Walker Training: Touch Down or Partial Weight Bearing
Post-Operative Care

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WALKER USE – PARTIAL WEIGHT BEARING

STANDING UP WITH A WALKER

(fig. 1)   (fig. 2)

(fig. 3)   (fig. 4)

- Scoot forward in your chair, slide surgical "bad" leg out in front of you, and slide uninvolved leg slightly back. Place one hand on the walker and one hand on the arm of your chair or a solid surface to push up from (fig. 1)
- Using your uninvolved "good" leg and arm that you have on the arm of the chair lean forward and push up to a standing position (fig. 2 & 3)
- Once standing, put your other hand on the walker for support and ensure that _____% of your weight is being placed through your surgical "bad" leg (fig. 4)

SITTING DOWN WITH A WALKER

(fig. 1)

(fig. 2)

(fig. 3)

(fig. 4)

- Slowly back up to the chair, bed, or toilet until you feel it against the back of your legs (fig. 1)
- Let go of the walker with one hand and reach back for the bed, chair arms, or toilet seat while sliding your injured or operated leg forward (fig. 2)
- Slowly lower yourself to the seat by leaning forward and keeping your injured or operated leg straight out in front of you. Go slowly so that you do not land heavy on the chair (fig. 2 & 3)
- If you have had surgery on both legs, place both hands on the chair arms, bed, or commode seat.
- Lower yourself to the seat and slowly walk both legs forward. Do not land heavy on the chair (fig. 4)

WALKER USE - PARTIAL WEIGHT BEARING

WALKING WITH A WALKER

(fig. 1)

(fig. 2)

(fig. 3)

(fig. 4)

- Move the walker out to a comfortable distance in front of you with all four of its legs on the floor. This distance is often equal to an arm's length (fig. 1 & 2)
- Move your involved leg toward the walker first and be sure that you're only putting _____% of your weight through your involved leg (fig. 3)
- Take a step with the uninvolved leg, bringing it ahead of the injured or operated leg. Put weight through your hands to assist with unloading your injured or operated leg as you go through this motion (fig. 4)
- Repeat steps 1 through 3