

# WALKABOUT™ 3 & 4C

## User's Manual (IFU)



EC REP

Wellkang Ltd ([www.CE-marking.eu](http://www.CE-marking.eu)),  
29 Harley St., London W1G 9QR, UK

MHRA #: CA 012023



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## **PREFACE**

This booklet provides the information required for the set up and use of the Walkabout™ 3 & 4C. The benefits of using this system can be profound, not only in terms of gait development, but also in terms of increasing the child's independence, self confidence and social interaction.

## **DESIGN GOALS**

The Walkabout™ is designed to give a child the potential for hands-free, self-initiated movement while providing lateral support and assisted lift. This spring-assisted lift allows for graduated weight relief as the child develops skill and standing tolerance. The adjustable “pitch” of the column, along with the pelvic and trunk supports, can be utilized to direct weight shift and assist with stepping.

## **PRECAUTIONS**

1. This stander should be used under the prescription of the child's physician and under the direction of the child's therapist. Often, ankle support is required prior to utilization of this equipment.
2. Never leave the child unattended! Maintain adult supervision at all times.
3. This stander is designed for use on level surfaces only.
4. Do not use for transportation.
5. Adjust the frame length to suit conditions of use. A short base used during play or out-of-doors can be unstable.
6. Periodically check and tighten all loose fasteners. Loose fasteners can cause the Walkabout™ to be inoperable.
7. ***The two small wheels at the base are the anti-tipper wheels, they need to clear the floor by at least 1 inch!***

# PROGRAM RECOMMENDATIONS

Initially, many children use the Walkabout™ as a stationary stander to develop standing tolerance, and to develop hip and knee extension. **Remember that spasticity has nothing to do with strength!** A child with weak hip flexors may utilize their adductors to assist (this is not a good thing!). This situation can become more severe if the child has limited dorsiflexion. Try activities like kicking, marching, etc. Arrange obstacle courses, tunnels to develop motor planning skills. Whenever possible, integrate their Walkabout™ into peer appropriate activities: soccer, “T” ball, participation in family “chores”, ice-skating.

## COMPONENTS (Refer to Figure 1)

1. Head rest
2. Trunk support
3. Hip support
4. Unicycle seat
5. Swivel locks
6. No-back brakes
7. Toggle brakes
8. Anti-tipper wheels
9. Column brace
10. Column adjustment tube
11. Column adjustment clamps
12. Front column
13. Rear column
14. Crank
15. Variable shock
- 4 16. Spring stop assembly



Figure 1

# ASSEMBLY

## Tools Required:

- 3/16" Allen wrench (included in pouch)
- 5/32" Allen wrench (included in pouch)
- 1/4" Allen wrench (included in pouch)
- Tape measure

## Adjustment Levers:

Refer to Figure 2.

The adjustment levers can be ratcheted so the handle can rotate without affecting the tightness of the screw.

1. Pull out on black knob.

Rotate the handle so it is not obstructed.

2. Release the black knob,

and let the handle slide back and lock with the screw.

3. Continue tightening/loosening the screw by rotating the handle.

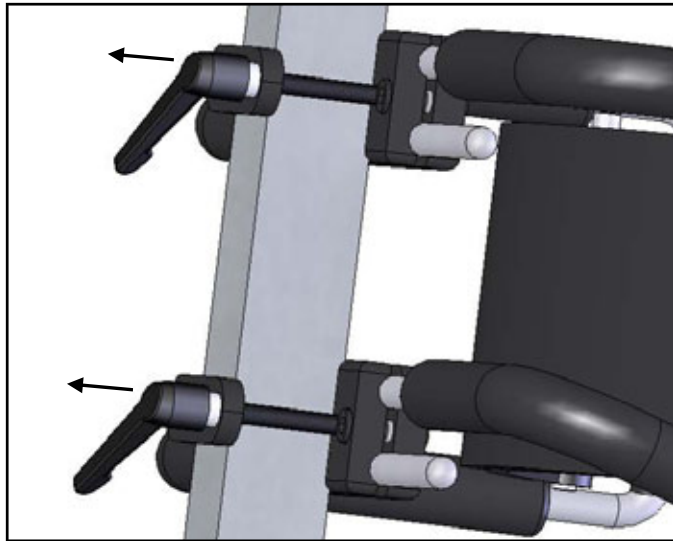


Figure 2

## Ball Lock Pins:

Refer to Figure 3.

1. Hold the pull ring of the pin with your index finger.

2. Pull on the ring to extract, or push the pin to insert.

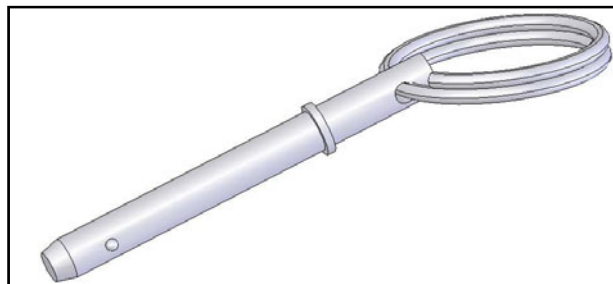


Figure 3

## Assembly Instructions:

### Column

Adjustment Tube:  
Refer to Figure 4.

