

Video HealthSheets™



How to Walk with a Walker

This video shows you how to use a walker when you need to keep all weight off one leg, and how to use it when your doctor says it's OK to put your foot down between steps.

To watch the video:

Scan the QR code

Using your mobile device, scan the following code:



OR

Go to the website:

www.kramesvideo.com

Enter the prescription code:

X9A

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