

Walker fitting



Setting the height: The grips should be at or slightly above the wrists when standing slightly inside the walker.

Using the walker: firmly grip the handles while standing. Try to walk while staying somewhat within the walker. The walker should not be out in front of you.

Sit to Stand with Front Wheel Walker



IMAGE 1



IMAGE 2



IMAGE 3

When transferring from sitting to standing, it is important to remember proper form to make your movements easier and prevent injury.

- If standing from a wheelchair, lock the brakes first.
- Sit upright on a bed or chair with your walker in front of you.
- Scoot towards the edge of the chair, placing your feet flat on the floor.
- Lean your torso forward, bringing your nose in front of your toes and press up into a standing position using arms and legs.
- As you stand up, move your hands from the armrests on the chair to the handles on the walker (Image 2).

To return to a seated position:

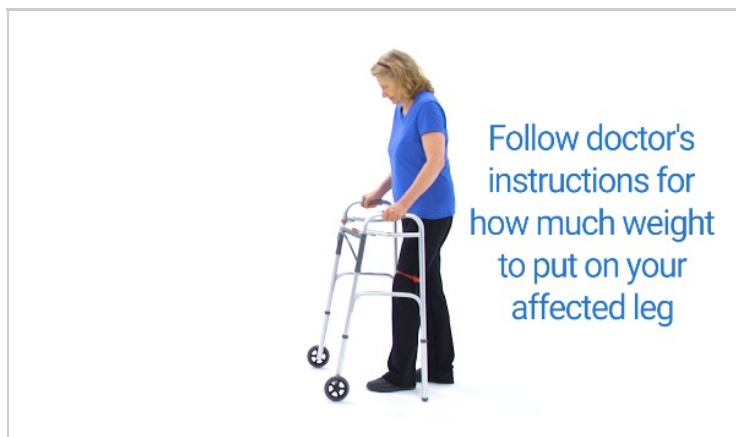
- Begin standing in front of the chair, so the backs of your legs are touching the seat.

- Reach back with your hands as you bend your hips and slowly sit your bottom back toward the chair (Image 3).

Walking with a Front Wheel Walker - Partial Weight Bearing



Step 1: Push your walker forward.



Step 2: Use arms for support as you step forward with your affected leg.



Step 3: Step forward with your unaffected leg.

Your doctor has instructed you to be **Partial Weight Bearing**: When you stand or walk, you can place some of your weight on your affected leg. Your doctor will tell you how much weight is okay.

Using a walker can help you stay balanced and keep weight off of your affected leg. Be sure to follow any specific instructions from your healthcare provider.

- Begin standing with your walker in front of you, holding onto the handles of the walker.
- Push your walker forward at arms length, so the back legs of the walker are even with your toes.
- Use your arms for support as you step forward with your affected leg. Your foot should land in the frame of the walker. Only put as much weight on your affected leg as your doctor instructed and use your arms to support the rest of your body weight.

- Lastly, step forward with your unaffected leg to bring your feet together.
- Repeat this pattern as you walk.

Tips:

- Make sure all four legs of the walker are level on the ground before you take a step.
- Look forward as you walk. Do not look down at your feet.

Going Up and Down Stairs with Walker

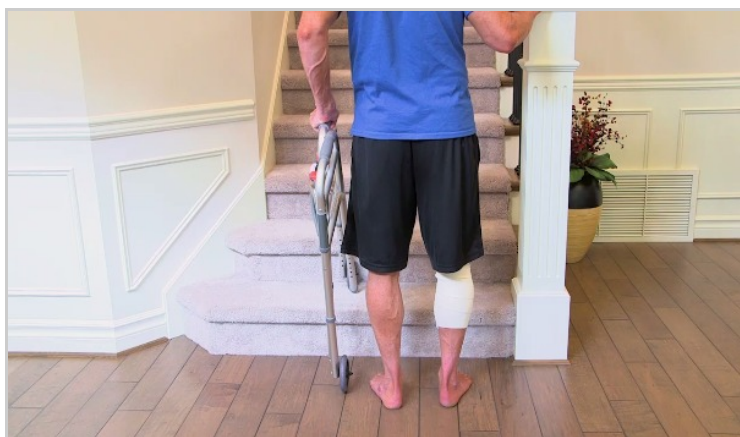


IMAGE 1

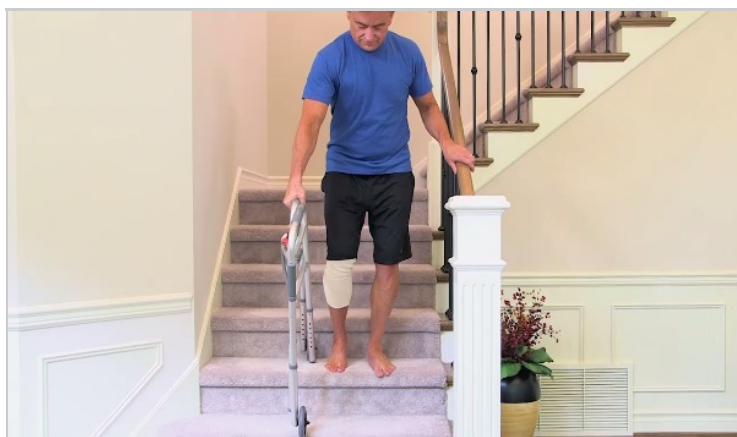


IMAGE 2



IMAGE 3

When going up stairs with a walker, it is important to remember proper form to make your movements easier and prevent injury.

- Begin facing the stairs with your walker folded in one hand and your other hand resting on the railing. Make sure to stand as close to the bottom of the stairs as possible (Image 1).
- Wedge the front wheel of your walker at the bottom of the next step, keeping the back wheel on the ground.

- Next, bring your nonsurgical or uninjured leg up, using the railing and your walker for weight bearing as instructed, then follow with your surgical or injured leg.
- Continue this pattern until you reach the top.

To go down stairs:

- Begin at the top of the stairs with your walker folded in one hand and your other hand resting on the railing. Make sure to stand with your toes close to the edge of the step.
- Lower the front wheel of your walker onto the step below you, keeping the back wheel in contact with the base of the step above (Image 2).
- Then bring your surgical or injured leg down, followed by your nonsurgical or uninjured leg, using the railing and your walker for weight bearing as instructed.
- Continue this pattern until you reach the bottom.

Tip:

- Make sure you have your balance before you continue onto the next step.
- Remember to lead with your strong leg, or good leg, going up stairs and lead with your surgical leg, or bad leg, going down stairs (Image 3).