Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Safety Guide to a Zimmer Frame or Gutter Frame

Version number: **8**
Last modified date: **12th November 2026**

Safety Guide to a Zimmer Frame or Gutter Frame

Patient Information

Therapy Services

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Use of your frame

The frame is provided to give you assistance with your balance, and to reduce the amount of weight taken through your affected leg(s) or to allow no weight to be taken through it.

A member of staff will instruct you in the safe use of the frame and adjust the height to suit your individual needs.

Safety points to remember

1.The frame has been issued and measured for you personally and should not be given to someone else.

2. Follow the technique instructions from the issuing member of staff.

3. For safety you should regularly check that:

- The handles of the zimmer frame, or arm rests on the gutter zimmer frame are not split.
- The adjustment holes are not elongated.
- The bolts holding the sections together and the wheels (if a wheeled zimmer frame) are secure.
- The ferrules (the rubber end to the stick) are not worn – it should have a tread like a car tyre to prevent it slipping during use and can become dangerous if smooth.

4. If you are concerned about its safety or need advice about its use, please contact your issuing department.

5. If you no longer need your frame, it can be returned to the hospital at your next visit.

Be safe–follow these tips

- Remove obstacles to walking such as loose rugs, draught excluders and worn floor coverings. These can be a trip hazard.
- Make sure lighting where you are walking is adequate, particularly in halls and stairways
- Wear flat supportive shoes rather than slippers; ideally, they should fasten securely to your feet.
- Avoid wet floors.
- Beware of outdoor hazards e.g. uneven surfaces, wet leaves and ice.

Additional telephone numbers

Wrightington

Main Switchboard:

01942 244000

Wrightington

Inpatient Physiotherapy:

01257 256307

Outpatient Physiotherapy:

01257 256305

Wrightington

Outpatients:

01257 256295



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