

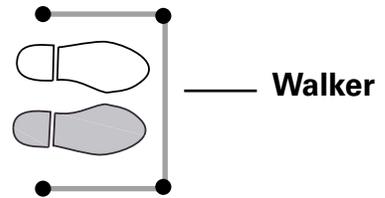
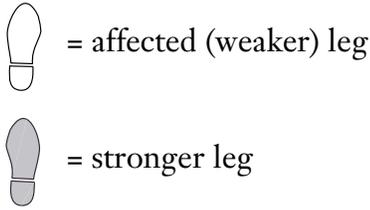
# Walking With a Wheeled Walker

(Non-reciprocating gait pattern)

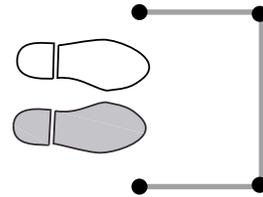
Weight-bearing status: \_\_\_\_\_

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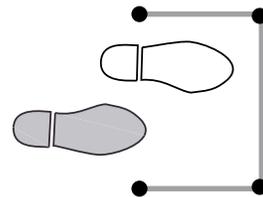
1. Stand in the middle of the wheeled walker.  
See the diagram at right.



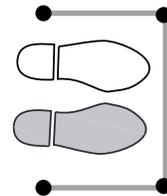
2. Grasp the wheeled walker grips with your hands. Then push the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes. See the diagram at right.



3. Step forward with your affected (weaker) leg into the middle of the wheeled walker. See the diagram at right. Continue to grasp the walker grips with your hands.



4. Then step forward with your stronger leg. See the diagram at right. As you do so, keep weight off your weaker leg by supporting some weight with your arms.



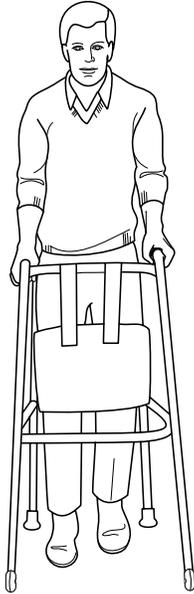
**Repeat steps 2, 3, and 4** above — move the wheeled walker, then your weaker leg, and then your stronger leg.

## WALKING WITH A WHEELED WALKER

### Safety tips

- **Do not** take a step until all 4 legs of the wheeled walker are level on the ground.
- **Do not** push the wheeled walker too far ahead of you. Keep the walker's back legs even with your toes.
- Always keep all or part of your body (at least your toes) inside the frame of the wheeled walker.
- **Do not** lean forward over your wheeled walker. Work at keeping good posture.
- To get up from sitting, **do not** pull up on your wheeled walker. Instead, push up from your seat.
- To turn or change direction, you may need to lift your wheeled walker.
- Be careful when you walk from a tile or hardwood floor to a carpeted floor. You may need to lift your wheeled walker.
- Be careful when you step into or out of an elevator. You may need to lift your wheeled walker.
- **Do not** use your wheeled walker on stairs or an escalator.
- Check the tips on the back legs of your wheeled walker often. Replace the tips when they become worn. You can buy new tips from a drug store or medical supply dealer.
- It is best to use sliders on the back legs of a wheeled walker. Sliders reduce wear on your carpets.

**Note:** Your therapist may give you other methods for safe walker use based on your needs.



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