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# Walkers

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## OVERVIEW

To stand up and walk:



To stand up

1. Push up from the armrest of the chair or from the bed to a standing position.
2. Place a firm grip on both sides of the walker with your hands.
3. Move the walker forward a short distance.
4. Step forward with your injured or weaker leg first, putting weight on the palms of your hands. Then take a step with your stronger leg. Keep your feet within the boundaries of the walker.

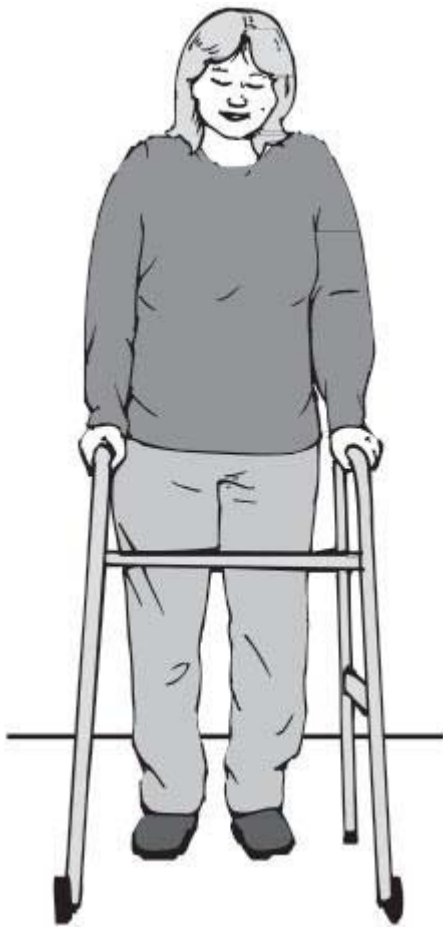
You are allowed to put \_\_ amount of body weight on your injured leg.

If you are NOT permitted to bear weight on one leg, use a hopping step.

Look up to see where you are going, not always down at the floor.

To turn:

Take small steps when you turn by moving the walker a short distance, then your legs. You may also turn by walking with a walker in a big circle. This will avoid twisting the new knee joint.



To walk

## To sit in a chair:

Back up until you feel the chair against your legs. Place both hands on the chair arms. Ease down into the chair.

To go up and down stairs: You will not be able to go up and down the stairs with your walker. Have someone carry your walker up and down the stairs for you.

## To prevent falls

- Be sure your walker is in good condition. Your walker should have grooved rubber tips covering the bottom of each leg.
- Avoid throw rugs and waxed floors.
- Be careful when walking on wet or slippery surfaces.
- Wear low-heeled, tie shoes for better support.

Follow your physician's orders regarding any limits on your activities.

## Using a walker on a curb step

### To step **UP** on a curb

1. Walk up close to the curb.
2. Place the walker up on curb.
3. Push down on walker with your hands.
4. Step up with the stronger leg.
5. Then step up with the injured leg.

### Alternative method to step **UP** on a curb

1. Back up close to the curb.
2. Push down on walker with your hands.
3. Step up with the stronger leg.
4. Then step up with the injured leg.
5. Lift walker onto the curb.

### To step **DOWN** off a curb

1. Walk up close to the edge of the curb.
2. Place walker down on the ground.
3. Step down with the injured leg.

4. Push down on the walker with your hands.
5. Then step down with the stronger leg.

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