1. Place the base assembly on the floor.
2. Loosen the four Allen screws on each tube adjustment clamp (1).

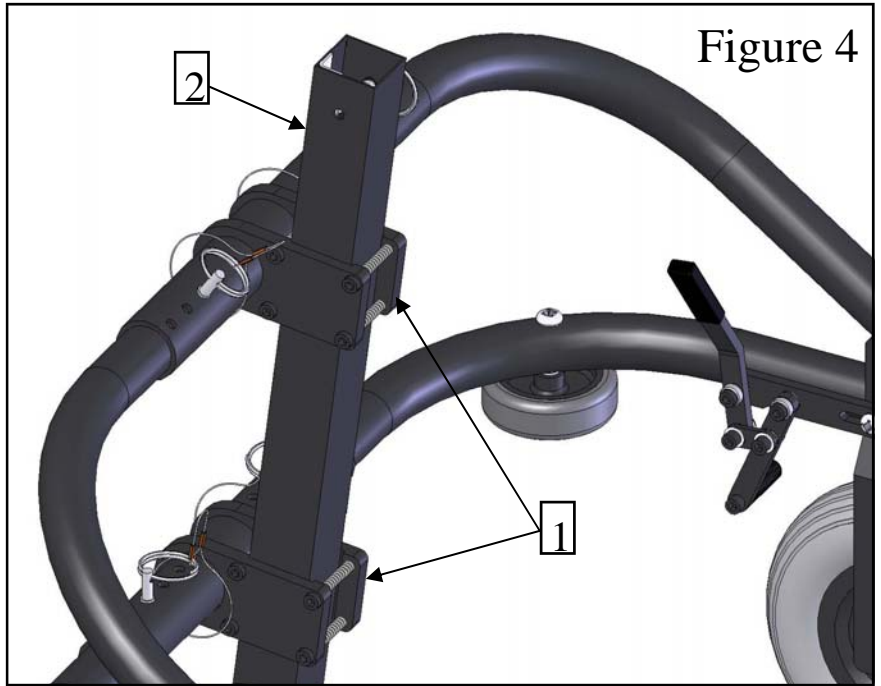


Figure 4

3. Slide the column adjustment tube (2) through the tube clamps.
4. Tighten the front Allen screws on each tube clamp first, and then the back screws until they are “snug.”

**NOTE: *Do not over tighten the screws, this will cause the rear column to collapse or become unadjustable!***

### Anti-Tipper:

Refer to Figure 4A.

Slide the anti-tipper tube (1) up into the column adjustment tube and replace the lower ball lock pin. **Adjust the anti-tipper wheels so they are 1” to 2” from the ground!**

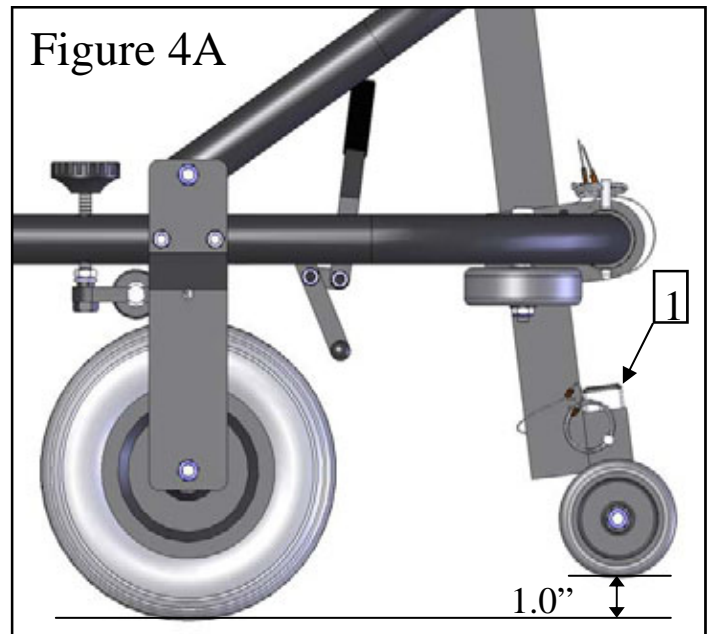


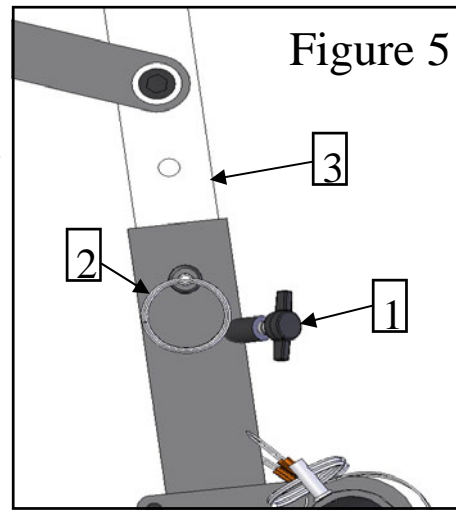
Figure 4A

**NOTE:** Having the anti-tipper wheels on the ground will make it extremely difficult for the user to turn in the unit.

## Column:

Refer to Figure 5.

1. Loosen the knob (1) and pull out on the column adjustment ring (2).
2. Slide the rear column (3) into the column adjustment tube.
3. Release the adjustment pin and tighten the knob to lock the column assembly in place. Make sure the pin is fully seated back in the column.



## ADJUSTMENT OVERVIEW

Proper adjustment of the Walkabout™ will significantly improve the child's success. The therapist is encouraged to try various adjustment combinations. If the child demonstrates primarily reflexive movements and postures, adjustments should be made to increase the amount of assistance that the stander provides. As the child's skill improves, adjustments should be made to decrease the amount of assistance.

### Adjustments:

- 1. Column Tilt (Pitch):** Affects the child's orientation in space and can affect posture and tone.
- 2. Column Height:** Affects the degree of assistance that the stander provides (in addition to spring tension)
- 3. Pelvic and Trunk Supports:** Provide precise proximal stability. These components also provide some of the fine tuning for trunk alignment and control.
- 4. Spring Tension:** By changing the angle of spring tilt, more or less assistance can be provided to bring the child into standing.

