

MEDIA RELEASE

For late fall/winter release



Canadian Association
Physiotherapy Association
Association canadienne de
physiothérapie

Nifty walking aids could prevent nasty falls this winter

Toronto (Undated) – As winter approaches Canadians start thinking about snow and ice and how to protect themselves from falling on icy sidewalks and roads. Weather wise, last winter was a particularly harsh one in Canada, which often resulted in treacherous walking conditions in many parts of the country. This winter the Canadian Physiotherapy Association is recommending Canadians get proactive before winter sets in and consider purchasing accessories and walking aids that could prevent a fall.



There are several innovative devices on the market that are both easy to use and effective. One of them is the Yak Trax. Inspired by the Tibetan yak, this product has tubes and steel coils that wrap right around your boots or shoes. The Yak Trax functions somewhat like a tire chain to provide traction and stability on packed snow or ice. While there is no guarantee it will prevent you from slipping on ice or snow, the Yak Trax is considered one of the best products on the market for winter walking.

Another product that may help you safely navigate icy sidewalks is a walking stick or cane with an ice grip on it. There are several different types of ice grips on the market; some are retractable, others are studded.

If you are elderly, disabled, or have recently suffered an injury you will probably need to invest in a good quality walking aid. As well as reducing the risk of falls, a walking aid can decrease the effort and energy required to walk, decrease the weight on an injured, fragile, or weak leg, and compensate for a lack of balance. This is especially important in winter when inclement weather makes coping with an injury or disability especially challenging. The Canadian Physiotherapy Association has recently published an [information sheet on walking aids](#). It will provide you with details on everything you need to know about walking aids and how to use them.

While accessories and walking aids are a great way to help prevent a fall in winter, don't underestimate the effectiveness of a good winter boot. Make sure your winter boots have good treads.

If you do fall and injure yourself this winter, consult your physiotherapist. Physiotherapists are healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living and physical mobility. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase your mobility, relieve pain, build strength, and improve balance and cardiovascular function. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury which can limit your activity.

-30-

Media Contact

For information and spokesperson interview, contact Virginia Bawlf, National Media Relations Liaison, 416-932-1888 (x222), 647-379-4145 (cell), vbawlf@physiotherapy.ca.