

# WALKABOUT™ 1 & 2 D

## User's Manual (IFU)



EC REP

Wellkang Ltd (www.CE-marking.eu),  
29 Harley St., London W1G 9QR, UK

MHRA #: CA 012023



# TABLE OF CONTENTS

Preface	3
Design Goals	3
Precautions	3
Program Recommendations	4
Components	4-5
Assembly	6-8
Adjustment Overview	9
Fitting Instructions	9-15
Measure the Child	10
Sit Bar, Hip & Upper Trunk Supports	10-11
Upper Body Pitch	11
Column Height	12
Spring Tension	13
Swivel Caster Lock	14
Adjustable Length Base	14
Headrest	15
No-Back Brakes	15
Options	16-21
Hand Holds & Arm Troughs	16
Clear Tray Assembly	17
Double Sit Bar	18
Abduction Skirt	18
Unicycle Saddle Seat	19
Neck rest	20
Shoulder Pads	20-21
Operating Precautions	22
Maintenance	22
Technical Data	23

## **PREFACE**

This booklet provides the information required for the set up and use of the Walkabout™ 1 & 2D. The use of this system can profoundly affect a child's growth and development, general health, and gait development, as well as improve their 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 such as kicking or marching.

Arrange obstacle courses to develop motor planning skills. Whenever possible, integrate the child while in the Walkabout™ into peer appropriate activities: soccer, “T” ball, family “chores”, ice-skating, etc.

## COMPONENTS REFER TO FIGURE 1.

1. Pelvic support
2. Thoracic support
3. Front column
4. Headrest
5. Spring stop assembly
6. Crank
7. Rear column
8. Tube adjustment clamps
9. Column brace
10. Base frame
11. Anti-tipper wheels
12. Toggle brake
13. Abduction skirt
14. Neck rest
15. Shoulder Pads
16. Back pad

