

## Walker Use Instructions

### **Setting Up the Walker:**

- Make sure the walker legs are locked and the folding mechanism is in the locked position
- Secure the grip pads on the bottom of the walker—replace any that are damaged
- Secure the hand grips
- The height of your walker should be equal to the height of your wrist while standing with your arms at your side
- Adjust the height of the walker by adjusting all four legs equally so that the walker is level
- You should have a slight bend in your elbow when holding the walker
- Have someone assist you until you master the technique of walker use.



### **Considerations:**

- ALL 4 tips or wheels of the walker need to be placed on the ground before you put your weight on it
- Look forward when walking, not down at your feet
- There are different types of walkers: no wheels, 2 wheels and 4 wheels
- If your walker has a basket, use the basket rather than hanging objects from the side or front of the walker
- All walkers should be easy to fold for easy transport

### **To Walk:**

- Glide the walker forward keeping your body less than an arm's length away
- Make sure all four tips are touching the ground before taking a step and you are standing upright
- Step forward with the affected leg first
- Next, step forward with the unaffected leg, placing it in front of the affected leg

### **To Stand:**

- When getting out of a chair, slide forward to the front of the chair
- Lean forward slightly and press up from the chair's armrests
- If you use the walker attempt to NOT pull or tilt the walker to help you stand

### **To Sit:**

- When getting into a chair, back up to the chair until the seat is touching the back of your legs
- Reach back with one hand and grab the arm rest
- Lower yourself into the chair using the seat of the chair or the arm rest

### **Missoula Bone and Joint**

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Missoula, MT 59808

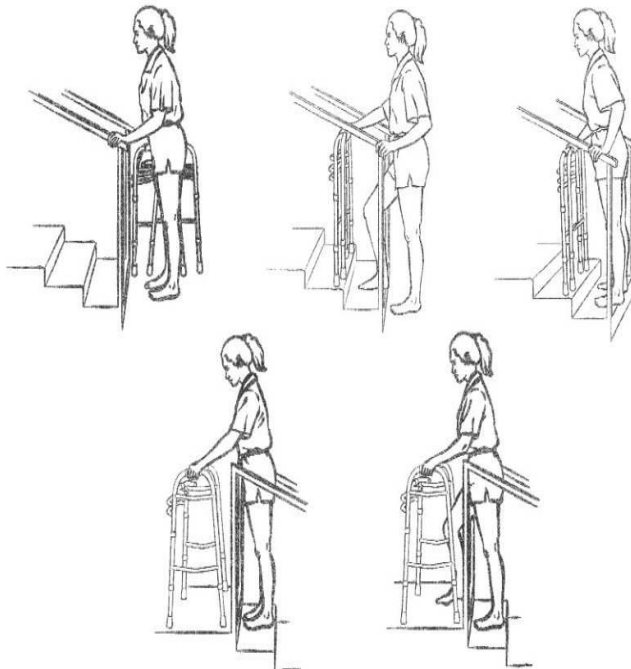
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### **To go upstairs:**

- Start close to the bottom step, and place your walker sideways with the opening facing towards you
- Before stepping make sure ALL FOUR POINTS are STABLE
- If handrail is available, place walker in hand on the opposite side of the rail
- Step up to the first step, remembering to lead with your GOOD LEG (GOOD Leg "UP")
- Next, step up to the same step with the other foot, making sure to keep the walker with your affected limb
- Continue to the next step following the same pattern



### **Going Downstairs:**

- Start at the edge of the step, keeping your hips beneath you
- Before stepping make sure ALL FOUR POINTS are STABLE
- Slowly bring the walker down to the next step, followed by your affected limb. (BAD Leg "DOWN")
- Be sure to bend at the hips and knees to prevent leaning too far forward, which could cause you to fall.
- If handrail is available, place walker in hand on the opposite side of the rail
- Advance hand on rail slightly and place walker on lower stair, then step down with the affected limb.
- Continue to the next step following the same pattern

### **Getting into the Car:**

- Move the front seat all the way back.
- Sit down with the legs facing out of the car.
- Back into the car and using the door jamb and car door for support to sit in the seat
- Slide back on the seat as far as possible and swing legs into the car.

### **Getting out of the Car:**

- Slide the seat all the way back.
- Swing legs out of the car.
- Scoot forward as far as possible to the edge of the seat.
- Stand up using the door jamb and car door for support. (If needed you can use the walker to help get out of your vehicle.)

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