

Mobility



Rollator - Premium Folding Loop Brakes

234672

Folding aluminium rollator with lockable loop braking system. Other features include a padded seat, padded backrest and canvas bag under seat.



Deluxe Scooter

Deluxe 4 wheel scooter with soft riding rear tyres for shock absorption and off board battery charger. Front basket, rear view mirror and easy design for quick disassembly, and comes with rear bag and flag.



Walking Frame - Folding

Black: 234222 Bronze: 237647

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

Accessories



Wheels 5" - Pair
PDE 241091



Ski's - Pair
PDE 261629

Rehabilitation



Pedal Exerciser

234702

Can be used on a table top as an arm exerciser or placed on the floor to exercise the legs. Hook and loop straps hold feet firmly in the pedals.

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.

For a complete list of Making Life Easy Outlet's, please visit

www.mle.com.au

or call **1300 653 279**

Outlet Stamp

Hip or Knee Replacement

Version 5.0



Products that improve your life

 Making Life
EASY

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

Bathroom



Bathmat - Suction

234524

Hundreds of suction cups anchor this bathmat to the bottom of the shower or bath to provide a slip-resistant 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.

Chairs & Support



Comfort Knee Separator

252042

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

Household



Sock Aid

234710

Sock aid enables you to put your socks on 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.



Lift Chair - Premium

Three position lounge chair, right or left hand control. Available in Artic Blue, Chocolate, Oatmeal and Royal Blue.



Reacher - Folding

234826

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