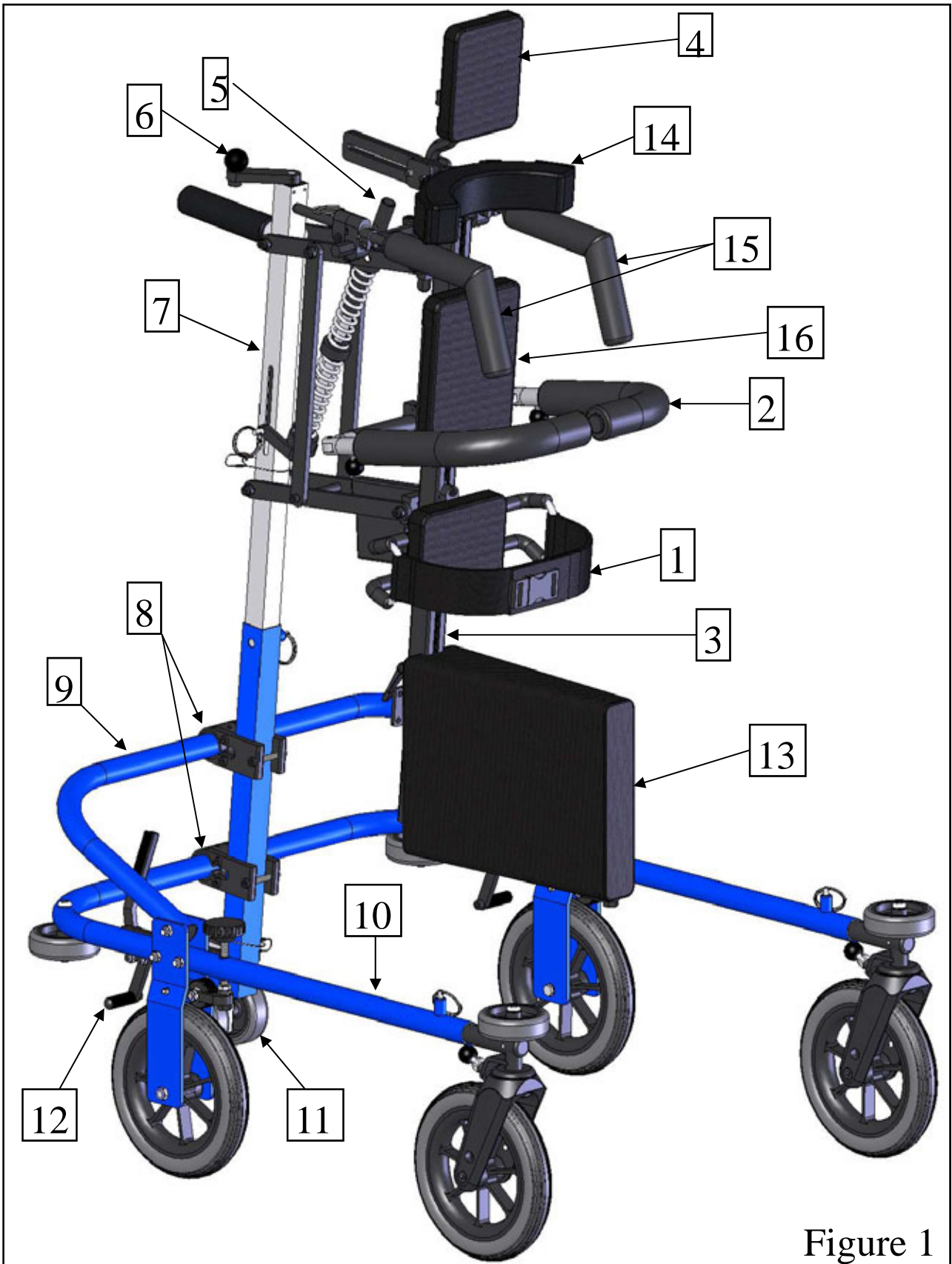


Figure 1

# 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.

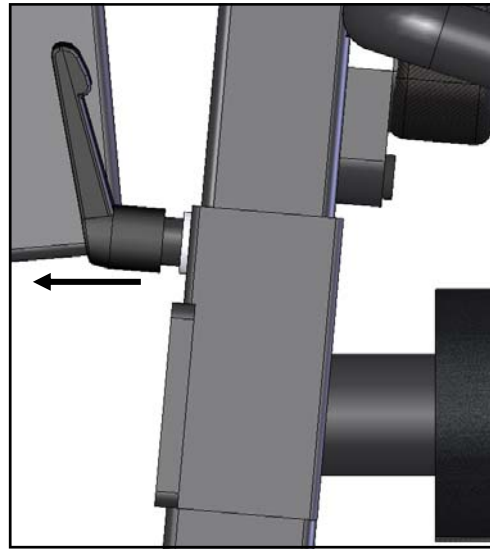


Figure 2

## 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.

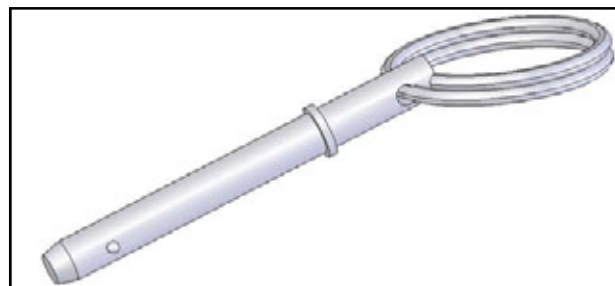


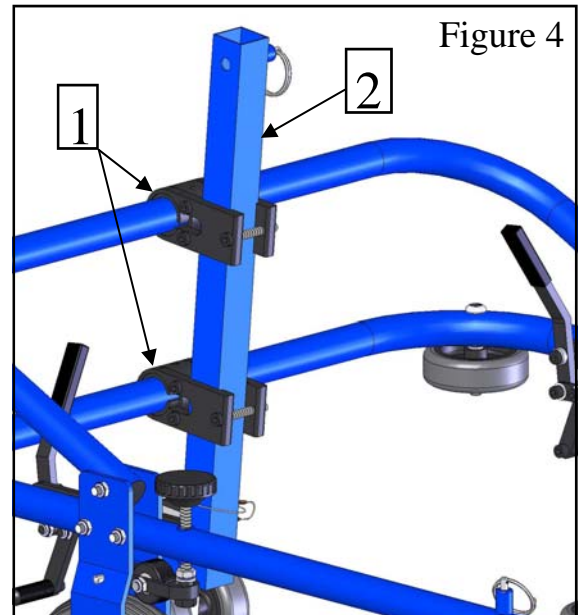
Figure 3

## Assembly Instructions:

### Column Adjustment Tube:

Refer to Figure 4.

1. Place the base assembly on the floor.
2. Loosen the six allen screws on the tube adjustment clamps (1).
3. Slide the column adjustment tube (2) through the tube clamps.
4. Tighten the front two Allen screws first, and then tighten the back four Allen 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 5.

1. Remove the ball lock pin (1) from the column adjustment tube.
- 2. *Adjust the anti-tipper wheels so they are 1 to 2 inches from the ground!***

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

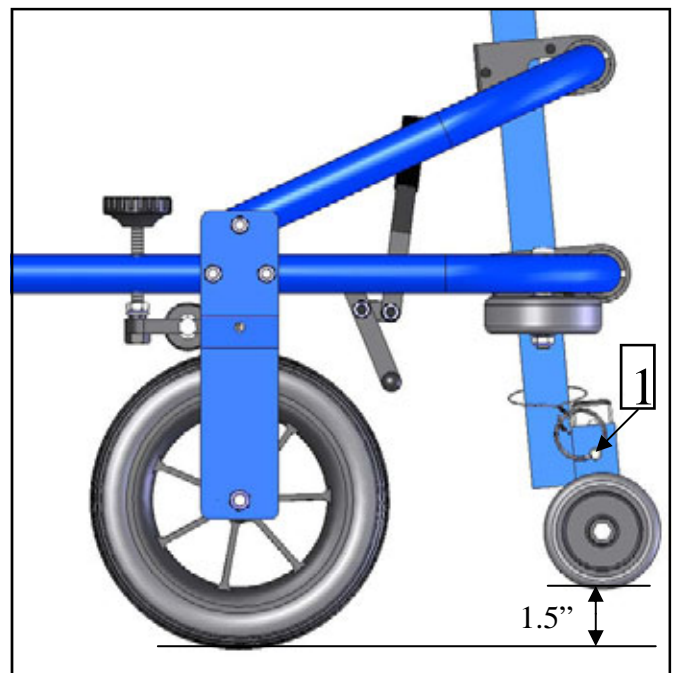


Figure 5

Spring Stop Assembly:  
Refer to Figure 6.

1. Remove the ball lock pin (1) and attach the bottom end of the spring stop assembly (2).
2. Reinsert the ball lock pin, to secure the assembly into place.

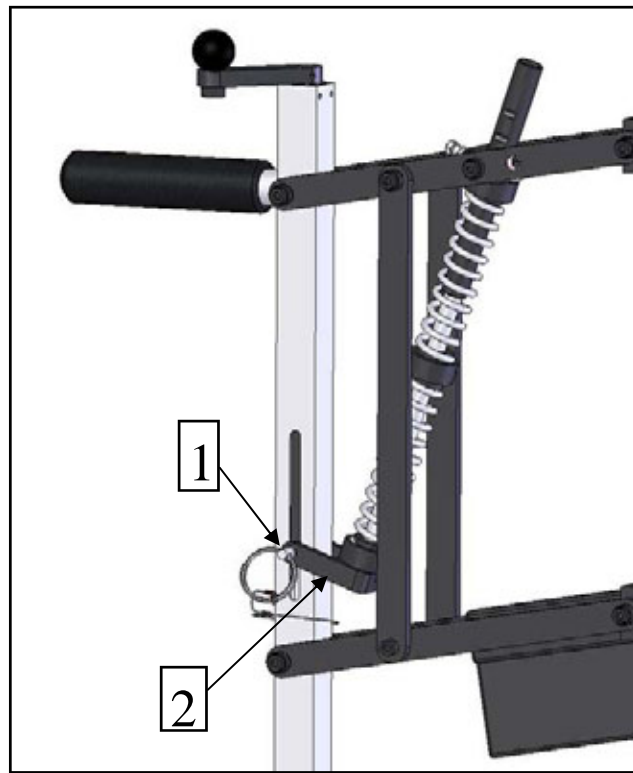


Figure 6

Column:  
Refer to Figure 7.

