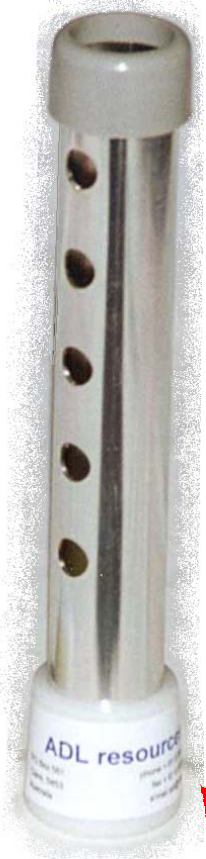


Using  
these?



With  
rubber  
stoppers?



Try **GLIDES!**  
To replace your rubber stoppers

**ADL resources**

helpful products for daily living

PO Box 455 Hindmarsh SA 5007

[www.adlresources.com](http://www.adlresources.com)

freecall 1800 726 889

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## 5 different sizes are available



### **Blue dot**

28.6 mm diameter  
Suits most imported  
aluminium frames



### **Yellow dot**

25.4 mm diameter  
Suits most "K-Care"  
brand frames



### **Red dot**

25.0mm diameter  
Suits most "Coopers"  
brand frames



### **Green dot**

22.2 mm diameter



### **Black dot**

19.0mm diameter

## How do I get the right size?

If you can accurately measure the diameter of the legs of your walking frame you can select the matching size from the list above.

If measurement is difficult, your Physiotherapist or supplier will have a test kit containing all the different sizes so you can see which fits best. Glides should be a tight fit... you shouldn't need any tape or adhesive to hold them on. If they fall off, a smaller size might fit better.

# Why use glides?

## ***Walkers become easier to use***

Glides slide across carpet, tiles, lino and concrete. The frame becomes easier and more comfortable to use, improving confidence and mobility

## ***Save money***

Rubber stoppers wear out fast. Glides cost about the same, but last around five times longer.



## ***Reduce shoulder problems***

The repeated lifting needed to get rubber stoppers off the ground can cause or aggravate shoulder injuries

## ***Save maintenance time***

Longer life means less frequent replacements.

## ***Pricing***

Blue, Yellow, Red Dot	\$3.00 each (\$6.00 / pair)
Green & Black Dot	\$4.00 each (\$8.00 / pair)