

How to Use a Walker: A Step-by-Step Guide

A walker provides stability and support for individuals who need help with balance or walking. Using it correctly can improve mobility and prevent falls.

1. Choosing the Right Walker

- **Height:** Adjust the walker so the handgrips are at the level of your wrist when your arms hang naturally at your sides.
 - **Type:** Pick the type that fits your needs: standard (no wheels), two-wheeled, or four-wheeled.
 - **Grip:** Make sure the handgrips are comfortable and secure.
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2. Standing Up with a Walker

- Position the walker directly in front of you.
 - Push up from the chair using the armrests or seat—not the walker—for support.
 - Once standing, place both hands on the walker grips.
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3. Walking with a Walker (Non-weight Bearing or Limited Weight Bearing)

- Move the walker a step forward.
 - Keep all four tips/wheels on the ground.
 - Step forward with your weaker or injured leg (or keep it lifted if non-weight bearing).
 - Follow with your stronger leg.
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4. Walking with a Walker (Full Weight Bearing)

- Push the walker slightly forward.
 - Step into the walker with one leg, then the other.
 - Keep your body centered between the sides of the walker.
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5. Turning with a Walker

- Take small steps.
- Turn slowly, keeping the walker close for support.

6. Sitting Down with a Walker

- Back up until the chair touches the back of your legs.
- Reach back with one hand at a time to grab the chair arms.
- Slowly lower yourself into the chair.

7. Tips for Safe Use

- Use the walker on flat, dry surfaces.
- Keep your path clear of obstacles.
- Wear well-fitting, non-slip shoes.
- Don't try to carry items while using the walker—use a basket or bag attachment instead.

Important

Always follow the instructions of your doctor or physical therapist. Make sure your walker is adjusted correctly and in good condition.