1. Loosen the T-nut (1) and remove the ball lock pin (2).
2. Slide the rear column (3) into the column adjustment tube.
3. Replace the ball lock pin and tighten the T-nut to lock the column assembly in place. (Keep reading for further instructions on fine tuning.)

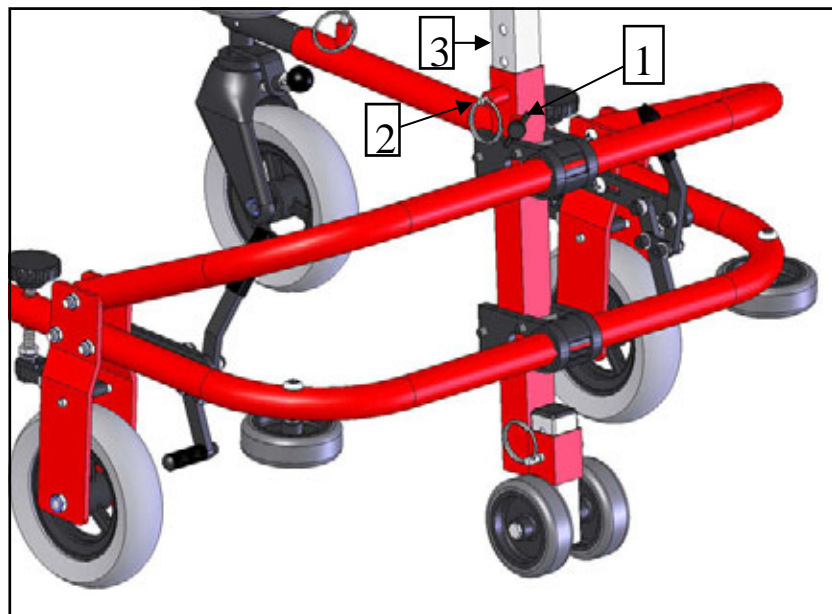


Figure 7

Completed Assembly:

Refer to the cover or Figure 1 on page 5 of the manual.

## **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:**

- Column Tilt (Pitch): Affects the child's orientation in space and can affect posture and tone.
- Column Height: Affects the degree of assistance that the stander provides (in addition to spring tension)
- Pelvic and Thoracic Supports: Provide precise proximal stability. These components also provide some of the fine tuning for trunk alignment and control.
- Spring Tension: Spring support can be increased or decreased by turning crank (refer to Components section for location).

## **FITTING INSTRUCTIONS**

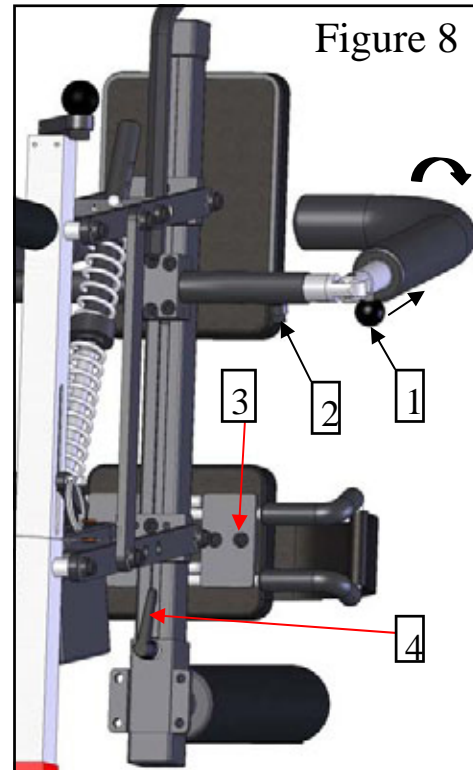
### **Measure the Child:**

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

## Sit Bar, Pelvic & Thoracic Supports:

Refer to Figure 8.

1. Open the front of the pelvic & thoracic supports by: releasing the buckle, unfastening the velcro®, pushing the black knob(1) forward, and swinging away the thoracic arms.
2. Loosen the two Allen screws (2) on the back of the thoracic assembly. The screws may be on top of the bar.
3. Adjust the width of the thoracic bars to accommodate the child's chest (use measurement #1). Make sure the bars are symmetrical on both sides. Tighten the two Allen screws. The length of the thoracic arms can also be adjusted by loosening the two Allen screws under the thoracic arms.
4. Pelvic Support: Loosen the four Allen screws(3) on the back of the pelvic bar clamps. Adjust the width of the bars to accommodate the child's hips (use measurement #2). Tighten the four Allen screws.
5. Sit bar height: Pull out on the adjustment lever(4) and rotate to loosen. Slide the the sit bar along the front column. Initially place the sit bar as high as possible on the column. Tighten the adjustment lever.
6. Pelvic support height: Loosen the two Allen screws in the front connected to the column. Place the pelvic support assembly as close to the sit bar 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 screws.

7. Thoracic support height: Loosen the two Allen screws on the back of the clamp block. Position the trunk support so the distance from the top of the thoracic support to the top of the sit bar is equal to measurement #3. Tighten both screws.

### **Pitch:**

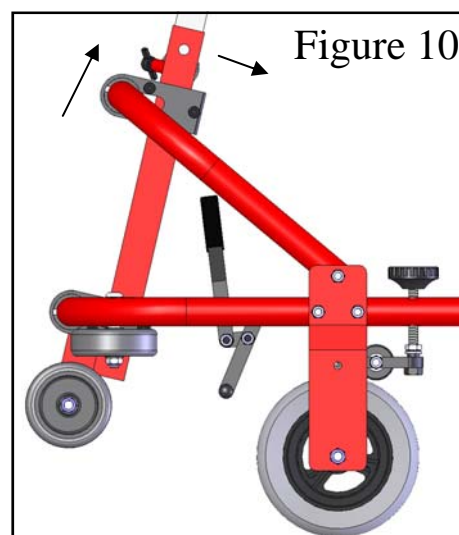
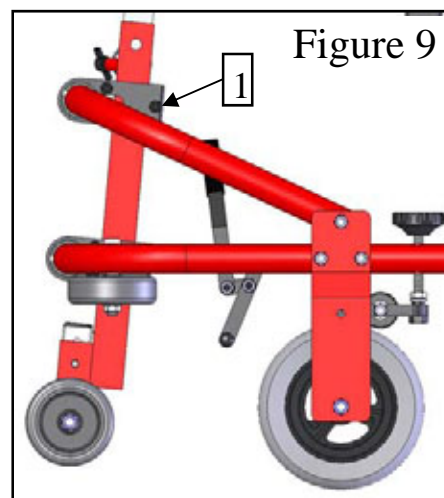
Refer to Figures 9 & 10.

