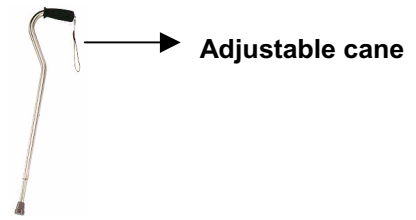


Lower Limbs affected by ALS.

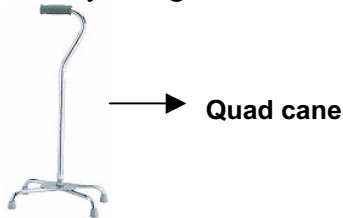
Gait disturbance in ALS is one of the causes of falls and injuries. In a disease like ALS, the lower limbs can become very weak or the patient may develop a foot drop and ankle instability. The level of impairment of hip and trunk function, and the strength of the arms influences the choice of assistive device.

Recommendations and interventions.

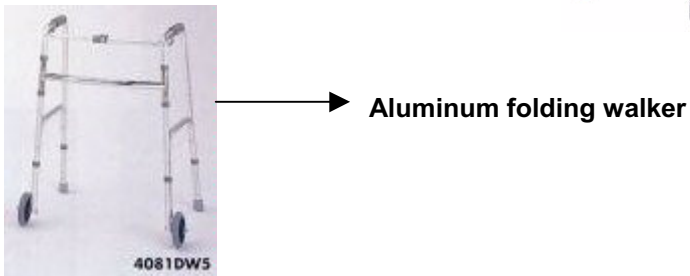
Patients with weak hips can use a cane (single point cane).



The quad cane is the device of choice for ALS patients because it provides stability. A quad cane is also more useful for patients that use the cane sporadically during activities of daily living such as cooking and other housework.



Bilateral hip weakness or moderate trunk weakness combined with mild hand or wrist weakness is usually best aided by a front wheeler walker.



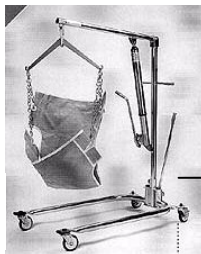
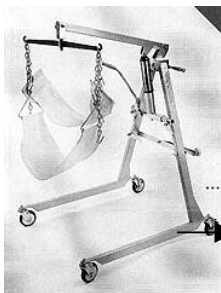
The patients with good arm strength and moderate hip weakness or spasticity may prefer the use of bilateral crutches (Axillary or Canadian style). This allows for easier stairs management.



Ankle foot orthosis (AFO) give support to ankle preventing foot drop causing tripping.



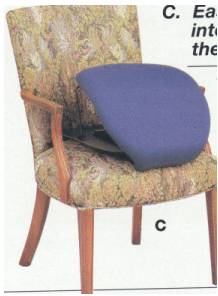
Transfer lift: is often recommended for home use for non-ambulatory patients when it becomes too difficult to transfer them by another mean.



Lift Chair:



All you have to do is press a button on this large upholstered chair to bring you to a standing position. Some chairs have an optional recline feature.



When you need a little help getting up and out of a chair use the Uplift seat assist. This equipment helps to convert your favorite chair into an automatic lifting seat. This portable device can be taken to a restaurant or to the movies.

Wheelchairs: A manual (self-operated) wheelchair is used when the patient is able to drive the wheels with their arms. It may be of help when the patient is still ambulatory, but with difficulty walking longer distances. The appropriate one will be a lightweight portable that the family can fold and transport it in the car. As the disease advances the



patient may not be able to drive the wheels themselves, and a lighter one with small wheels that the caregiver pushes may be more appropriate. A long back wheelchair that provides support to the neck and back muscles is important for a patient with neck weakness.

Motorized wheelchair or scooter: These, are used when patients are unable to wheel themselves, and are still active at work or school or want to be more independent.



Electric wheelchair



Scooter