



# Walking With a Walker

Weight-bearing status: \_\_\_\_\_

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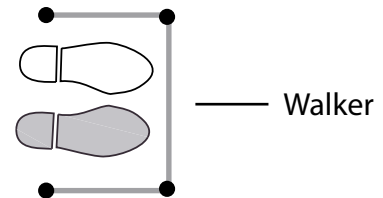
1. Stand in the middle of the walker. See the diagram at right.



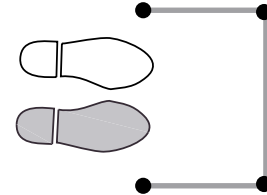
= affected (weaker) leg



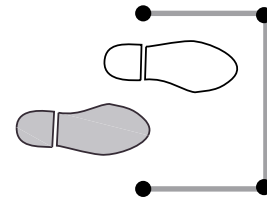
= stronger leg



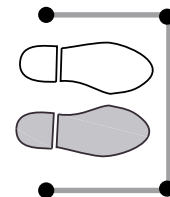
2. Grasp the walker grips with your hands. Then move the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes. See the diagram at right.



3. Step forward with your affected (weaker) leg into the middle of the walker. See the diagram at right. Continue to grasp the walker grips with your hands.



4. Then step forward with your stronger leg. See the diagram at right. As you do so, keep weight off your weaker leg by supporting some of your weight with your arms.



**Repeat steps 2, 3, and 4** above — move the walker, then your weaker leg, and then your stronger leg.

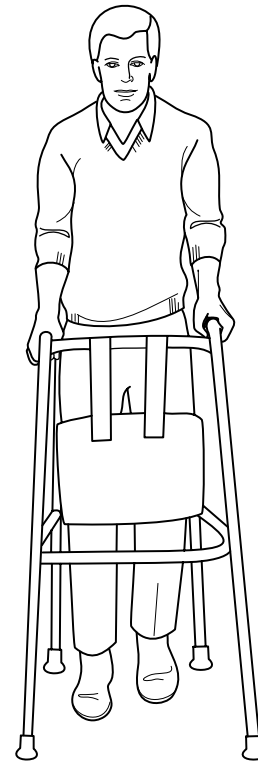
## WALKING WITH A WALKER

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### Safety tips

- **Do not** take a step until all 4 legs of the walker are level on the ground.
- **Do not** place the walker too far ahead of you. Keep the walker's back legs even with your toes.
- To get up from a seat, **do not** pull up on your walker. Push up from your seat.
- **Do not** lean forward over your walker. Work at keeping good posture.
- Be careful when you walk from a tile or hardwood floor to a carpeted floor.
- Be careful when you step into or out of an elevator.
- **Do not** use your walker on stairs or on an escalator.
- Check the rubber tips on the legs of your walker often. Replace the tips when they become worn. You can buy new tips from a drug store or medical supply dealer.

**Note:** Your therapist may give you other methods for safe walker use based on your needs.



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