The child's shoulders should be positioned slightly in front of his/her 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.

1. To achieve forward tilt of the upper body, unfasten the trunk support straps, shorten the back strap, and lengthen the front strap.

Lengthening the back strap and shortening the front strap tilts the upper body backward.

2. If more pitch is needed, the rear column can be tilted forward. Loosen the three Allen screws on the upper tube clamp assembly (Fig 9.1). Raise the upper clamp assembly and frame brace while tilting the column forward (Fig 10). 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 back upright.



## Column Height:

Refer to Figure 11.

After setting the pitch and the sit bar-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 remove the ball lock pin on the rear column adjustment tube.

b) Slide the rear column (2) up/down so that the sit bar 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 Tension:

Refer to Figure 12.

The sit bar, pelvic support, and thoracic support assist in lifting the child into standing. The amount of lift is controlled by the degree of spring tension.

1. Spring rate adjustment: The spring rate is the amount of force required to compress the spring a given amount. By sliding the black tubular spring stop (1) down, the spring becomes stiffer. To adjust, depress the silver slide lock button (2) and hold it in to release the spring stop.
2. Slide the spring stop up/down to adjust the spring assistance. Release the slide lock button to lock the spring stop in the desired position.
3. For additional spring adjustment, rotate the crank (3) clockwise (CW) to increase the spring tension or counterclockwise (CCW) to decrease the spring tension. Note: this adjustment can also be used to affect the height of the front column.

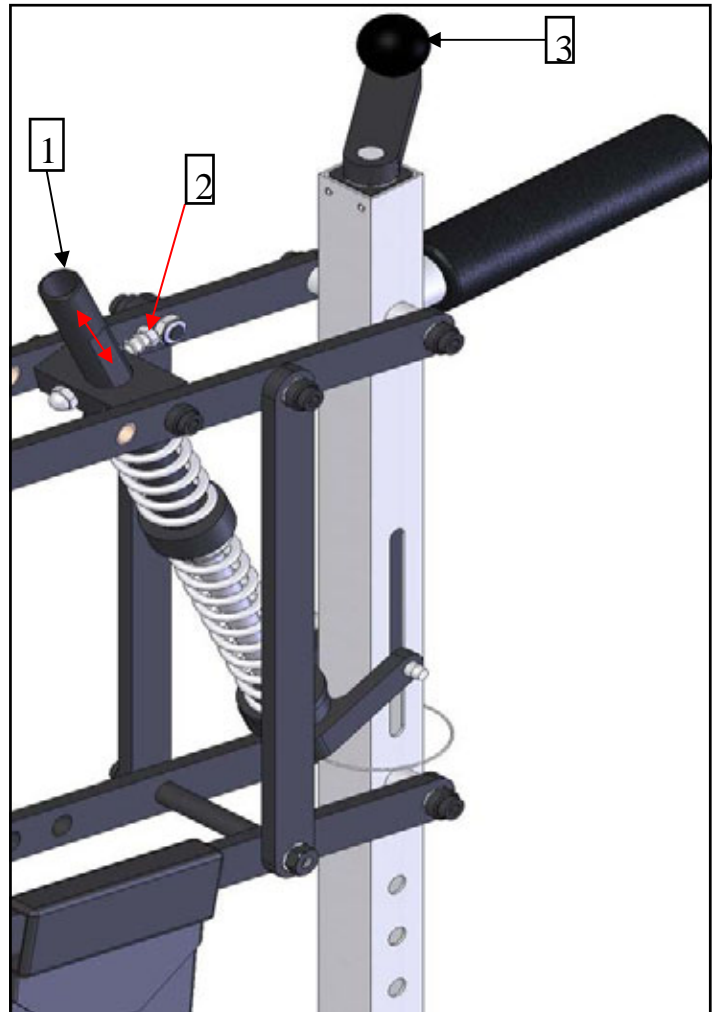


Figure 12

## 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.

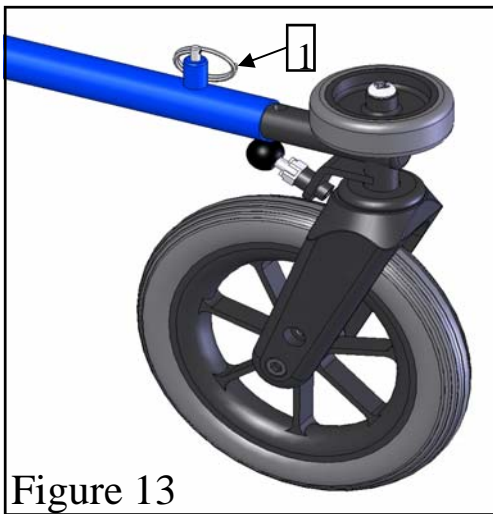


Figure 13

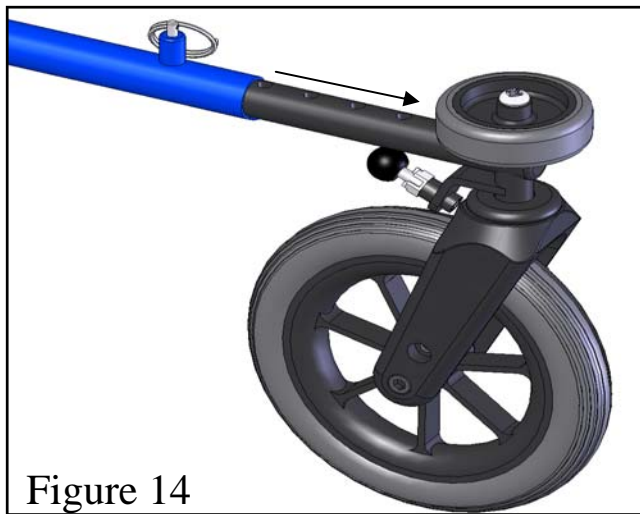


Figure 14

## Swivel Lock:

Refer to Figure 15.

