Walker Instructions

Weightbearing Instructions
Your doctor has decided how much weight you can bear on your involved leg. Please follow the checked (√) instructions below. Remember that the harder you push down with your hands (on your crutches or walker) the less weight you will bear on the involved leg. Continue to use your walker or crutches until your doctor or therapist tells you that you don’t need them.

- **Non-weightbearing (NWB):** Do not put any weight on the involved leg. Keep that foot off the ground when walking.
- **Toe Touch weightbearing (TTWB):** Very little weight (less than 20 pounds) can be put on the leg. The entire foot of the involved leg is allowed to touch the floor.
- **Partial weightbearing (PWB):** ____ pounds can be put on the involved leg. The entire foot of the involved leg is allowed to touch the floor. You can check how many pounds you are putting on the leg by using a bathroom scale.
- **Weightbearing as tolerated (WBAT):** You may bear as much weight on the involved leg as comfortable. If you feel any pain, you’ll know you are putting too much weight on the leg.

Walker adjustment
Stand up straight with your arms resting at your side. The walker height should be level with the bend in your wrists. There should be a slight bend in your elbows (about 30°) when holding onto the walker.

Walking
1. Stand straight, do not hunch over.
2. Move the walker forward. **Be sure to place all 4 legs on the ground at one time.**
3. Don’t rock from the back legs of the walker to the front.
4. Step **FIRST** with your **WEAK** leg.
5. Your **STRONG** leg goes **LAST**.

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.
To go up/down 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.

To go UP curbs
1. Get the walker as close to the curb as possible.
2. Place the walker up on the curb with all 4 legs down flat on the ground.
3. Step up with the **STRONG** leg **FIRST**.
4. The **WEAK** leg comes up **LAST**.

To go DOWN curbs
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 your **WEAK** leg.
4. Your **STRONG** leg comes down **LAST**.

Safety tips
1. Do not try to carry anything in your hands when using a walker. Instead, get a basket or bag to attach to the walker. Place your things in that.
2. Do not try to hold on to the walker when you stand up. It may tip over on you. Instead, push up from the surface you are sitting on.
3. If your therapist issues a walker with wheels on the front, follow the special instructions for its use and safety.