

Walker training (Forward walking)

Fitting a walker

Stand straight with your arms hanging down at your sides. The handles of the walker should be at the height of your wrist.

Standing up from a sitting position

- Have the walker centered directly in front of the chair.
- Scoot to the edge of the chair.
- Push off from the arms of the chair to stand.
- Shift your weight forward and hold the handles of the walker.

Sitting down

- Back up to the chair with the walker until you feel the chair against the back of your leg.
- Reach back for the arm of the chair one hand at a time.
- Slowly lower yourself into the seat.

Walking with a walker

- Put the walker right in front of you and hold the handles.

A leg that you cannot put weight on is called the **involved** leg.

- **Non-weight bearing.** Push down on the arms of the walker and hop forward on the strong foot while holding the involved leg off the floor.
- **Partial-weight bearing.** Place the involved leg forward between the back legs of the walker. Do not put all your weight on the involved leg. Use your arms to support your weight. Press on your hands and step forward with the strong leg past the other foot. Move the walker ahead.
- **Full-weight bearing.** Push down on the arms of the walker and take two steps, one with each foot. Move the walker ahead and repeat.

Steps

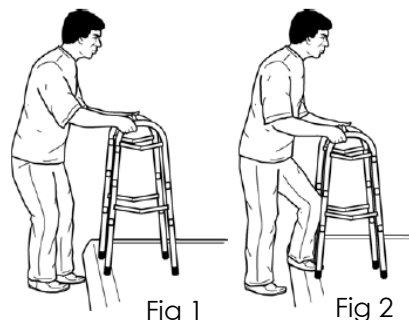
If there is more than one step, go up or down one at a time, without the walker. Have someone help you carry your walker up or down the stairs.

- Going up:
 - Sit on the second step. Have someone help you get down to the step if needed.
 - Bend your strong leg and put your hands on the next step up.
 - Push with your hands and strong leg to lift your bottom up to the next step.
- Going down:
 - Sit on the top step. Have someone help you get down to the step if needed.
 - Put your strong foot on the next lower step, **but keep your hands on the same step as your bottom.**
 - Push with your hands and strong leg and lower your bottom down to the next step.



Photo courtesy of VHI

- Going up a curb or one step:
 - Get as close as you can to the curb/step. Put the walker on top of the curb/step (fig 1).
 - Push with your arms and step up with your strong leg (fig 2).
- Going down a curb or one step:
 - Get close to the edge of the curb/step. Put the walker down on the ground (fig 3).
 - Step down with your involved leg first.
 - Lower yourself down with your arms and strong leg.



Safety

- Wear flat shoes that tie or Velcro while using a walker.
- Watch out for slippery floors, water, puddles, ice, etc.
- Be careful of rugs, they catch easily on the walker.
- When walking on carpet, lift the walker up to clear the rug.
- Use extra care with chairs that have wheels or casters, or a swivel chair/rocker. Have someone hold the chair when you sit down or get up.
- Your physical therapist will talk to you about any other special things you need to do.



Photos courtesy of
healthinfotranslations.com

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.