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.

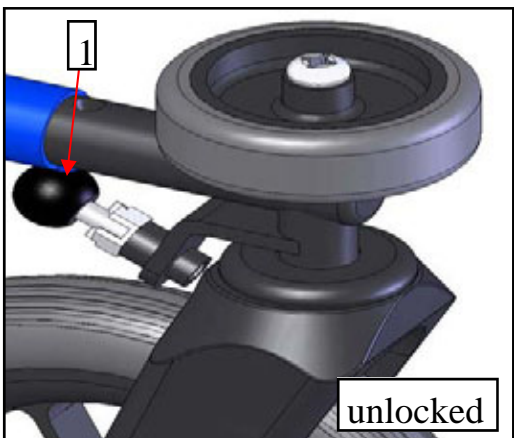
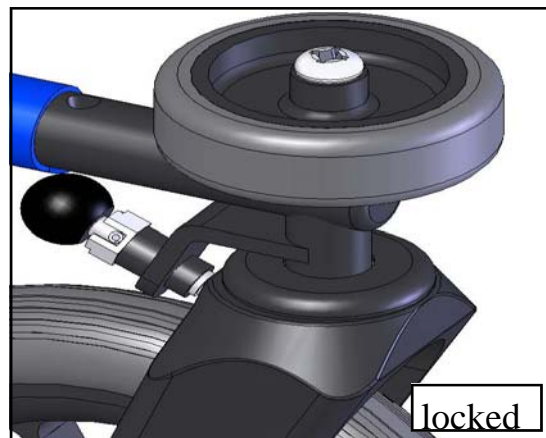


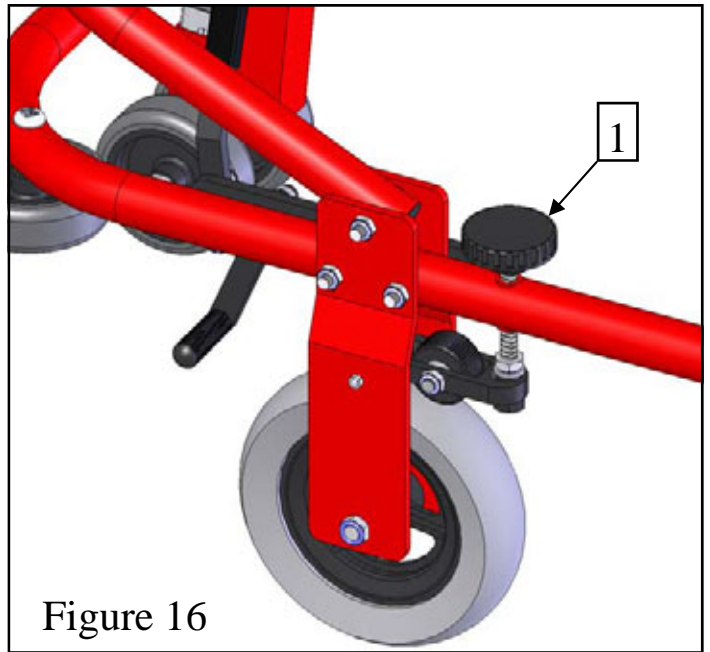
Figure 15



## No-Back Brakes:

Refer to Figure 16.

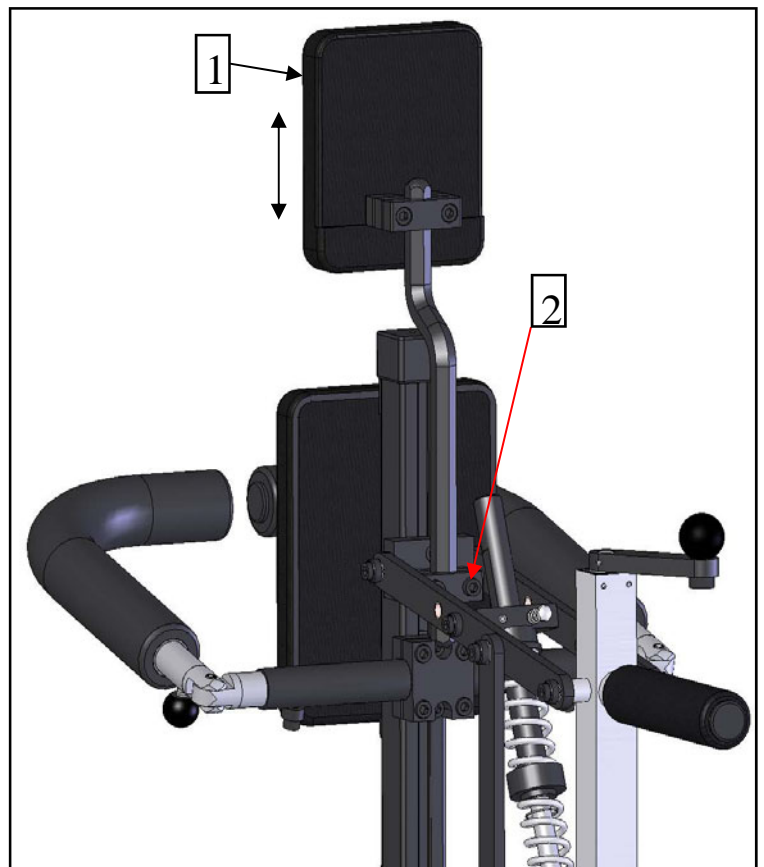
1. To engage the no-back brakes, turn the knob (1) clockwise, until the wheel can not spin backwards, but can still spin forwards.
2. For free wheel movement, turn the knob (1) counterclockwise.



## Headrest:

Refer to Figure 17.

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



# OPTIONS

## Handholds with arm troughs:

Refer to Figures 17A & 18.

1. Mounting: Hand holds with arm troughs are mounted on the back of the sit bar (3). It is easiest to mount with the sitbar removed from the column.

