

Using Your Walker

Adjusting Walker Height

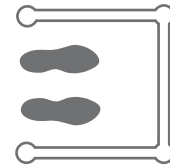
- When standing at your walker with your arms at your side, the hand grips should be level with your wrists.
- When your hands are on the hand grips, your elbows should be slightly bent.



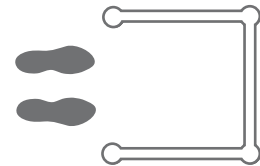
Walking on Level Surfaces

Stand with both hands on the hand grips and all four walker legs flat on the floor. Advance the walker a few feet in front of you, again making sure all four walker legs are flat on the floor. Step forward with your injured (right/left) leg first. Push down on the hand grips and transfer your weight onto your hands. Step through with the other leg.

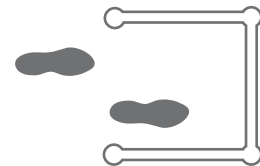
1
Start with both feet together.



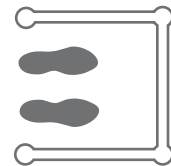
2
Move walker straight forward.



3
Step into walker with injured foot.



4
Step into walker with uninjured foot.



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THE CORRECT POSITION FOR
GOING UP AND DOWN STAIRS

To Sit Properly

First, choose a chair with arms for support.

1. Back up slowly until your legs touch the edge of the chair.
2. Reach back, placing your hands on the arms of the chair and then lower to a sitting position.
3. Never sit down using the walker as support instead of chair arms. The walker may tip, causing you to fall.

To Get Up From a Chair

First, stand the walker in front of you. Push up using the arms of the chair and not the walker. The chair gives better leverage. If you use the walker to push up, it will likely tip.

Going Up Stairs Backward *(see photo)*

1. Approach the stairs with the person assisting behind you.
2. Use your walker to turn around backward and back up to the first step.
3. The person who is assisting you should be in front of you, face to face, and will always be down the stairs from you. The person assisting you should place their hands on the walker to stabilize it.
4. Proceed with going up the steps by leading with your uninjured leg.
5. Follow by moving your injured leg up onto the same step.
6. Your assistant should help you lift the walker up and place it on an angle with the back legs on the step you are going to and the front legs on the step you are on. The person assisting you should have their body weight against the walker to provide the greatest amount of stability.
7. Repeat this sequence until you have reached your summit.
8. When reaching the top step, take a few small steps backward before you bring up your walker to prevent balance loss. Proceed with walking as instructed by your therapist.

Going Down Stairs Forward *(see photo)*

1. Step to the edge of the surface you are on.
2. Your assistant should help you lift the walker up and place it on an angle with the back legs on the step you are on and the front legs on the step you are going to. The person assisting you should have their body weight against the walker to provide the greatest amount of stability.
3. Proceed with going down the stairs by leading with your injured leg first down onto the step.
4. Follow by moving your uninjured leg down onto the same step.
5. Repeat this sequence until you have reached the last step.
6. Once you are on the last step, you may place the entire walker on the ground level and step down. Proceed with walking as instructed by your therapist.

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