# FITTING INSTRUCTIONS

## Measure the Child:

1. Trunk Width: \_\_\_\_\_
2. Hip Width: \_\_\_\_\_
3. Inseam to 1" below his/  
her axilla: \_\_\_\_\_

## Seat, Pelvic & Trunk Supports:

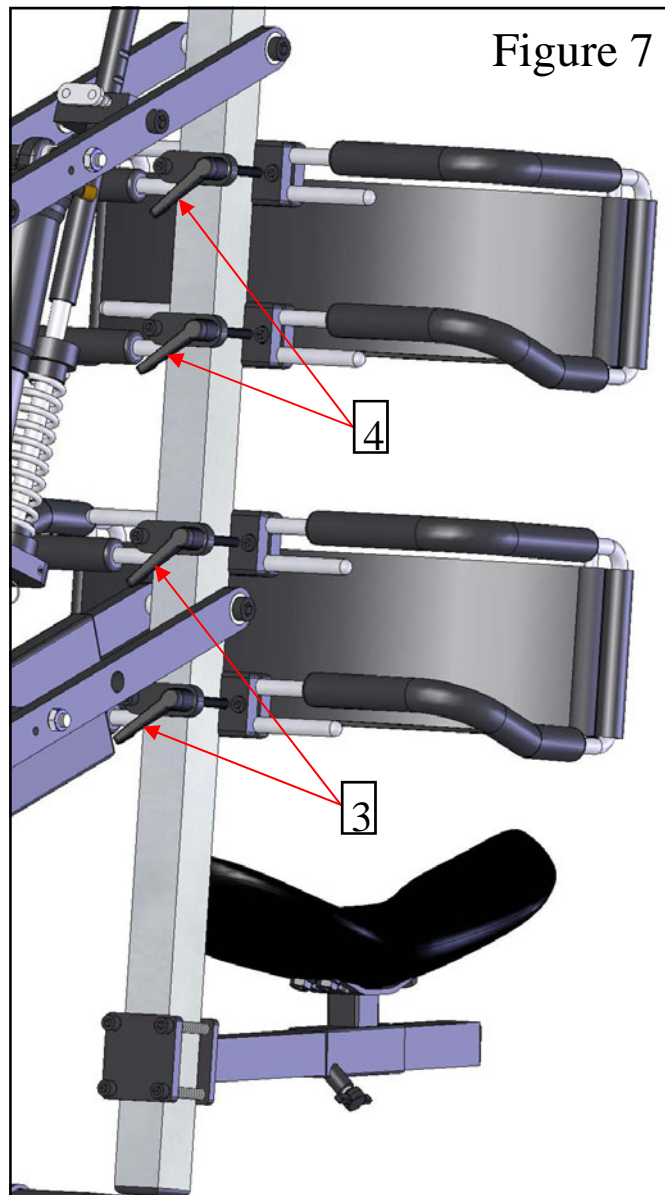
Refer to Figure 6.

1. Open the front of the pelvic & trunk support straps, by releasing the buckles and unfastening the Velcro™.
2. Loosen the four Allen screws (1) on the back of the four sling bar clamps.
3. Adjust the width of the trunk bars to accommodate the child's chest (use measurement #1). Make sure the bars are symmetrical on both sides. Tighten the four Allen screws.
4. Repeat steps 2 & 3 for the hip support using measurement #2.
5. Seat height: Loosen the 4 Allen screws (2) and slide the seat along the front column. Initially place the seat as high as possible on the column. Retighten the screws.
6. Pelvic support height: (Refer to figure 7) Loosen the two



adjustment levers (3) on the back of the pelvic support clamp plates. Place the pelvic support assembly as close to the seat as possible without preventing hip flexion. If this support is too high or too low, it will not provide the stability required for the child to step forward. Tighten both levers.

7. Trunk support height: Loosen the two adjustment levers (4) on the back of the trunk support clamp plates. Position the trunk support so the distance from the top of the trunk support to the top of the sit bar is equal to measurement #3. Tighten both adjustment levers.



### **Pitch:**

The child's shoulders should be directly over, or slightly in front of, his lower body and feet (in most situations) with the pitch of the column at approximately 85 degrees to the floor. Occasionally the column will be positioned in a more upright, or more prone position to improve the child's gait pattern or to diminish primitive reflex patterning.

(Pitch continued)

There are two ways to adjust the pitch, or forward tilt, of the Walkabout™:

1. Move the child's trunk further forward in the support.
  - a) Unfasten the trunk support straps.
  - b) Shorten the back strap and lengthen the front strap of the trunk support. Note: Lengthening the back strap and shortening the front strap will tilt the upper body back upright.
2. Tilt the rear column forward.

Refer to Figures 8 & 9.

**PRECAUTION: DO NOT ADJUST WITH CHILD IN UNIT!**

- a) Loosen the four Allen screws on the upper tube clamp (1) assembly.
- b) Raise the upper clamp assembly (and frame braces) while tilting the column forward.
- c) When the desired angle is achieved tighten the Allen screws to secure the column. Note: Lowering the upper tube clamp assembly will tilt the column backward.

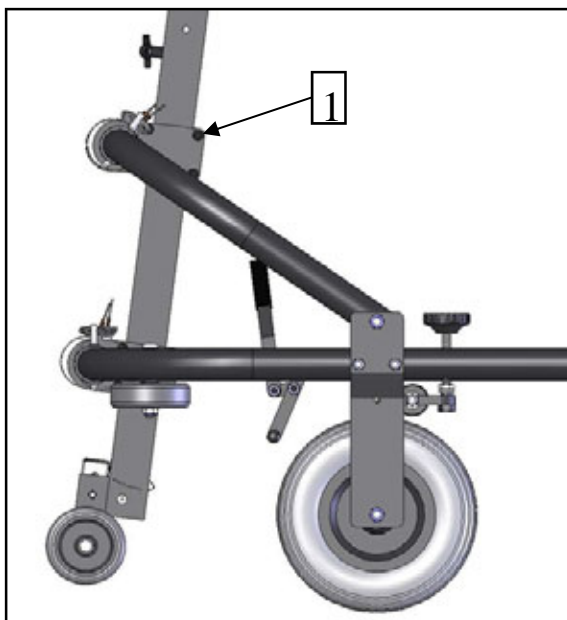


Figure 8

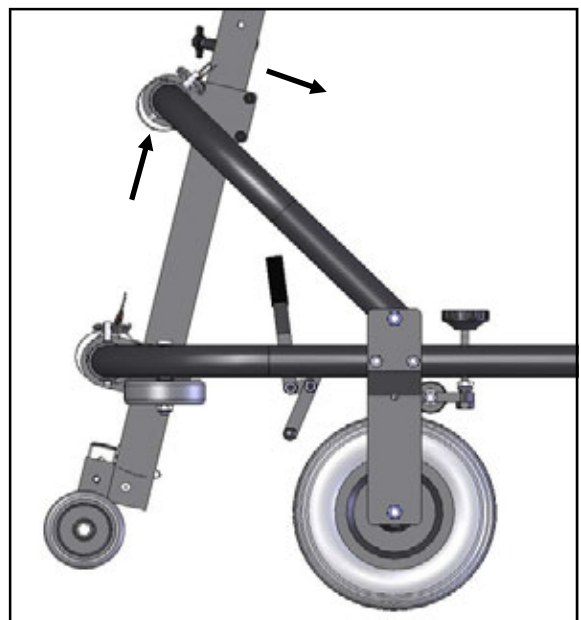


Figure 9

## Column Height:

Refer to Figure 10.

After setting the pitch and the seat-to-trunk support distance, set the column height.