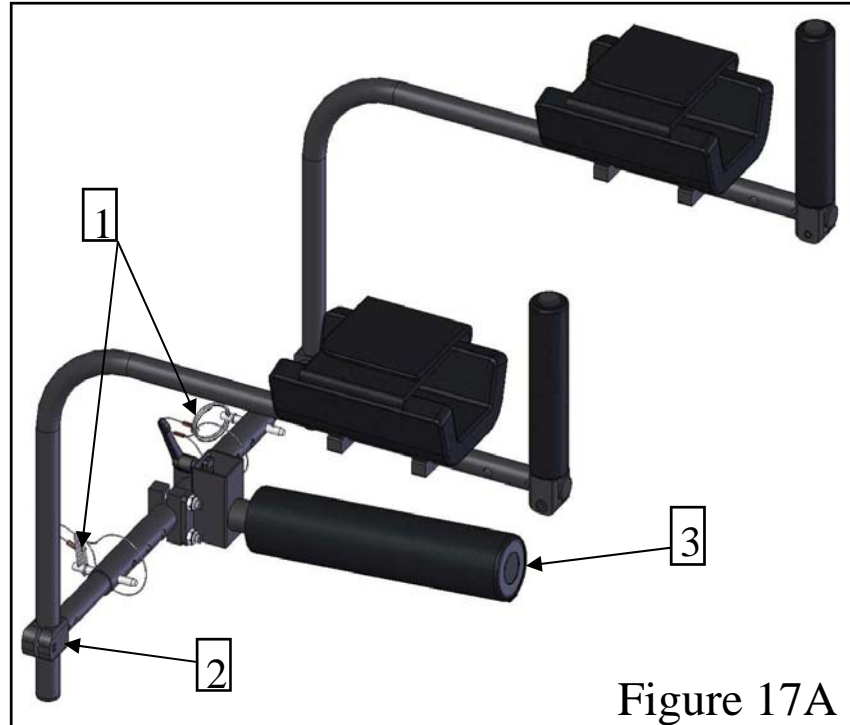


Figure 17A

2. Width: The width is adjusted by removing the ball lock pins (1) on the cross bar and sliding the tubes inwards or outwards.

3. Height: The height can be adjusted by loosening the clamps (2) and moving the hand hold posts up or down. Tighten the clamp again when adjusted to fit.

4. Reattach the sitbar (Figure 18).



Figure 18

## Clear Tray Assembly:

Refer to Figure 19.

**Mounting:** The tray mounting arms attach to the back of the sitbar, just like the hand holds. Please refer to the previous page for instructions.

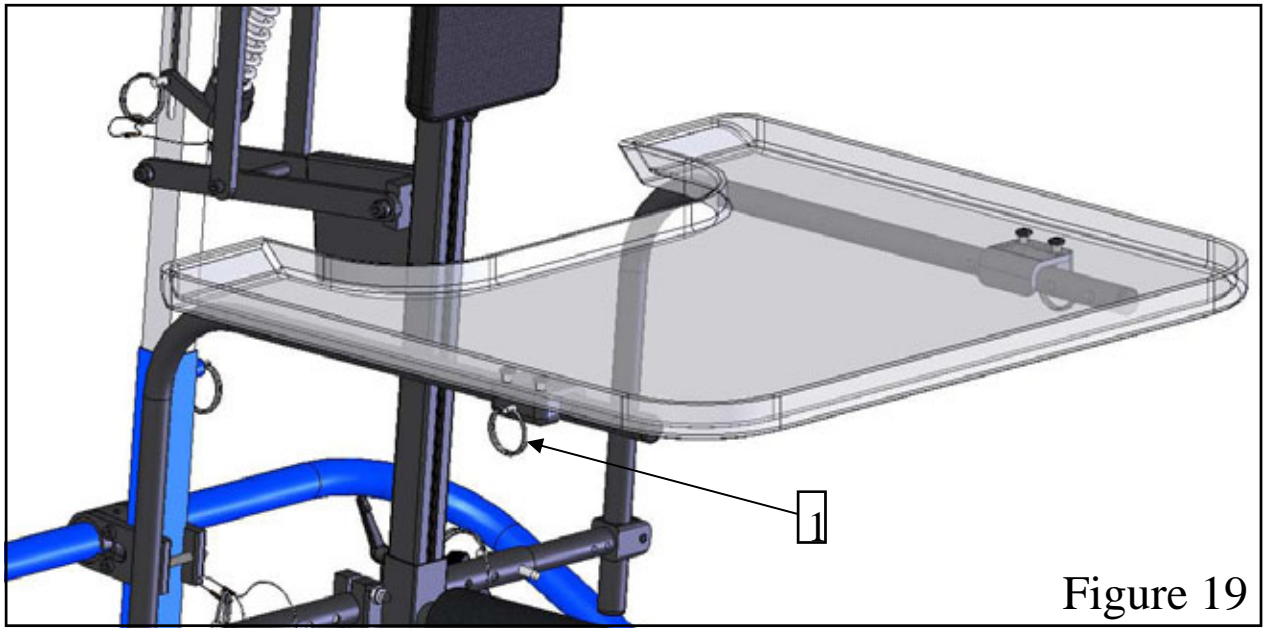


Figure 19

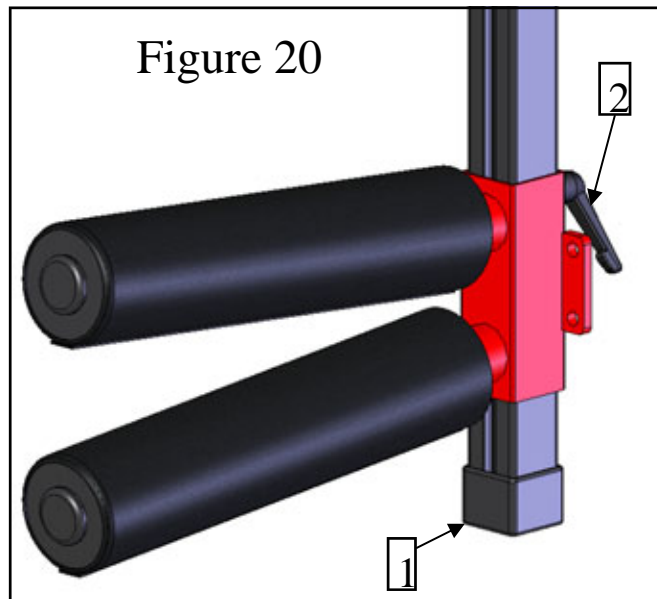
### Adjustments:

1. **Height:** Refer to the Handholds instructions on the previous page.
2. **Depth:** Pull the ring on the spring clamps (1), located underneath the tray. Slide the tray along the tray bar to the desired depth. Release the ring and ensure the tray locks into place.
3. **Removing the tray:** The tray must be removed to place in, or take the child from the Walkabout™. This is done by pulling the rings on the spring clamps (1), and lifting the tray off the support bars.

