

USING A WALKER

WALKING WITH A WALKER

1. Lift the walker and place it at a comfortable distance in front of you with all four of its legs on the floor. This distance is usually equal to an arms' length.



2. Move your operative leg toward the walker first. Then take a step with your good leg, bringing it slightly ahead of the operative leg. If you have had surgery on both sides, it does not matter which leg you use to begin walking.



3. Do not take big steps that place you too close to the walker. There should be space between you and the walker at all times. If you are too close, you may lose your balance.



4. Hold your head up and look straight ahead. It is tempting to watch your feet, but more tiring, and you may run into something.

5. Be sure to walk slowly.