

Using a Walker

The most stable walking aid

Setting the height — do this first

Stand upright inside the walker with your arms hanging loose at your sides. **The handgrips should come to the level of the crease of your wrist.** When you hold them, your elbows should be bent about 15 to 20 degrees.

A walker that is **too low** makes you stoop, hurts your back and tips you forwards. **Too high** and you cannot push down through it properly, and your shoulders ache.

Walking with it

1. **Lift or roll the walker a comfortable step ahead** — not too far. All four legs must be on the ground before you move.
2. **Step in with the weaker or operated leg first.**
3. **Then step through with the stronger leg**, bringing it level with or just past the weaker foot.
4. **Stay inside the frame.** The commonest mistake is walking with the walker too far in front, which pulls you forwards and off balance.

NEVER USE A WALKER ON STAIRS.

And never pull yourself up from a chair by holding the walker — it will tip. Push up from the **chair arms**, get your balance, and only then reach for the walker.

Sitting down

Back up until you feel the chair against the back of your legs. Slide the operated leg forward. **Reach back for both chair arms**, then lower yourself under control.

SAFETY CHECKS

Check the **rubber tips** monthly — replace them when worn smooth, as they are what stop you slipping.

Check that all height buttons have clicked fully into place, at the same height on all four legs. Clear loose mats, wires and clutter from your route. Wear well-fitting closed shoes, not loose slippers. Do not carry things in your hands — use a bag clipped to the frame or an apron with pockets.

Search: walker, how to use walker, walking frame, height adjustment