### 1. Measure the inseam:

Determine the child's inseam height: \_\_\_\_\_

a) If the child requires support at the upper trunk to stand, measure from the floor to 2 inches above the inseam.

b) If the child requires only hip support to stand, measure from the floor to the inseam.

### 2. Adjust the Column Height:

a) Loosen the T-nut (1) and then remove the ball lock pin on the rear column adjustment tube.

b) Slide the rear column (2) up/down so that the seat height is the same as the inseam height determined above.

c) Replace the ball lock pin and tighten the T-nut to secure the rear column in place.

d) For more precise adjustments, rotate the crank (3) clockwise to raise the column assembly or counterclockwise to lower the column assembly.



## Spring/Shock Tension:

The seat and pelvic/trunk supports assist in lifting the child into standing. The amount of lift is controlled by the degree of spring tension.

Spring assistance adjustment:  
Refer to Figure 11.

1. Depress the slide lock bar (1) and hold it in to release the spring stop (2).
2. Slide the spring stop up/down to adjust the spring assistance.  
Release the slide lock bar to lock the spring stop in the desired position.

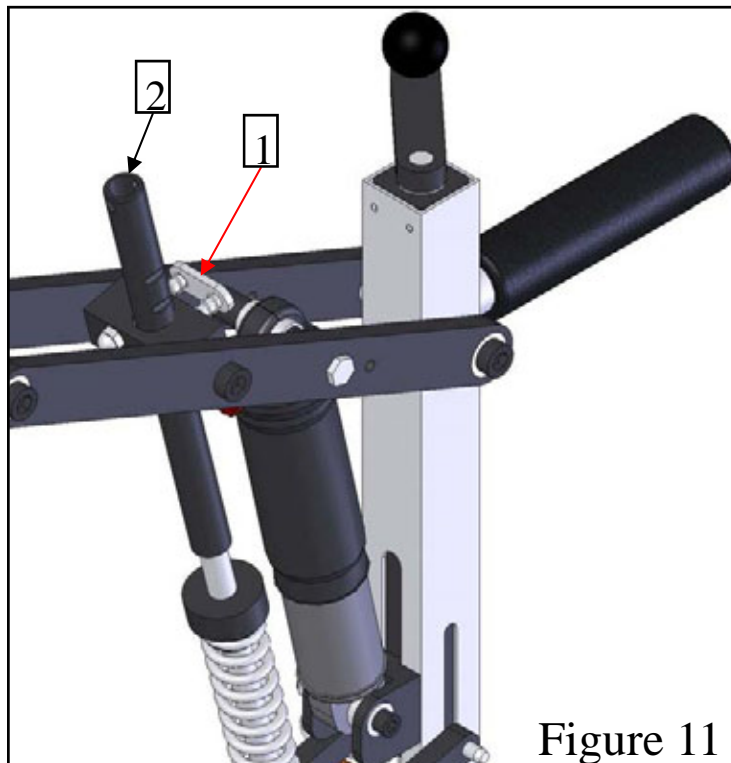


Figure 11

Shock adjustment:  
Refer to Figure 12.

1. For the variable shock pressure adjustment, use the supplied hand pump and connect it to the shock insert (1). Pump the shock up to the required pressure to give the user adequate support.
2. Damping control: Turn red knob (2) clockwise to increase damping (slow rate of return) and counter-clockwise to decrease.

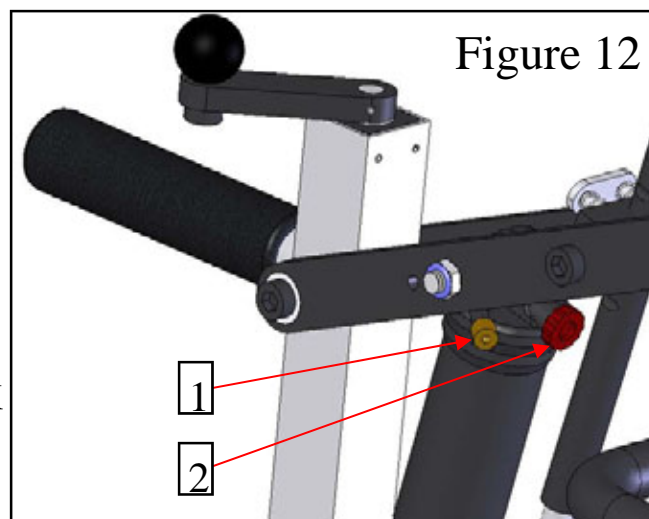
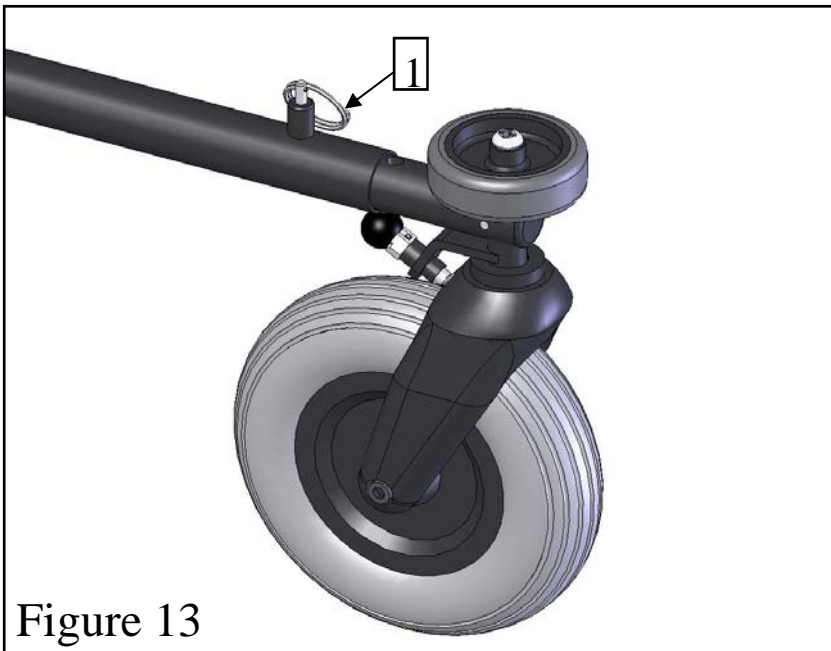


Figure 12

## Adjustable Length Base:

Refer to Figures 13 & 14.

