



### **What is a Walker?**

A walker is a type of mobility aid with a wide base. It assists with balance and gives you support while you walk.

### **How is a Walker Adjusted?**

It is important for you to have your walker adjusted correctly to your height. When you are fitted for your walker, you will stand straight up with good posture. This is the same posture you will need to use while using your walker. Your arms then should bend at a 15-degree angle to grip the handles.

### **How to Use a Walker**

To walk with your walker, push or lift the walker a few inches in front of you. At this point it is important to take note that all 4 tips are on the ground. First step forward with your weak leg. Once your weak leg is firmly on the floor, step forward with your other leg.

Standing up from a seated position you need to make sure all 4 points are on the floor, so the walker does not tip forward. Lean forward, use your arms to help you stand up. Make sure you do not pull on the walker. Once you have your balance, grab ahold of the walker.

Sitting from a standing position, back up till where you want to sit is lined up with the back of your legs. Make sure all 4 points are on the floor. Use one hand to reach back to where you are going to sit. Slowly lower yourself to a seated position.

To step up on a curb, put your walker on the curb and step up with your strong leg first. To step down off a curb, place your walker on the step down and lead with your weak leg followed by your strong leg.

### **Safety Tips**

Stand upright while using your walker.

Make sure that the walker's legs are locked.

Always wear shoes with good traction.

You can use your walker for a step or curb, but do not use your walker on stairs.

Take small steps.

Rather than walking behind the walker, step into the walker.

Keep the walker close to you when using it.

Watch out for objects on the floor.

Look forward when using your walker, not down at your feet.

