

Instructions For Using A Walker



This information is designed to help you use your walker properly and safely. Please continue to use your walker until you receive further instructions from a physician or physiotherapist.

ADJUSTING THE HEIGHT OF THE WALKER



- Stand inside the walker and let your arm hang by your side. The handles of the walker should come to the level of your wrist crease. Make sure all four legs of the walker are evenly on the floor.
- To adjust the height of your walker, look for the button on the leg of the walker. Push this button in and push or pull the leg to the desired height.

WALKING WITH A WALKER

- Move the walker ahead first.
- Make sure you lift all four legs of the walker and set them down together.
- Take a step with your sore leg into the walker and then take a step with your good leg, using your arms and walker to support your weight.
- When taking the step with the good leg, step slightly past the sore leg.
- Leave some space between you and the front of the walker.

Then start the sequence again.

Follow the Instructions provided by Physician or Therapist

☐ WEIGHTBEARING AS TOLERATED

- You are allowed to take as much of your weight on your sore leg as you can tolerate, putting the remainder of your weight through your hands.

Follow the stepping sequence above

☐ PROTECTED OR PARTIAL WEIGHTBEARING

- As you step onto your sore leg, put part of your weight through your sore leg and part of your weight through your hands.
- Follow the stepping sequence above.

☐ TOUCH OR FEATHER WEIGHTBEARING

- You can touch your sore leg to the floor when you move it ahead, but put as little weight as possible on it.
- Put most of your weight on your hands when stepping onto your good leg.
- Follow the stepping sequence above.

□ NON-WEIGHTBEARING

- Do not let your sore leg touch the floor.
- Move the walker ahead and with all of your weight on your hands, “hop” with your good leg.

This information can be used for a variety of patient populations:

- Frail elderly.
- Post operative orthopedic procedures, eg. Total hip/knee.
- Lower extremity injuries where balance is a concern.



If you have any questions regarding your walker please contact:

Physiotherapy Department

Monday to Friday

8:00 – 4:00



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