To extend the base of the Walkabout™ simply pull up on the ring (13.1) and slide out the extension tube to the desired length. Both sides should be set to the same length. **Caution:** Adjust the length to suit the conditions of use. Extend the legs for play or for outdoor use. The Walkabout™ may become unstable if the legs are too short for the conditions of use.



## Frame Width Adjustment:

Refer to Figure 15.

Additional frame width can be obtained by removing the ball lock pins (1), one side at a time, spreading the base bars (the same distance on each side), and replacing the ball lock pins.

Note: Never make any adjustments with the child in the stander.

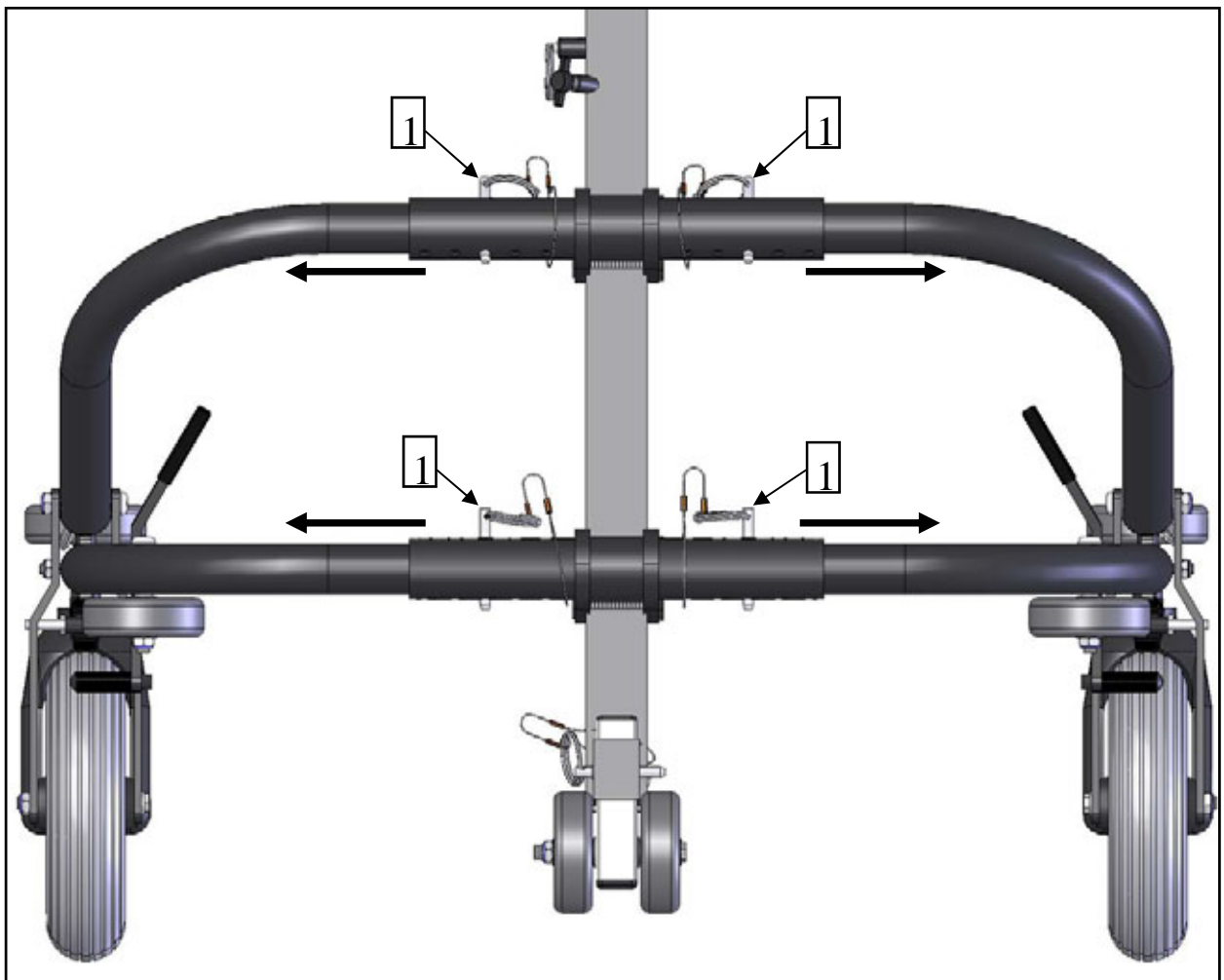


Figure 15

## Swivel Lock:

Refer to Figure 16.

The swivel lock pin (1) can be turned to drop down and lock the wheel into position, or alternatively, pulled back up and turned to allow the wheel to swivel.



Figure 16

## No-Back Brakes:

Refer to Figure 17.

1. To engage the no-back brakes, turn the knob (1) clockwise, until the wheel can not spin backwards, but can still spin forwards.
2. For free wheel movement, turn the knob (1) counterclockwise.

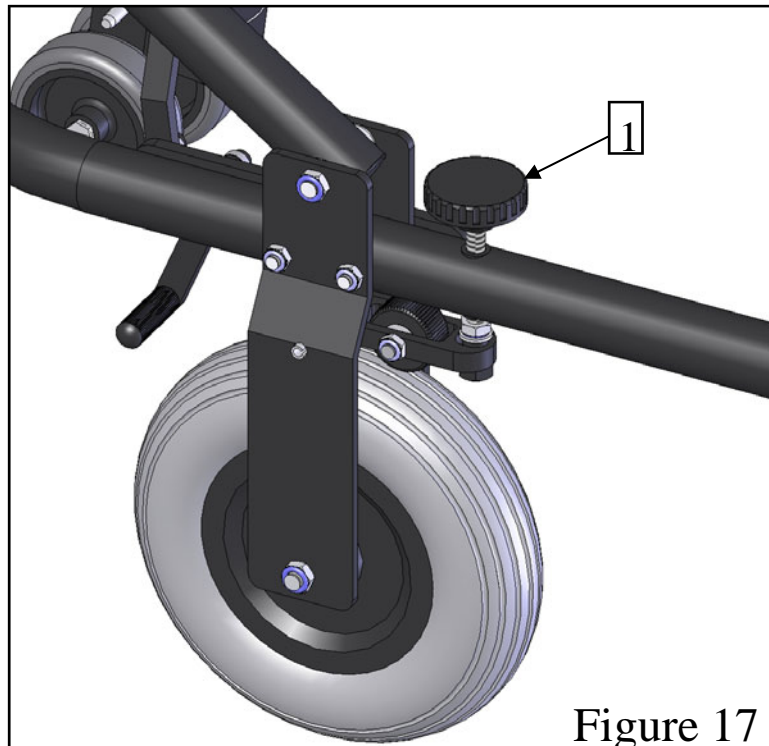


Figure 17

## Headrest:

Refer to Figure 18.