## Double Sit Bar:

Refer to Figure 20.

1. Remove the vinyl cap (1) and current seat.
2. Slide the sit bar onto the front column. Secure at the desired height with the adjustment lever (2). Reattach the vinyl cap.



## Abduction Skirt:

Refer to Figure 21.

1. Remove the current seat.
2. Slide the sit bar onto the front column. Secure at the desired height with the adjustment lever (1).

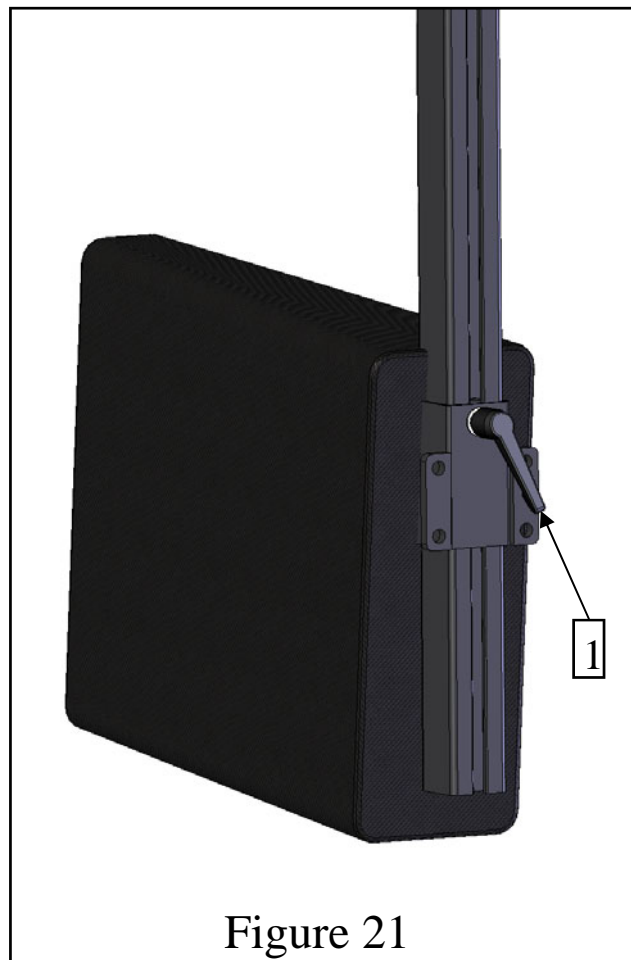


Figure 21

## Unicycle Saddle Seat:

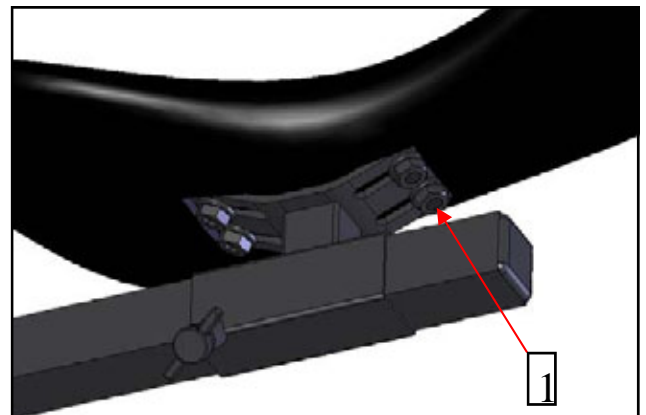
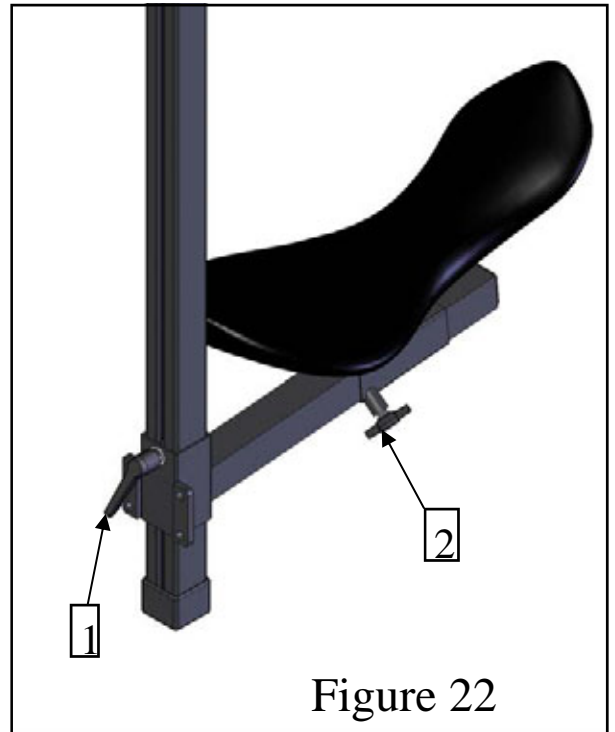
Refer to Figures 22 & 23.

### Mounting:

Refer to the Double Sit Bar instructions.

### Adjustments:

1. Height: Loosen the adjustable lever (22.1) and slide the saddle seat along the front column to the desired height. Tighten the adjustable lever.
2. Depth: Loosen the knob (22.2). Slide the saddle seat along the seat bar to the desired depth. Tighten knob.
3. Seat Angle: Loosen the four 1/4-20 nuts (23.1) underneath the saddle seat. Tilt the seat to the desired angle and tighten the nuts to secure.



