

## The Alinker “Keep Moving Programme”



The Alinker is a modified walking bike/trike that can be used for personal exercise or transport as well as rehabilitation. The aims of the Alinker include:

- Independent mobility, ability to go out by yourself.
- Functioning/moving at eye level once again.
- Building muscle strength.
- Increasing periods of activity with reduced fatigue.
- Reduced strain on lower limbs.
- Feeling socially engaged.
- Increased confidence.

Multiple Sclerosis Wellington (MSW) has a medium and a small Alinker that are stored at the Laura Fergusson Trust in Naenae, Lower Hutt. Laura Fergusson Trust professional team members are responsible for assessing each individual's safety and suitability for Alinkers as well as training participants in how to use the Alinker. A further assessment will be made after trialing the Alinker to determine if it has enhanced any aspects of your quality of life and wellbeing.

If you would like to try or borrow an Alinker from MSW you need to be set up by a health professional, as there are limitations and risks for its use for people with restricted mobility. Please contact us if you are interested in trialing the Alinker, phone 3888127 or email [info@mswellington.org.nz](mailto:info@mswellington.org.nz)

## Guidelines for using an Alinker

- The Alinker is suitable for people who weigh up to 120kg.
- You need to be able to stand up **safely and independently**.
- Please be aware that the Alinker is reasonably heavy and can be difficult to lift up both while trying to move it up a kerb but also when collapsed and placing in the car etc.
- You need to be able to step forward to sit on the saddle by approaching the bike from the back
- The seat height needs to be set so you have about 30 degrees of flexion at the hip and knee
- You need to sit right at the back of the seat – as this is how it is designed to be used, in posterior tilt and different to a normal bike.
- You must be able to grip and hold the handles
- You must be able to squeeze the brake with the right hand – if not, the brake can be changed to the left hand.
- You will be shown how to walk the legs in a long stride length reaching back behind you– if one leg does not function so well then this can rest on the front frame by the wheel.
- Practice and ensure you can safely get on and off the Alinker by yourself or with only minimal assistance.
- **Then it is vitally important that you practice with the experienced fitter in an environment that you plan to use the bike in. For example outside, up and down slopes, how to lift it up and down over the kerb etc.**

**Once you are deemed to be safe using the Alinker you can then arrange to borrow one.**

*Disclaimer: These guidelines have only been produced as recommendations on the safe use of the Alinker and Wellington Multiple Sclerosis Society and the Laura Fergusson Trust hold no responsibility or connection with Alinker to its actual use.*

## Assessment

(To be completed with a team member from the Laura Fergusson Trust.)

Not only is assessment important for your suitability and safety but also so that any benefits can be measured.

For each question, circle the number that best describes the level at which you experience problems/difficulties due to your MS. Add comments where appropriate.

### Initial assessment

Overall rating – circle one:

0 - None	1 – Mild MS does <u>not</u> interfere with activities; may use assistive device or medication	2 – Mild MS; interferes with activities 5 – 24% of the time	3 – Moderate MS; interferes with activities 25-75% of the time	4 – Severe MS; interferes with activities more than 75% of the time
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### Part A: Safety

1. Use of hands: Impaired strength or coordination in one or both hands

Left      0      1      2      3      4

Right     0      1      2      3      4

2. Vision: Difficulty seeing; double vision; other issues

0   1      2      3      4

3. Audition: Problems hearing, ringing in the ears

0   1      2      3      4

4. Dizziness: Feeling unsteady, dizzy, light-headed

0   1      2      3      4

5. Motor speech: Able to verbally communicate effectively

0   1      2      3      4

6. Mood: ongoing anxiety, depression, aggression, impaired insight

0   1      2      3      4

7. Pain: Physical activities are limited by pain

0   1      2      3      4

## Part B. Pre Alinker Trial

1. Mobility: Difficulty walking or moving; balance issues that interfere with moving about

0 1 2 3 4

2. Energy: current assessment of energy level of PwMS 0=low, 4=high

0 1 2 3 4

3. Cardiovascular fitness: 0=low, 4=high

0 1 2 3 4

4. Muscle tone/strength

0 1 2 3 4

5. Circulation

0 1 2 3 4

6. Social engagement: level of satisfaction in community connections

0 1 2 3 4

7. Overall perception of Wellness

0 1 2 3 4

## **Goals**

Key goals that you would like to achieve by participating in the Alinker Trial

### Part C. Post Alinker Trial

3. Mobility: Difficulty walking or moving; balance issues that interfere with moving about

0 1 2 3 4

4. Energy: current assessment of energy level of PwMS 0=low, 4=high

0 1 2 3 4

3. Cardiovascular fitness: 0=low, 4=high

0 1 2 3 4

4. Muscle tone/strength

0 1 2 3 4

5. Circulation

1 1 2 3 4

6. Social engagement: level of satisfaction in community connections

0 1 2 3 4

7. Overall perception of Wellness

0 1 2 3 4

### Goals

How did you go in achieving your goals?

## End of trial assessment

(To be completed with a team member from the Laura Fergusson Trust.)

### Key findings:

#### Score Comparisons Pre and Post Trial

Measurement	Pre Alinker score	Post Alinker score
Q1 - mobility		
Q2 - energy		
Q3 – cardiovascular fitness		
Q4 – muscle tone/strength		
Q5 - circulation		
Q6 – social engagement		
Q7 - wellness		
Total Score		

**Key comments from PwMS** (what worked well, what didn't, ideas/suggestions)

**Key comments from LFT Therapist** (what worked well, what didn't, ideas/suggestions)

## **Alinker Consent Form**

### **Recommendations for use**

It is recommended that the user seek advice and a review from a registered physiotherapist before using the Alinker to ensure suitability and safety.

### **Guidelines for use**

- Navigate kerbs and slopes in a controlled way.
- Use the handbrake and your feet to slow down when necessary.
- Know your limitation, keep the Alinker at a speed at which you can safely navigate obstacles.
- Regularly check the Alinker for correct operation of parts and do not use the Alinker when you know that any part is defective. Have the part repaired before using.
- Observe the traffic rules.

Please be aware that the Alinker is reasonably heavy and can be difficult to lift up both while trying to move it up a kerb and also when collapsed and placing in the car etc...

### **Informed consent**

- I am aware of my limitations and use the Alinker at my own risk.
- I understand that the Alinker is a valuable piece of equipment that belongs to the Wellington Multiple Sclerosis Society
- I agree to keep the Alinker safe and secure at all times while in my possession and make every effort to lock it up when not in use or cause any damage or destruction to it.
- I agree to accept liability for any costs of repair or replacement of the Alinker necessitated by my use of it, insofar as those costs and claims are not covered by insurance arranged by the Wellington Multiple Sclerosis Society.
- I agree to accept liability for claims by third parties relating to my use of the Alinker, insofar as those claims are not covered by insurance arranged by the Wellington Multiple Sclerosis Society

*I am aware of my own health and physical condition. Having such knowledge, I hereby acknowledge that this releases any providers, representatives, agents and successors from liability for accidental injury or illness, which I may incur as a result of participating in said physical activity. I hereby assume all risks connected therewith and consent to participate in said program. I agree to disclose any physical limitations, disabilities, ailments or impairments which may affect my ability to participate in said program.*

Borrower's Signature:

Name (Printed):

Address:

Phone:

Email:

Date:

I will borrow the Alinker for a maximum of six weeks with a phone/email follow up after three weeks.

Borrowed (date):

Follow up (date):

Return (date):

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**Wellington Multiple Sclerosis Society Inc.      Charity No: CC10482**

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