To adjust the height of the headrest (1), loosen the Allen screw (2) in the clamp on top of the column. Slide the headrest up/down until it is in the desired position. Retighten the Allen screw.

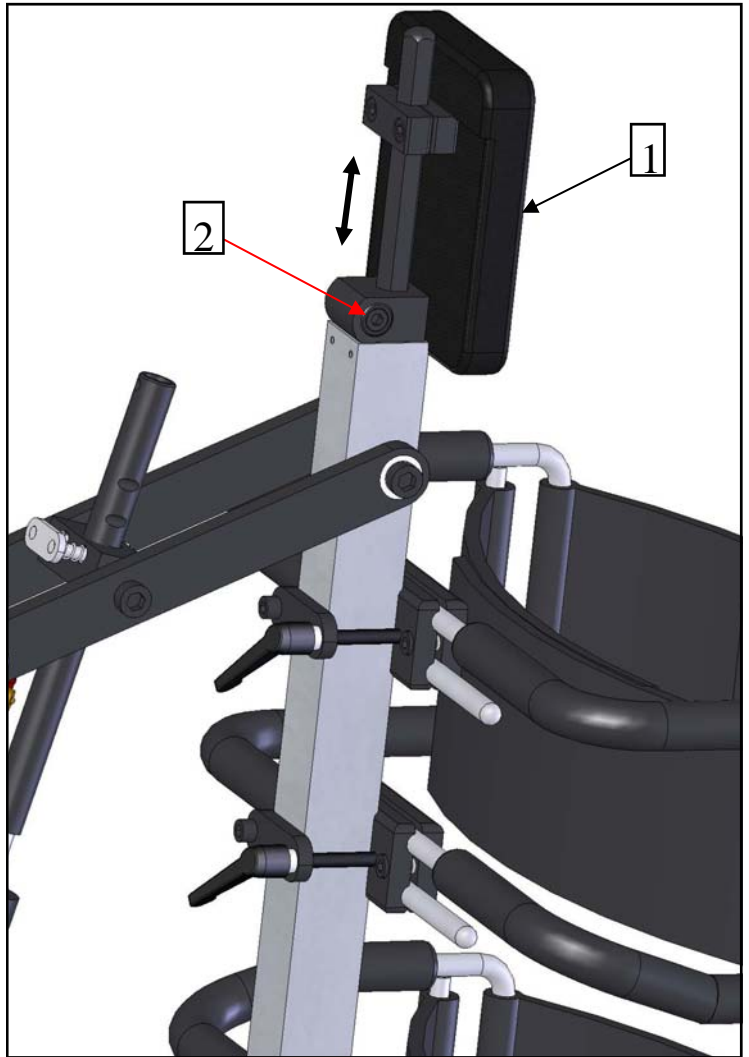


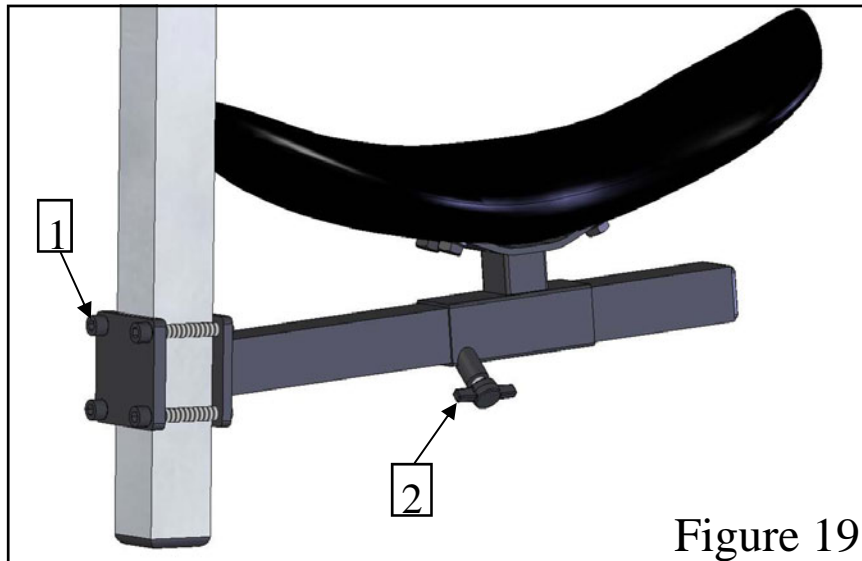
Figure 18

## Unicycle Saddle Seat:

### Mounting:

Refer to Figure 19.

Slide the seat bar onto the front column and tighten the four Allen screws (1).



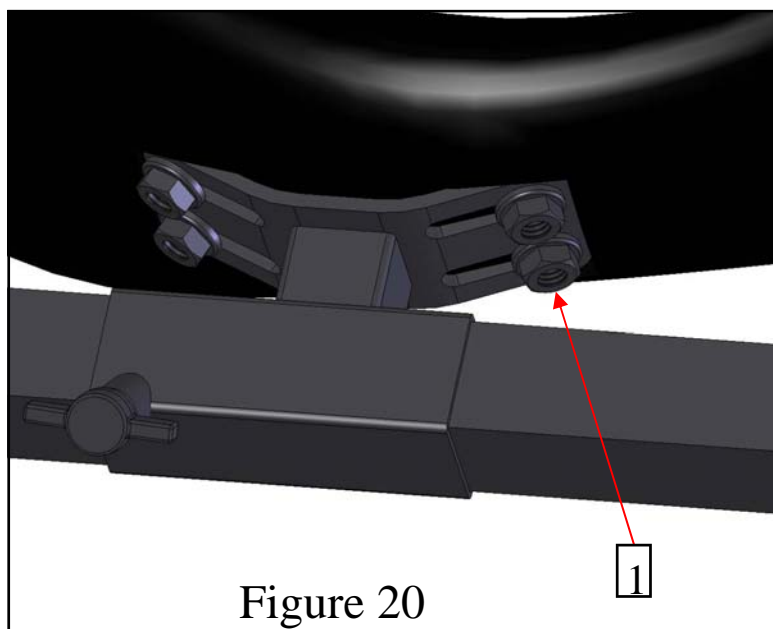
### Adjustments:

Refer to Figures 19 & 20.

