available in a variety of lengths.

The Rehab Walking sling can be customized for a perfect fit.

### **Weight Capacity**

The Walking and Standing Slings vary in their rated Safe Working Loads:

Walking Sling = 600lbs. (272 kg.)  
Deluxe Walking Sling = 450lbs. (204 kg.)  
Standing Sling = 600lbs. (272 kg.)  
Rehab Walking Sling = 600lbs. (272 kg.)

Custom Bariatric versions are available in each sling model.

### **Sling Options**

#### **Fabrics:**

All slings are manufactured in a variety of fabrics including:

- Padded
- Non-Slip Chest Harnesses
- Sheep Skin
- Polyester Webbing/Straps

#### **Clinical Application:**

##### **Appropriate for a client who:**

- Is able to transition from sit to stand with some assistance
- Is weight bearing
- Has the endurance required of the task
- Has an understanding of the purpose of the sling
- Is cooperative
- Wishes to engage in rehabilitation including:
  - gait training
  - Sensori-motor training
  - activation training
  - pivot transfer in a controlled environment

##### **A different sling type will better meet the needs of a client who:**

- Has impaired trunk control
- Has impaired head control



- Is non-weight bearing
- Lacks the endurance required to complete the task
- Has impaired cognition
- Is uncooperative
- Is assessed by a trained professional to be unsafe in a standing/walking sling

#### **Sling Sizing Guidelines:**

**Walking Sling:** The Walking Sling is available in a single, universal sized sling with limited adjustability

**Deluxe Walking Sling:** The Deluxe Walking Sling is available in a single, universal sized sling with limited adjustability

#### **Standing Sling:**

Sizing is based on torso length and chest circumference.

The Standing Sling is available in the following sizes:

- Junior
- Small
- Medium
- Large
- X Large
- XX Large

#### **Rehab Walking Sling:**

Sizing is based on torso length, chest circumference, and leg circumference.

The following sizes are available:

- Chest harnesses: Medium and Large

Leg straps: four available lengths

#### **Determining Standing/Walking Sling Fit:**

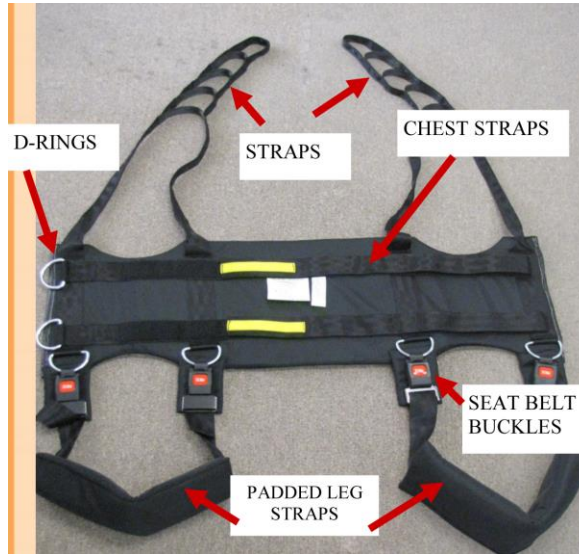
The most cautious way to determine fit of the Standing/Walking Sling you are considering is to consult your vendor representative.

#### **Application**

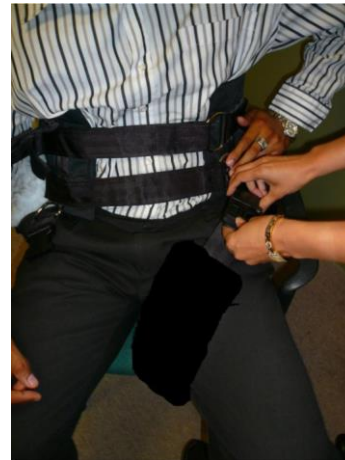
Please refer to the individual Sling Application Instructions for each sling model.



## Deluxe Walking AND Rehab Walking Sling Instructions



1. With the individual seated in the wheelchair or chair, position the back support of the sling on the patient's back. The back support of the sling should be placed under the arms of the patient. Loop the chest straps through the two D-rings and secure using the Velcro strips located on the chest straps.



2. The leg strap should be fitted by slipping the sheep skin padded portion around the patient's thigh. Adjust the sheep skin material around the thigh as required. The leg strap should be secured with the buckle. Repeat procedure for the other leg in the same manner.
3. The straps can be attached to the carry bar. We recommend the first loop be used as an initial starting point. The straps should bear the same weight distribution.
4. Raise the carry bar such that the straps begin to tighten. At this point, check to ensure that the straps are connected to the carry bar prior to proceeding. Continue lifting the patient. During the lift if the sling feels uncomfortable, the patient should be lowered and the straps and/or leg pieces repositioned.
5. In order to attain the best vertical positioning, the leg pieces on the back of the patient may need to be re-positioned (slide inward). During the lift the patient should have access to parallel bars (or similar

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device) which is used to assist in lifting to an upright position, as well as for support. Once sufficient height is attained, the patient can proceed with walking exercises.

### Walking and Standing Slings

1. Take hold of the sling at base of back section ensuring that the quilted side will fit against the person's body. The handle loops at the back will then be visible when the sling is fitted.
2. Introduce the sling by sliding it down between the chair backrest and the person's back so that it touches the chair seat.
3. Draw the complete leg and aperture sections under the person's upper thighs and buttocks. This is made easier if the person can be turned to one side.
4. The leg sections should then be brought up between the thighs. The outer flaps should wrap around the legs to cover the inner flaps. Connect the four buckles and tension the leg straps to give a firm snug fit by pulling on the loose straps ends.
5. Bring the chest sections around the body and overlap the short chest flap section with the long chest flap. Connect the two buckles and tension the chest straps to give a firm snug fit.
6. When using a ceiling lift, the chair must be positioned at right angles to the track. (The sling is not suitable for use with all ceiling lifts. Please check with your supplier.)
7. Raise the carry bar just enough to tension the straps and ensure that they are still securely attached.
8. The person can now be raised to the standing position. To remove the sling, carry out the fitting procedure in reverse.
9. Lower the carry bar of the ceiling lift to approximately the seated person's eye level height. Attach all four straps to the carry bar using loops of the same colour. Block the person's knees with a bed or frame. (Instructions also apply to fig. 6b). The sling is not suitable with all ceiling lifts. Please check with your supplier.

### Ordering Guidelines

Part Number	Description
510436	Walking Sling
510435	Deluxe Walking Sling
507905	Full Standing Support – Junior
507910	Full Standing Support – Small
507920	Full Standing Support – Medium
507930	Full Standing Support – Large
507940	Full Standing Support – X Large
507950	Full Standing Support – XX Large
510421	Rehab Walking Total Support System-JR
510422	Rehab Walking Total Support System-S
510423	Rehab Walking Total Support System-M
510424	Rehab Walking Total Support System-L
510425	Rehab Walking Total Support System-XL
510426	Rehab Walking Total Support System-XXL

