

DIFFERENCES WHILE NAVIGATING STAIRS BETWEEN ROAMI WALKERS AND TRADITIONAL WALKERS IN THE GERIATRIC POPULATION.

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Abstract

- Speed and safety during stair negotiation are paramount for independence in ADLs and community participation
- Physical Therapists can assess necessity and recommend proper assistive devices
- More research is needed to improve walker recommendations, especially while navigating stairs

The Roami® Walker:

- 4 in 1 mobility aid
- Front legs height adjusted independent of the back legs height
- Company advertises that it will increase safety and speed while decreasing energy expenditure

Problem Statement: Currently no research available on the Roami walker.

- A pilot study is needed to determine differences in stair negotiation

Purpose: To determine the difference in speed and safety while navigating stairs between the Roami walker and a traditional walker in the geriatric population.

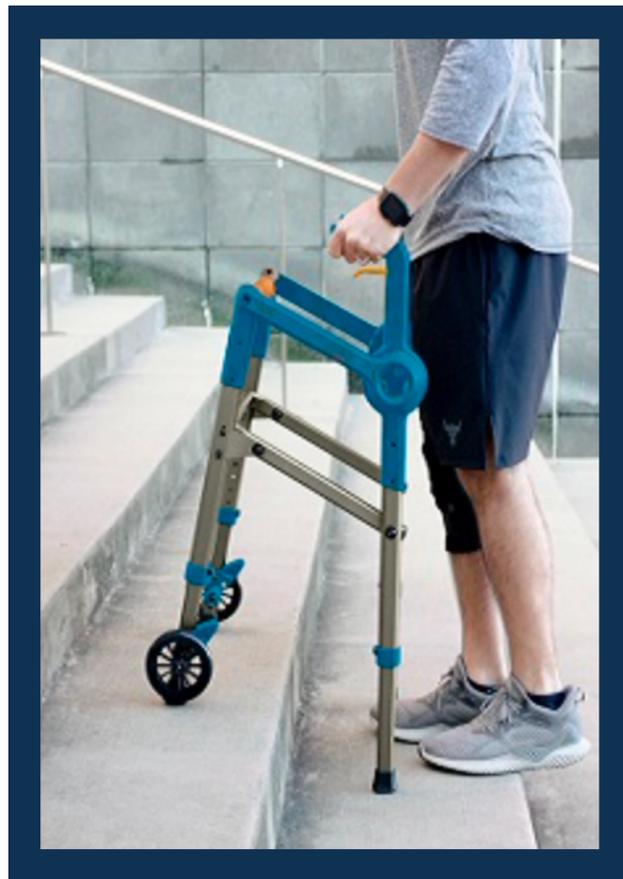
Methods

Design: Original research pilot study to collect quantitative and qualitative data

Subjects: At least 5 individuals in the geriatric population (>65 y/o) who currently use a walker to navigate stairs

Study:

- Screening: Informed Consent, Mini-Cog®, Baseline Vitals, 10 MWT
- Stair Climb Test with traditional and Roami walkers
- Subjective questionnaire
- Free T-shirt and refreshments



Outcomes

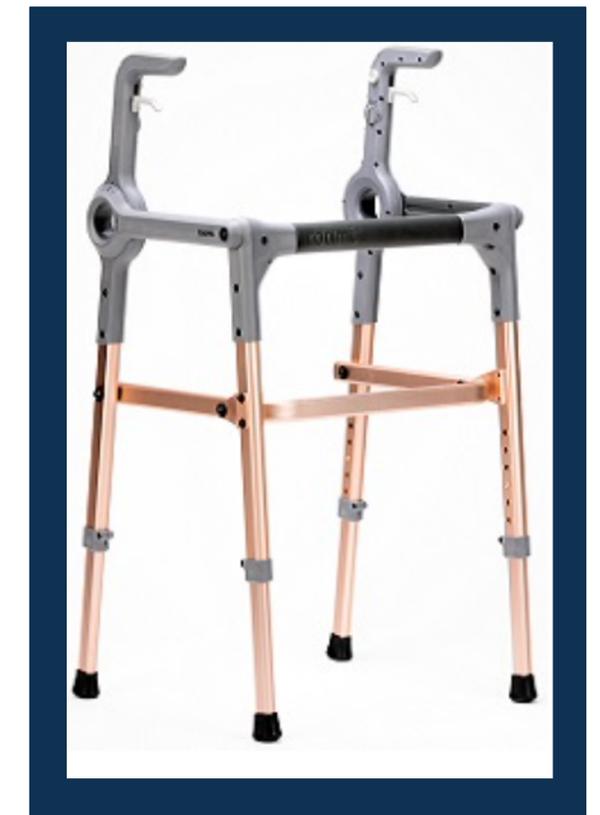
- Baseline Vitals (BP, HR, RR)
- 10 MWT to measure gait speed
- Stair Climb Test to compare speed and safety
- Subjective questionnaire to analyze safety, confidence, and pain
- RPE and HR assessed throughout study to ensure participant's safety

Discussion

- Information obtained during the pilot study will guide future research
- Analysis of outcome measures will determine effectiveness of the Roami walker in mobility impaired populations
- Study will be approved by FranU IRB prior to trial date

Hypothesis

- The Roami walker will increase speed and safety compared to traditional walkers
- Study can be modified and reproduced to analyze benefits of the Roami walker for other populations with mobility deficits



References

- Roami. Accessed April 15, 2021. <https://roamiwalkers.com/>

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