



Bathroom



Everyday Aids



Pillows & Support



Walking Aids



Economy Rollator With Care

321575

Folding lightweight aluminium rollator with lockable brakes. Other features include a padded seat, padded backrest and basket.



T Handle Floral Walking Canes

Red 365203 Black 365181
Purple 365211

Brightly coloured floral canes in a great range of colours.



Walking Frame - Folding

234222

Lightweight, height adjustable aluminium walking frame with dual button mechanism allowing for quick and easy folding.

Accessories



Wheels 5\"/>
Pair
241091



Ski's
Pair
261629



Pedal Exerciser

234702

Easy to assemble, compact and totally portable. Can be used on the floor to exercise legs or placed on a table top as an arm exerciser.

Tips for easier living

Following surgery, it is important to protect a new joint in order to speed up your recovery.

Some important points to remember immediately after surgery are:

- Follow the advice of your doctor, physiotherapist or other health professional
- Avoid bending your hip to angles over 80 degrees
- Avoid bending over too far Do not cross your legs
- Avoid activities that cause excessive joint movement

Many items in the Making Life EASY product range have been designed specifically for this purpose and some of these items have been featured in this brochure.

To locate your nearest Making Life Easy Stocklist, please visit

www.makinglifeeasy.com.au



Hip or Knee Replacement



Products that
*improve
your life*



Hip or Knee Replacement

Hip or knee replacement surgery is becoming increasingly common for many Australians and has a high rate of success.

People in the over 60 age group are more prone to joint replacement due to falls or as a result of osteoarthritis.

In younger people it is more likely to relate to a form of joint disorder or injury.

The good news is that in all age groups this procedure usually leads to greatly improved mobility and comfort.

Here is a selection from the wide range of products available to improve life for anyone recovering from joint surgery.



Hip X-Ray



Knee X-Ray



Bathmat - Suction

Blue 836095
Cream 835927

Hundreds of suction cups anchor this bathmat to the bottom of the shower or bath to provide a slipresistant surface while bathing.



Sponge - Long Handled

247235

Allows those with constricted shoulder function or bending capacity to maintain independence and dignity in the bathroom



Toilet Seat - Raised with lid

4" 234516
6" 250902

Durable raised toilet seat with lid. Provides a higher surface for sit to stand transfers. Secures firmly to the toilet bowl for safety.



Pillow Comfort Hip Support

252042

Helps relieve pressure on the pelvis, hips and knees. Provides comfort and support while side sleeping.



Sock Aid

234710

Sock aid enables you to put on socks with little effort, while reducing bending and strain on back, hips and knees.



Shoe Horn - long

234567

Assists with putting on shoes without the need for bending over. Great for those with sore backs or balance concerns.



Cushion - Posture Wedge

234605

Sculptured cushion allows seating with open hip angle to relieve spinal and tail bone pressure. Lightweight and portable.



Handybar

234761

Provides a sturdy handle allowing the user to gain extra support when exiting or entering most vehicles. Slides easily into the striker plate inside the car door frame.



Reacher - Folding

234826

Basic folding reacher enabling users to pick up items without the need to bend. Collapsible design allows reacher to be taken anywhere. 70cm length.