

## Using a Walker (Non-Weight Bearing)

Your physician may prescribe you a walker if you are not supposed to put any weight on your injured foot, ankle or leg. This is the non-weight bearing period of your recovery. These instructions will help you learn how to use your walker.

*Keep your  
affected leg  
off the ground  
at all times.*

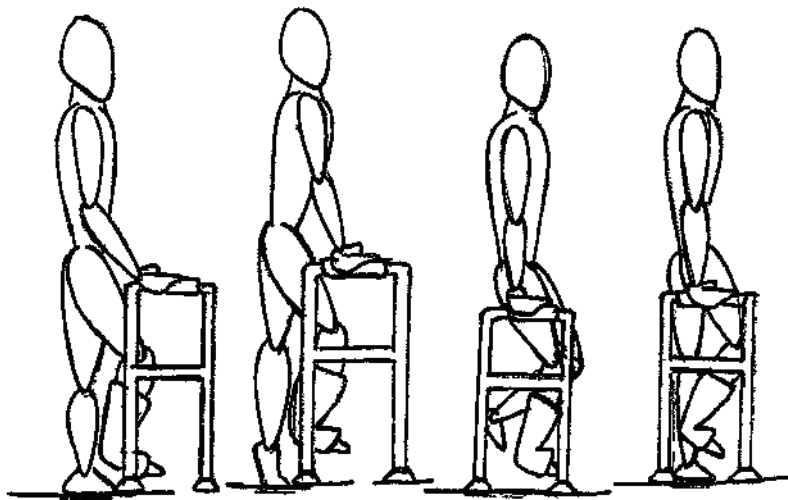
### For safety

- Walking paths in your home should be clear of cords and throw rugs.
- Keep objects off the stairs.
- Wear comfortable shoes that have rubber soles.
- Be careful around pets and small children who could run into your path.
- Look for wet spots on the floor that may be slippery.

### To walk

1. With both hands on the walker handgrips, extend your arms to bring the walker forward.
2. Swing forward into the walker with your good leg.

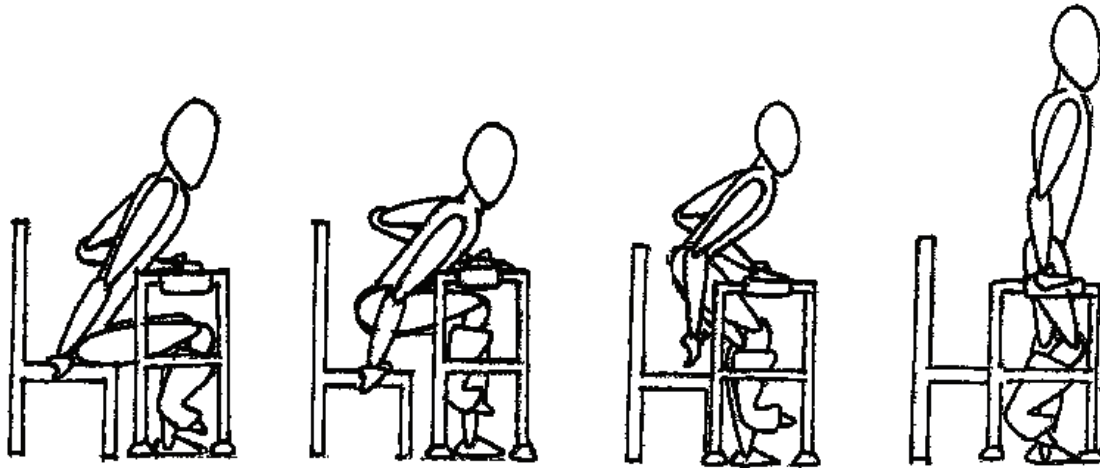
**Be sure your affected leg is *off* the ground at all times.**



## To get up from a chair

1. Slide forward in your chair. Slide your affected leg forward.
2. With 1 arm on the chair and the other arm on the walker, push up to a standing position.
3. Once you are standing, reach for the walker. Put both hands on the handgrips.

