

# THE HART WALKER PROGRAM



## What is the Hart Walker?

- The Hart Walker is a customised orthotic walking frame, which aids children with moderate to severe physical disabilities, especially those with cerebral palsy, to stand and to experience hands-free walking.
- It consists of bracing which attaches around the chest, pelvis and the lower limbs with movable joints at the hips, knees and ankles. This helps to guide each step while preventing any excessive or unnatural movements.
- The bracing is attached to a wheeled base, fitted with front swivel wheels, which provide good manoeuvrability.
- The Hart Walker is adjustable and “grows” with the child. Regular adjustments by the Hart Walker team cater for both natural growth *and* physical development so that any body bracing the child no longer needs is gradually reduced.
- Hart Walkers are generally suitable for children from the age of three to twelve years. Children can use Hart Walkers until their hip to instep measurement is approximately eighty-four centimetres.

## Benefits of the Hart Walker

- ✓ Hands free mobility
- ✓ Easier social contact
- ✓ Increased self-esteem that comes with standing, walking and playing at peer level.

Benefits may include:

- ▶ Increased general fitness
- ▶ Improved strength, muscle control
- ▶ Improved balance and coordination



## The Hart Walker Program

The Hart Walker Program is part of GOMobility, operated by The Spastic Centre. The Program was established with the generous assistance of Multiple District 201 of Lions International Inc. The Australian Lions Children’s Mobility Foundation provides funds for most of the Walkers.

The Hart Walker team is comprised of a physiotherapist and an orthotist who assess and fit the children and assemble and adjust the Walkers.

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The program is run from The Spastic Centre's McLeod Centre at Allambie Heights. Regular clinics are held at South and West Regional Office at the Fairfield City Marconi Centre and at various schools around Sydney.

The Hart Walker Program also visits rural and regional NSW on a regular basis.

## Referral and Entry

Children can be assessed for suitability at any time. Appointments can be made by phoning the number below. Referral may be made by a parent or other agent acting on behalf of the parent and with their written permission.

## Further Information

The Hart Walker Program, GOmobility, The Spastic Centre  
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