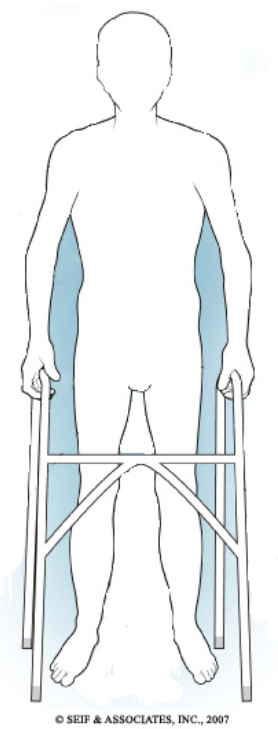
Walker Use

HOW TO TELL IF A WALKER IS THE RIGHT SIZE

- With your arms hanging at your sides, the walker handles should be at wrist level.
- Adjust the height by using the push buttons on the legs of your walker.
- In rest position, keep the walker slightly in front of you, with your weight on the good leg and hands.
- In rest position, your elbows should be at about a 30 degree bend when your hands are on the handgrips.
- Ask your physical therapist or caregiver if you have any concerns.



HOW TO USE THE WALKER

- Pick your walker up (**do not** slide your walker) and place it one step length in front of you. As you set it down, make sure all 4 leg tips contact the ground at the same time.
- Hold onto the walker for support as you step forward with your weaker leg. Follow the weight bearing instructions your caregiver has given you. Your foot should be placed down even with the back legs of the walker.
- Push down with your hands and step forward with your stronger leg.
- Be careful not to let the walker get too far ahead of you as you walk.
- Repeat the process for each step.

STANDING UP FROM A CHAIR WITH ARMRESTS

- It is best to sit in a firm chair with armrests.
- Position your walker directly in front of your chair. **Do not** pull on the walker when standing up. It is too unstable to support weight when pulled on.
- Slide forward in the chair, with your weaker leg ahead and stronger leg bent near the chair.
- Lean forward and push up from your chair with both hands on the armrests. Straighten your stronger leg, rising to standing. **Do not** push up from the walker. This may cause it to tip.
- When you are standing, move one hand at a time to the walker.
- Stand for a few seconds to stabilize your balance before you start to walk.

STANDING UP FROM A CHAIR WITHOUT ARMRESTS

- It is best to sit in a firm chair. An overstuffed chair or sofa is hard to get out of.
- Place the walker in front of you. **Do not** pull on the walker when coming to a standing position.
- Slide forward in the chair, with your weaker leg ahead and stronger leg bent near the chair.
- Push down on the chair seat with the hand opposite your weaker leg. Keep your other hand on the center of the walker's crossbar.
- Stand, steady your balance, and place your hands on the walker handgrips.

SITTING DOWN

- Always back up toward your chair, using your walker, until you feel the back of your legs touch the chair.
- Sit down slowly without falling into your chair.

SAFETY TIPS

- Ask your physical therapist to teach you how to go up and down stairs safely.
- Make sure you have good rubber tips on the legs of your walker to prevent it from slipping.

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