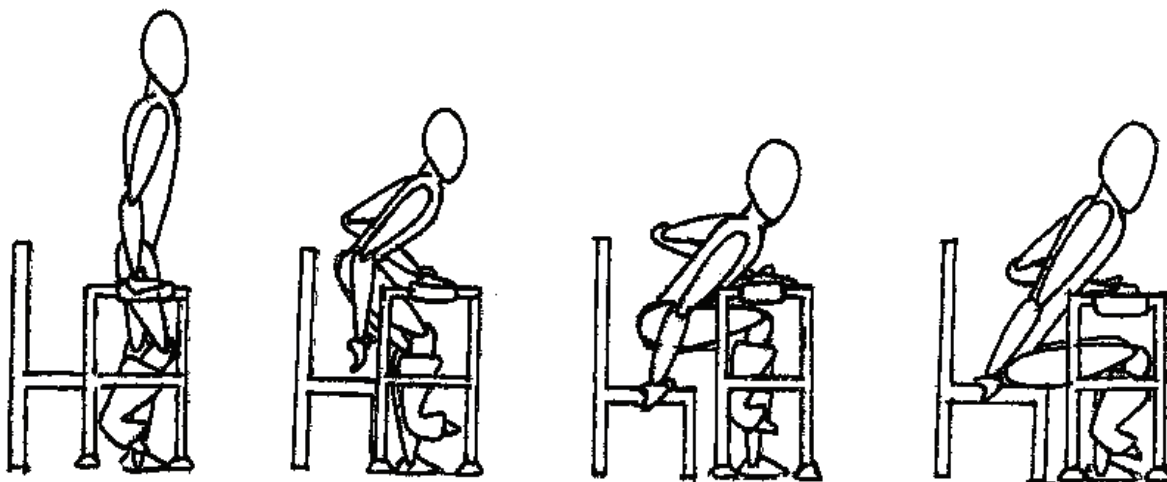
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## To sit down in a chair

1. Get close enough to the chair that you can feel it against the backs of your legs.
2. Slide your affected leg slightly forward.
3. Reach back with 1 arm for the armrest or edge of the chair. Slowly sit down.

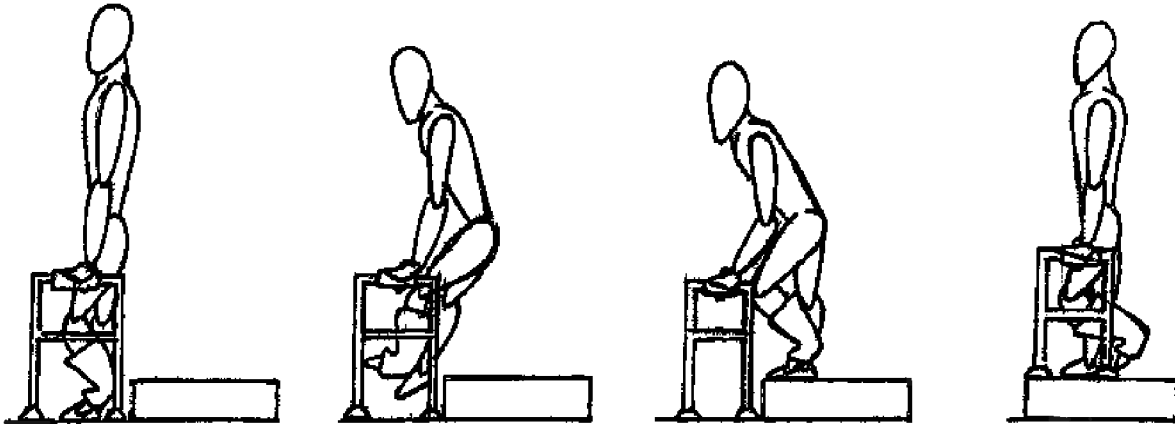
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## To go up a curb step

1. Back up to the step as closely as you can.
2. Put your affected leg in front of you.
3. Push with both arms on the walker as you lift your good leg onto the step.
4. Bring the walker up to the step.

