Wheeled Walker Instructions for Left Leg Protection

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.

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.

Safety tips for standing up and sitting down

To stand up:
• Place both hands on the bed or chair.
• Push down and stand up on your right leg.
• Apply the correct weight on your left leg.

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

To sit down:
• Back up against the bed or chair.
• Slide your left leg forward.
• Reach back for the bed or chair and slowly sit down.

Continued
**Walker instructions**
1. Stand up straight. Avoid bending forward.
2. Push the walker forward.
3. Step with your *left* foot.
4. Push through your arms on the walker and step your *right* foot forward.
5. Push the walker forward enough that both legs can step into the walker frame.

**Stair climbing pattern for left leg protection**
Maintain proper weight bearing precautions.
For multiple stairs, you will need a rail on one side and the walker folded on the other.

**Going up:**
1. Right leg
2. Left leg and folded walker

**Going down:**
1. Left leg and folded walker
2. Right leg

**Curb step without a rail**

**Going up:**
1. Walker
2. Right leg
3. Left leg

**Going down:**
1. Walker
2. Left leg
3. Right leg

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.