1. Height: Loosen the four Allen screws (19.1) and slide the saddle seat along the front column to the desired height. Retighten the screws.

2. Depth: Loosen the knob (19.2). Slide the saddle seat along the seat bar to the desired depth. Tighten the knob.

3. Seat Angle: Loosen the four 1/4-20 nuts (20.1) underneath the saddle seat. Tilt the seat to the desired angle and tighten the nuts to secure.



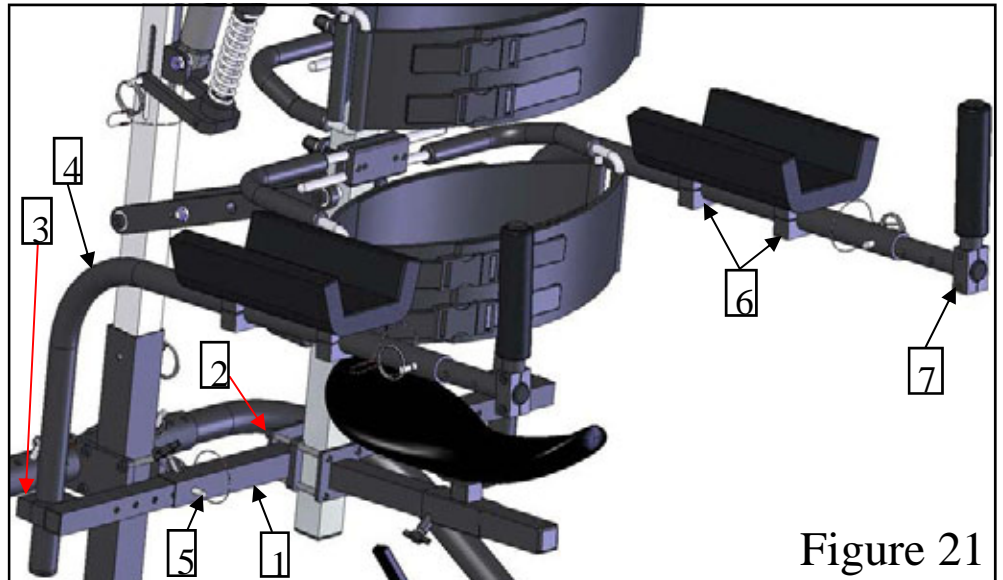
# OPTIONS

## Handholds with Arm Troughs:

Refer to Figure 21.

### Mounting Instructions:

1. Connect the cross bar (1) to the back column/seat post with the four Allen screws (2).
2. Slide the arm trough tubes (4) into the clamps on the cross bar, and tighten the Allen screws to secure.



### Adjustments:

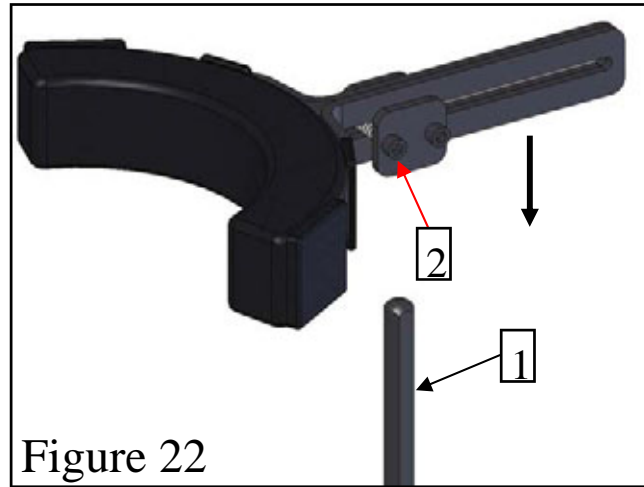
1. Height: Loosen the clamp (3) situated at the end of the extension tube, this enables the arm trough tube (4) to be located at the desired height.
2. Width: Loosen the clamping screw and remove the ball lock pin (5). Slide the extension tube to the desired width. Lock back in place with ball lock pin and tighten the clamping screw.
3. Arm Trough angle: Loosen the 4 Allen screws under the arm troughs (6). Rotate the arm troughs to the desired angle. Tighten the screws to secure.
4. Handle angle and depth: Loosen the Allen screw at the base of the handle (7). Place at the desired angle and location. Tighten the screw to secure.

## Neck rest:

Refer to Figure 22.

### Mounting:

1. To mount the Neck rest, first remove the Headrest pad. Do this by loosening the two Allen screws securing it to the vertical hex bar coming out of the top of the column.
2. Then, slip the Neck rest on to the top of the bar as shown in Figure 22.



### Adjustments:

**Height & Depth:** Loosen the Allen screws (2). Slide the neck rest to the desired height and depth on the vertical hex bar (1) and retighten the screws.

## Shoulder Pads:

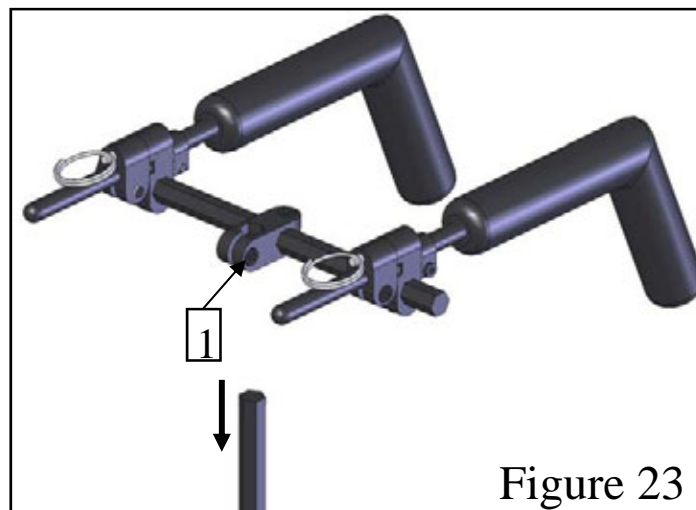
Refer to Figure 23.

### Mounting:

Same as Neck rest above.

