



Department of Physical Therapy

Using Your Walker

General Safety Tips

- Have someone nearby to help you until you feel confident using your walker.
- Avoid crowds.
- Never carry anything when using your walker.
- Support your body weight by pressing down on the hand grips with your hands.
- Make sure your floors are clutter-free.
- Turn on the lights if you get up at night.
- Avoid walking on small rugs, which can move and make you slip or trip.
- Do not let pets jump on you or get in your way when you are standing and walking.
- Continue to use your walker and maintain the weight bearing as instructed, until your surgeon tells you otherwise.



How to Adjust Your Walker

To use your walker safely and correctly, it must be adjusted to fit your height and arm length. Follow the steps below for a perfect fit.

- Stand “inside” your walker.
- The walker hand grips should be level with the bend in your wrist when your arms are at your sides. When you hold on to the handgrips, there should be a slight bend at your elbow.

How to Stand Up



- Place your walker in front of you, keeping the knee on your affected leg straight. (Remember that your affected leg is the one you had surgery on.) Grasp the handgrip on your affected side.
- Place your other hand on the arm or seat of the chair.
- Lean forward over your non-affected leg and push up using the handgrip (affected side) and the chair (non-affected side).
- Once standing, check your balance and place your hand (non-affected side) on the handgrip.

continued

How to Sit Down



- Back up to the chair until your non-affected leg touches the seat of the chair.
- Check your balance. Then, slide your affected leg forward. Reach back for the arm or seat of the chair with your hand (non-affected side).
- Slowly lower yourself into the chair.