

Safety Using Walkers

STANDING UP

Standing Up with a Walker:

- Place walker in front of you and scoot forward in chair



- Push up with one hand on the walker and one hand on the chair



REMEMBER WEIGHT BEARING PRECAUTIONS

- Keep your balance and place both hands on the handles of the walker



SITTING DOWN

Sitting DOWN with a Walker:

- Back up to the chair until you feel the seat behind your legs



- Hold walker in one hand
- Keep your balance while you reach back and hold the chair with your other hand



REMEMBER WEIGHT BEARING PRECAUTIONS

- Slowly lower yourself into the chair



GOING UP & DOWN STAIRS

To go UP the stairs with a walker:

- Get close to the bottom stair
- Step onto the first step with your NON- AFFECTED leg
- Follow with AFFECTED leg and walker



To go DOWN the stairs with a walker:



1

Step forward to the edge of the top step



2

Place your walker onto the step below, followed by your AFFECTED leg



3

Step down with the NON-AFFECTED leg

WEIGHT BEARING PRECAUTIONS

- **FWB** – full weight bearing (you are allowed to fully step on your leg)
- **PWB** – partial weight bearing (you can only put 50% of your weight when you step on your leg)
- **TTWB** – toe touch weight bearing (you can only step on your toes when you put your leg down)
- **WBAT** – weight bearing as tolerated (you can put as much weight as you feel comfortable)
- **NWB** – non-weight bearing (you are not allowed to step with your leg at all)
- **AFFECTED** – leg that had surgery
- If you have questions, please consult your physician