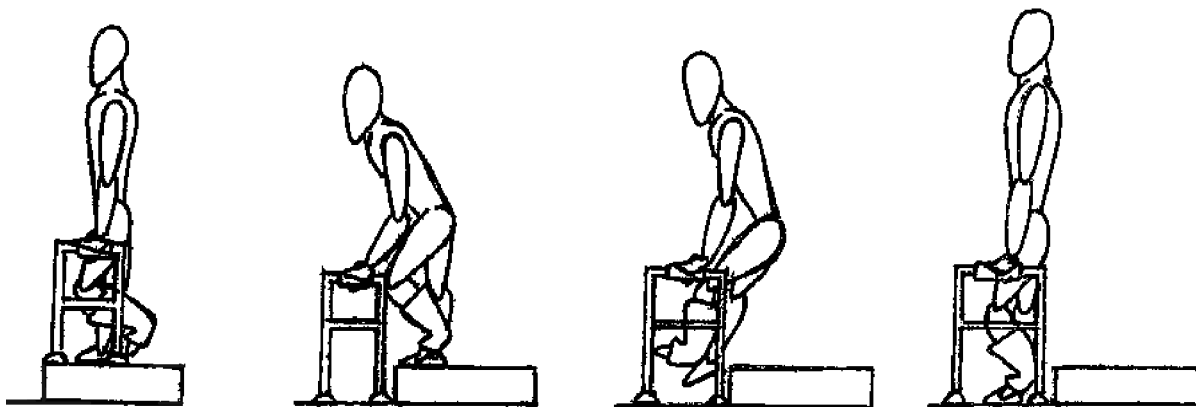
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## To go down a curb step

1. Come forward to the edge of the step.
2. Put the walker down onto the ground.
3. Put your affected leg in front of you.
4. Push with both arms on the walker as you lower your good leg to the ground.

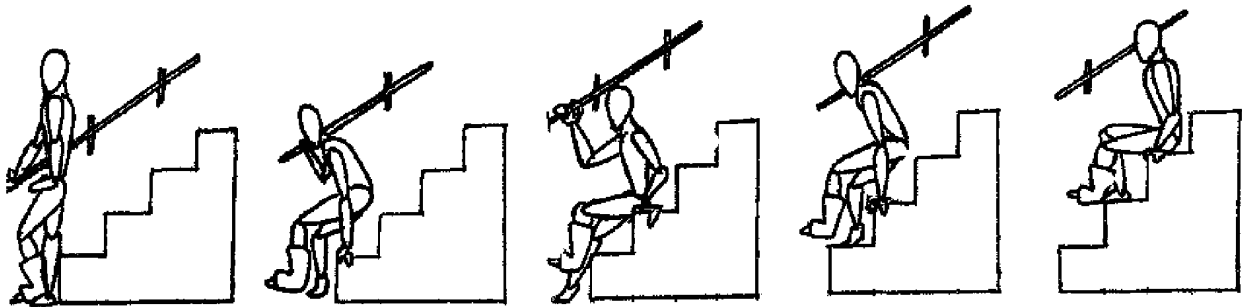
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## To go up stairs

1. Put 1 hand on the rail. Sit down on the step.
2. Put both hands on the stair above you. Extend your affected leg in front of you.
3. Use your arms and good leg to push yourself onto the stair above you.
4. Repeat steps 1 to 3 until you are at the top of the stairs. Someone should bring your walker to the top of the stairs.

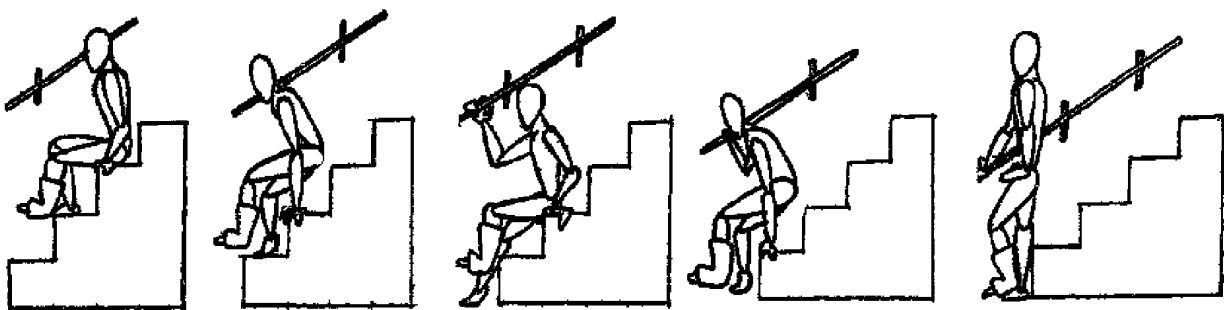
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## To go down stairs

1. Put 1 hand on the rail and sit down on the step.
2. Put both hands on the stair you are sitting on and extend your affected leg in front of you.
3. Bring both arms and your good leg down to the step below you.
4. Repeat steps 1 to 3 until you are at the bottom of the stairs. Someone should bring your walker to the bottom of the stairs.

**Be sure your affected leg is *off* the ground at all times.**



If you have any questions, please ask your physical therapist.