

Wheeled Walker Instructions

How to adjust your walker to the proper height

- Stand up straight with your arms resting at your side.
- The walker height should be at wrist level.
- There should be a slight bend in your elbows (on an angle of about 30 degrees) when holding on to the walker.



To stand up

Place both hands on the armrests or seat of the surface you are sitting on. Push yourself up with both hands and legs to stand up. Once you are standing, place both hands on the walker securely before you begin to walk.

Do not hold on to or pull up on the walker to stand up, as it may tip over.



To sit down

Back up until your legs touch the surface you are going to sit on. Reach back, one hand at a time, for the armrest or seat of the surface you are going to sit on. Sit down slowly.

To walk

Stand up straight, do not hunch over. Once standing, push the walker forward a comfortable distance so that both of your legs can step into the walker frame.

Push the walker forward, keeping all four legs of the walker in contact with the floor.

Walk into the walker, keeping hips close to the rear legs of the walker.

Step forward one foot at a time. Take a natural stride and pace if possible. As you walk, each foot should step past the other. If one leg is weaker than the other, step forward with the weaker leg first.

Turning wheeled walker in a large space

Roll walker in a wide turn in the easiest direction.

Turning wheeled walker in a tight corner

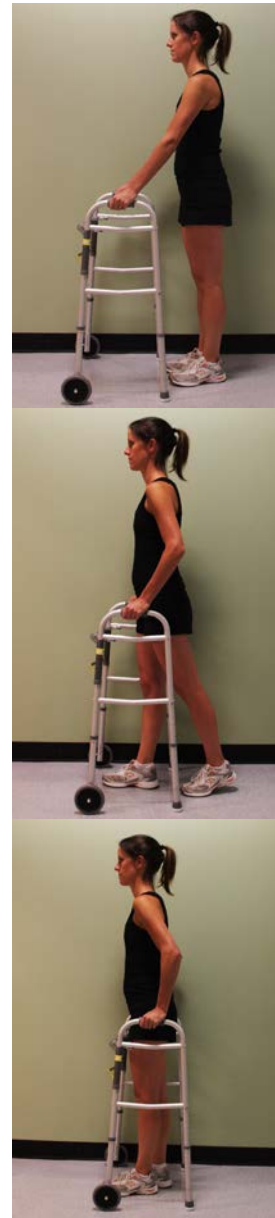
Pick up the walker and turn it slightly; place it down on the floor. Take small steps into the walker.

Repeat several times to complete the turn.

To climb stairs

Walkers are not recommended for use on stairs. If a walker is the only device you can use, follow the special instructions given to you by your physical therapist.

Use a railing rather than the walker. Lead with the stronger or less painful leg when going up stairs and lead with the weaker or more painful leg going down stairs. If there is no difference, then lead with either leg, taking one step at a time.



Safety tips

Do not try to carry anything in your hands when using a walker. Instead, get a basket or bag to attach to the walker and place your items in that.



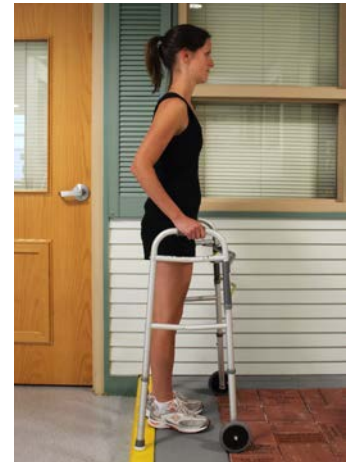
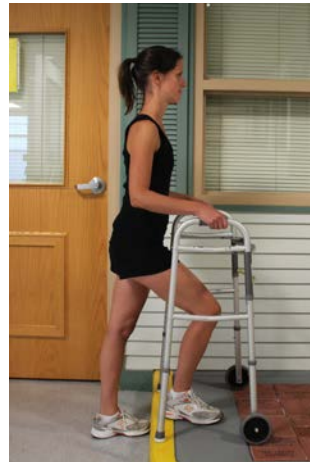
Curb step without a rail – Option 1

To go **up** curb

- Get the walker as close to the curb as possible.
- Place the walker up on the curb with all 4 legs down flat on the curb.
- Step up with the **strong** leg **first**.
- The **weak** or painful leg comes up **last**.
- If there is no difference, then lead with either leg, taking one step at a time.

To go **down** curb

- Get the walker as close to the edge of the curb as possible.
- Place the walker down to the lower level
- Step down with your **weak** or painful leg **first**.
- Your **strong** leg comes down **last**.
- If there is no difference, then lead with either leg, taking one step at a time.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

Curb step without a rail – Option 2

Retro/backward method – if you can put only limited or no weight on one leg

To go **up** curb

1. Back up to the curb with the walker until your heels are touching the curb.
2. Step back with your **strong** leg up onto the curb **first**.
3. Then bring the **weak** or painful leg up **last**. If there is no difference, then lead with either leg.
4. Slowly pull the walker up onto the curb and place all 4 legs down flat.
5. Turn and face forward, turning the walker with you. Carefully start walking.

To go **down** curb

1. Get the walker as close to the edge of the curb as possible.
2. Place the walker down to the lower level.
3. Step down with the **weak** or painful leg **first**.
4. Then bring the **strong** leg down **last**. If there is no difference, then lead with either leg.
5. Carefully start walking again.



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