## Neck rest:

Refer to Figure 24.

### 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.

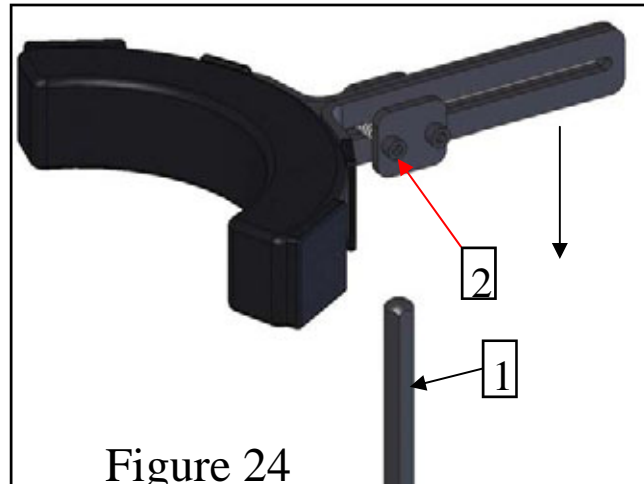


Figure 24

2. Then, slip the Neck rest onto the top of the bar as shown in Figure 24.

### 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 25.

### 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.

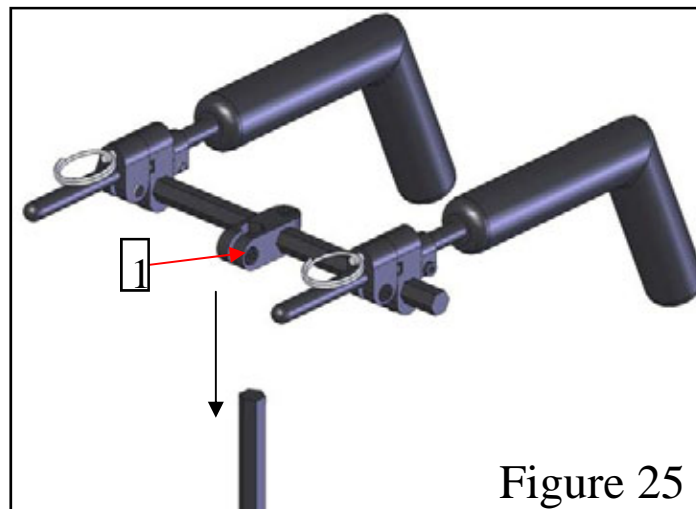


Figure 25

2. **Width:** (Refer to Figure 26) 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.

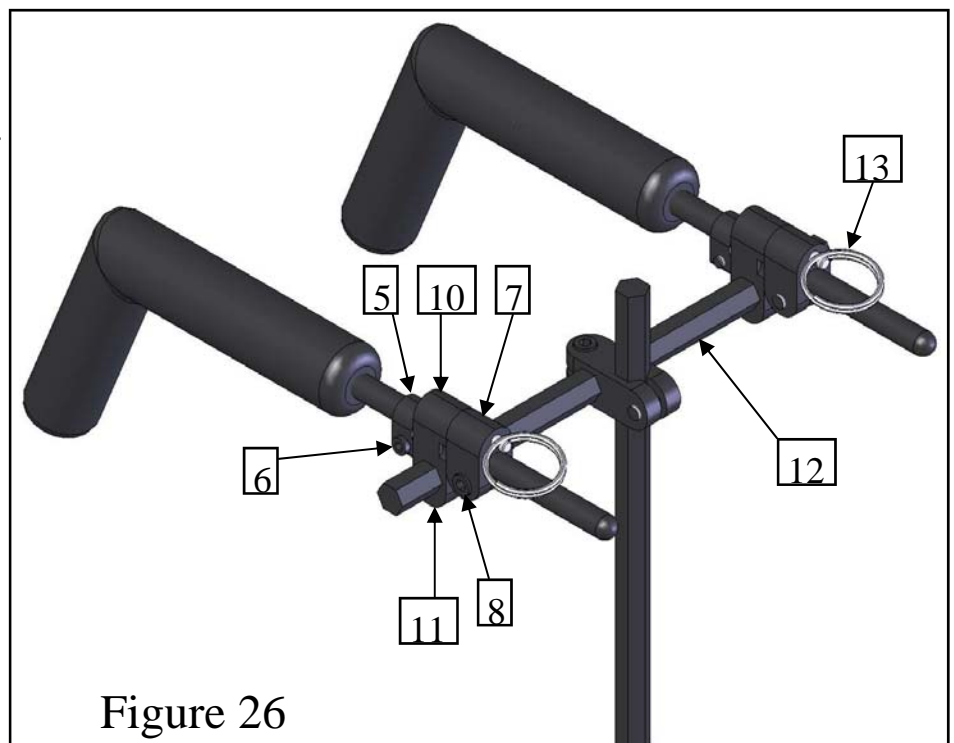


Figure 26

### 3. Depth:

Loosen the

bar clamp (5) by loosening 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 inside 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 released and 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

1. Keep the Walkabout™ clean. Wipe down all metal and upholstered parts with a damp cloth and dry.
2. Check weekly for frayed straps and velcro® in need of replacement. For the child's safety, discontinue use of the stander until worn velcro® and straps are replaced.

# TECHNICAL DATA

## Specifications:

	<b>WA 1</b>	<b>WA 2</b>
Physical Unit		
Weight:	26.5 lbs(12 kg)	31 lbs(14 kg)
Weight Limit:	55 lbs(25 kg)	80 lbs(36 kg)
Seat Height:	7.5-24.5'' (16.5-54cm)	10.5-31''(25-68cm)
Tilt Range:	75°-90°	75°-90°
Width:	22.5''(49.5cm)	24''(53cm)
Length:	25-30''(55-66cm)	31-38''(68-84cm)
Turn Radius:	14-19''(38-48cm)	18-23''(40-50cm)
Frame Color:	Corvel Red	Royal Blue
Upholstery		
Color:	Black	Black

## Materials:

Frame:	Powder-coated aluminum tube Stainless steel tube
Parts:	Powder-coated aluminum Black anodized aluminum
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**

---

## **Positioning Systems Inc.**

---

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)