

# Buddy Bar

## Frequently Asked Questions

Here we answer your questions received through our social media sites and our website.

If you have other questions or comments please contact us at: [www.mybuddybars.com](http://www.mybuddybars.com)

**Q.** Can Buddy Bars help me exercise?

**A.** Oh yes!! “Sit-to-stand” is one of the most impactful exercises you can do and is often recommended by professional caregivers.

Try by starting with a few up-down movements and then see how quickly you can increase them and build up your strength and balance.

**Q.** Could my wheelchair or commode move or tip when I use my Buddy Bars?

**A.** This is a great question and very important. Buddy Bars are designed to support you when you pull on them to stand up and to balance.

They are not designed to hang onto and carry your whole weight. Because they are extended, putting all your weight on the grips could cause the wheelchair to tip.

So, it is important to follow the **INSTALLATION GUIDE** and **SAFETY GUIDELINES** carefully.

Always lock your wheels, apply your anti-tipping device, and tie down your commode (permanently or using the strap supplied with your Buddy Bars) before using Buddy Bars.

If you follow these guidelines, you will safely use your Buddy Bars.

**Q.** How much weight can my Buddy Bars take?

**A.** The Buddy Bar is designed to take the load applied by a heavy person to pull themselves upright. Only fixed frame equipment is designed to take the full weight of a person

**Q.** What about shoulder-joint integrity and the risk of injury when using Buddy Bars?

**A.** Buddy Bars engages your larger muscle groups and reduces the strain on your arm and shoulder muscles. By grabbing the grip handles, gently rocking forward, and pulling down, in one continuous movement, you are able to easily stand upright with far less impact on your body.

Always consult with a physician if you're having shoulder pain, to make sure Buddy Bar is right for you.

**Q.** Once I am upright, how do I transfer to another surface?

**A.** If you have trouble transferring, you should always have your caregiver next to you to support you. Typically, a user will transfer to a walker. In this case, you place one hand on the nearby walker while holding onto the other Buddy Bar to keep your balance. Once you have a hand securely on the walker, you can release the other hand and place it on the other handle of the walker. Then push off and on to your destination!

- Q.** Can I run into things when my Buddy Bar is extended?
- A.** Normally not. When fully deployed, Buddy Bars only extend as far as the elevated leg rest, and your Buddy Bars can be easily stowed away, neatly under the arm rests.
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- Q.** Where can I buy Buddy Bars, and what do they cost?
- A.** Buddy bars can be ordered through our website [www.mybuddybars.com](http://www.mybuddybars.com) and will soon be available in your local mobility store
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- Q.** Do I need to take special care when storing my wheelchair when my Buddy Bars are installed?
- A.** Yes! Buddy Bars are not designed to take the load of a wheelchair. The fixing brackets can bend if overloaded. To prevent bending eg. by snagging of the grip handlebars or lifting the full wheelchair weight by a bar, it is important to **REMOVE THE GRIP HANDLE BAR FROM THE EXTENSION BAR** before loading/unloading into a vehicle or other constrained or clutter storage space. Do not load the Buddy Bars with heavy goods or equipment. If the brackets bend, **DO NOT USE YOUR BUDDY BAR**. The product should be returned to the place of purchase or contact your DME, caregiver or Stand Yourself Up LLC, to have your Buddy Bars replaced.

**IF YOU HAVE QUESTIONS REGARDING BUDDY BARS USAGE, DON'T  
HESITATE TO CONTACT US**