WALKER WALKING INSTRUCTION SHEET

STANDING UP

1. Keep the walker directly in front of the chair and close enough to be within your reach to rise to stand.
2. Shift to edge of chair.
3. Keep foot of strong leg positioned on floor under thigh and place hand from strong side onto chair.
4. With hand on walker (weak side) and hand on chair (strong side) push up to a standing position with weight on strong leg. (Maintain balance with walker).
5. Grasp the hand grips of the walker.

WALKING

1. Place walker in front of you so the rear walker legs are approximately opposite the mid-portion of your feet.
2. Step with weak leg first.
3. Shifting weight to arms and hands, step up to the front rail of the walker with strong leg.
4. Have someone beside you to assist you with maintaining balance until you are skilled enough to walk independently.

SITTING DOWN

1. Move back toward chair until chair is felt with back of strong leg.
2. With one hand on walker (weak side), reach back with hand (strong side), lower body toward chair using free hand and walker to control descent into chair.

SAFETY

INDOORS
1. Throw Rugs
2. Visible cords
3. Small animals
4. Little children
5. Toys
6. Wet tile/linoleum floors

OUTDOORS
1. Uneven pavement
2. Loose gravel
3. Oil, or other substances
4. During first minutes of rain

HELPFUL HINTS

1. When turning with walker, pivot slowly to avoid losing your balance.
2. Allow yourself plenty of time to get where you are going.
3. Take small steps, do not rush.
4. Change positions slowly.

FITTING PATIENT WITH WALKER

1. Height of walker should be adjusted so that the top of the walker is level with your wrist crease.
2. The angle of elbow flexion should be approximately 20 to 25 degrees.
INSTRUCTIONS FOR GOING UP AND DOWN STEPS AND CURBS WITH WALKER

GOING UP

1. Walk up to the step or curb placing your walker approximately six inches away from the step/curb.
2. Support yourself on your walker and step up onto the step with your strong leg.
3. Using your strong leg, bring the rest of your body and your walker up to the next step/curb.
4. Repeat procedure for steps.

GOING DOWN

1. Walk up close to the edge of the step/curb (4-5 inches), support weight on your strong leg.
2. Lower your walker and your injured or weak leg down to the step/curb below.
3. With support on your walker, bring your strong leg down to the step or off of the curb.
4. Repeat procedure for steps.

SAFETY

1. Always have another person with you to assist you with going up and down stairs, until you are able to use your walker without losing your balance.
2. Try to avoid using stairs, if possible.
3. Take your time. Do not rush.

HELPFUL HINTS

1. The rule to remember when going up and down steps or curbs is: “Up with the good and down with the bad”. This means you go up with the strong leg and walking down you go down with the walker and the weak leg.