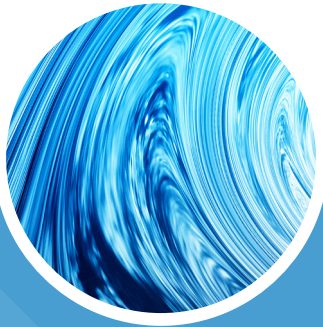


How to Use a Walker



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Weight Bearing Status

Weight-bearing status is the amount of weight you are allowed to put down on your injured leg.

Your weight bearing status is:

Non weight bearing (NWB):

No weight is allowed on your injured foot.

Your foot must be off the floor entirely.

Toe touch weight bearing (TTWB):

You may rest your injured foot on the floor for balance only. Pretend there is an egg under the ball of your foot that you must not break.

Partial weight bearing (PWB):

You may put some weight, as directed by your doctor, on your injured leg.

Full weight bearing (FWB) or weight bearing as tolerated (WBAT):

You can put as much weight as you can tolerate on your injured leg.

Walking With a Walker

1. Pick up the walker and move it forward about 8 to 12 inches. For rolling walkers with wheels, push it forward.
2. Put all four feet of the walker down at the same time.
3. Move your injured leg forward.
4. Push down on the handgrips and move your good leg forward. Put weight on your injured leg as your doctor or therapist shows you.



Using Stairs

There is no safe way to go up and down stairs using a walker. Avoid it if you can.

If you must use stairs, a therapist will show you one of the following ways.

■ Without a walker:

1. Have a person on either side of you supporting your elbows and hands. Push down on this support as if it were a railing.
2. Have a person on one side of you supporting your elbow and hand, and have a handrail on the other side.
3. If available, use handrails on both sides of you. Otherwise, use both of your hands on one handrail.
4. Sit down and scoot up or down the stairs on your buttocks if your doctor gives you the OK.

■ With a walker:

1. Use a handrail on one side and the walker turned sideways on the other side.

Stairs vary and the walker may not fit safely. Use caution.

Sitting Down in a Chair or on a Bed

1. Back up to the chair or bed until you feel it against the back of your legs.
2. If you cannot put full weight on the injured leg, stretch it out in front of you.
3. Reach back for the seat of the chair, arm rests or mattress and lower yourself slowly.

Do not hold on to the walker as you sit down.



Getting Up From a Chair or Bed

1. Place the walker close in front of you.
2. Sit at the edge of the chair or bed.
3. If you cannot put full weight on the injured leg, stretch it out in front of you.
4. Use your arms to push yourself up. **Never use the walker to pull yourself up.**
5. As you stand, put your hands on the handgrips.



Walker Height

- Walker height should be set so:
 - there is a slight bend in your elbow when you put your hand on the handgrip.
 - the walker comes up to your wrist when hanging your arm at your side.
- To set the walker height:
 - Turn it upside down.
 - Push in the button.
 - Move the leg up or down until the button catches in the right hole.
 - Return the walker right side up and check it for proper height. All legs should be set at the same height.

Tips

- Keep your walker close so you have it when you need it.
- Move furniture so you have lots of room to move.
- Remove throw rugs to keep from tripping.
- Add a cloth bag to your walker to keep items you use a lot within reach.



Notes



Notes







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