### Adjustments:

1. Height: Loosen the Allen screw on the bracket (1). Slide the shoulder pads to the desired position, and retighten the screw.
2. Width: (Refer to Figure 24) Loosen the set screw (11) on the bottom of the pivot pin receiver (10). Slide the receiver along the hex cross bar (12) to the desired



width.  
Tighten  
the set  
screw.  
Repeat on  
opposite  
side.

3. Depth:  
Loosen  
the bar  
clamp (5)  
by  
loosening

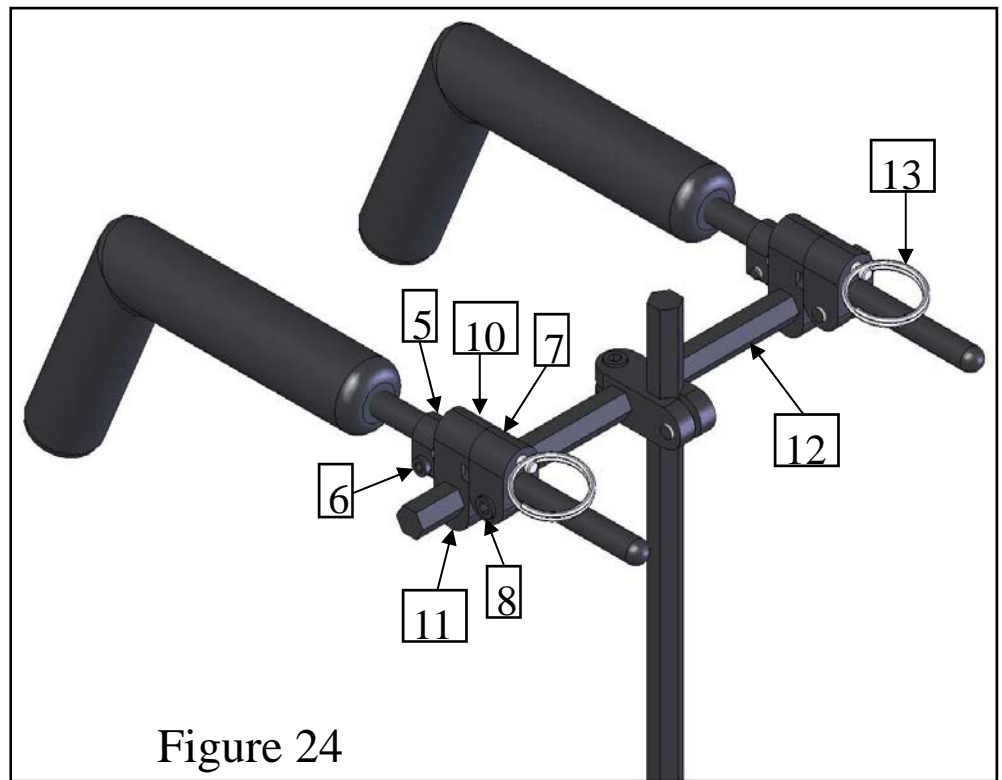


Figure 24

the Allen screw (6) on the side. Loosen the lock pin block (7) by loosening the Allen screw (8) on the side. Slide the shoulder pad back/forth to the depth which provides the appropriate amount of anterior support. Align the lock pin block (7), with the plunger pin (which is in side the lock pin block) on top so the shoulder pad will lock in position when in use and when pivoted out of the way. Tighten the Allen screw (8) to secure the lock pin block (7). Slide the bar clamp (5) against the pivot pin receiver (10) to provide enough tension to lock the pivot. Tighten the Allen screw (6) to tighten the bar clamp (5). Repeat for both sides.

4. Pivoting the shoulder pads: The shoulder pads can be pivoted out of the way while placing the child in or removing the child from the stander. Pull the ring (13) on the back of the plunger pin to release the pivot. To open, rotate the shoulder pad away from the column until the pivot locks. Repeat for both sides. To replace, pull the ring and rotate the shoulder pad in the opposite direction until the pivot locks.

# OPERATING PRECAUTIONS

1. Do not exceed the load limit shown on the name plate and in this manual.
2. The rear anti-tipper wheels need to be at least 1 inch (2.5cm) off the floor. If they are contacting the floor, the user cannot turn in the device.
3. Adjust the height of the seat prior to putting the user in the device.
4. Adjust the spring tension after loading.
5. If the rear column tilts forward spontaneously you need to adjust the angle and TIGHTEN the clamp screws.
6. Check periodically for loose screws, and tighten when necessary.
7. This device is NOT to be used as a transportation device, especially in motor vehicles.
8. Never make any tilt adjustments with the child in the Walkabout™.

# MAINTENANCE

Keep the stander clean. Wipe down all metal and upholstered parts with a damp cloth and dry.

Check weekly for frayed straps and Velcro™ which needs replacement. For the child's safety, discontinue use of the stander until worn Velcro™ and straps are replaced.

# TECHNICAL DATA

<b>Specifications:</b>	WA 3C	WA 4C
Physical weight of unit:	45 lbs (20.5 kg)	46.5 lbs (22 kg)
Weight Limit:	150 lbs (68 kg)	190 lbs (86 kg)
Seat Height:	23-33.5”(58-85cm)	27-37.5”(69-95cm)
Tilt Range:	75°-90°	75°-90°
Width:	26.5-32.5”(68-84cm)	26.5-32.5”(68-84cm)
Length:	33.5-38.5”(85-98cm)	33.5-38.5”(85-98cm)
Turn Radius:	23-28”(58-71cm)	23-28”(58-71cm)
Frame Color:	Black	Black
Upholstery:	Black	Black

## Materials:

Frame:	Powder-coated aluminum tube Stainless steel tube
Parts:	Powder-coated aluminum Black anodized aluminum Zinc plated stainless steel
Padding:	Neoprene foam
Fabric:	Nylon packcloth
Bumpers:	Solid gray cushion rubber with delrin bearing
Wheels:	Solid gray cushion rubber with double seal ball bearings

# **Mulholland**

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## **Positioning Systems Inc.**

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839 Albion Ave  
P.O. Box 70  
Burley, ID 83318

Phone: (208) 878-3840  
(800) 543-4769  
Fax: (208) 878-3841

[info@mulhollandinc.com](mailto:info@mulhollandinc.com)  
[www.mulhollandinc.com](http://www.mulhollandinc.com)