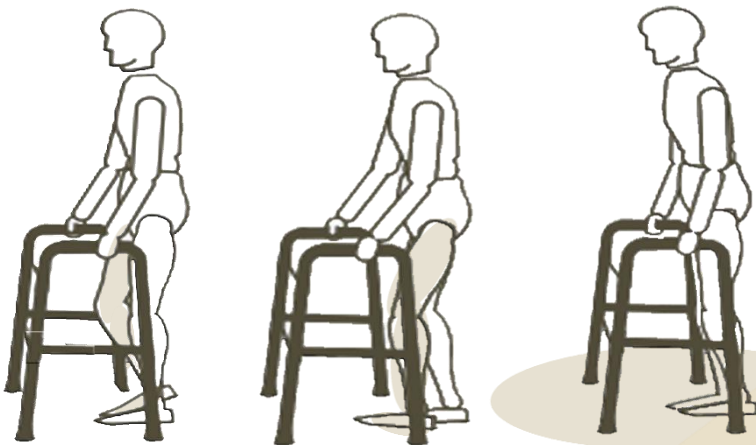# Instructions to

use walker frame

What are the instructions to use walker frame to stand and walk (Full Weight Bearing)?

- The physiotherapist will guide you to sit at the edge of bed from lying down, with considerations of stable vital signs, no nausea or dizziness.

- Use the walker frame to pull yourself up, as the walker will be adjust to your height to allow you to walk with safety.

- The walker most placed in comfortable distance.

What are the instructions to use walker frame to stand and walk (Full Weight Bearing)?

- Before walking, get up until you feel steady and ready to walk forward.
- Maintain your back in neutral position, support yourself using the walker.
- Step in the middle of the walker with your operated leg followed by your sound leg.
- Move on the walker forward.

What are the instructions to use walker frame to Stand and walk (Full Weight Bearing)?

- Avoid take big steps that let you close to the walker.
  Remember: Keep yourself within the levels of the walker always.
- Walk in slowly steps rhythm to avoid falling.

How to get back to Sitting?

- Stable chair, take back step until its touch your legs.

- Place your hands on chair arms.

- Sit down into the chair slowly and do not throw yourself.

Remember always:

- During first days after operation, make sure someone helps you until gradually gain the confidence and balance to be independent.
- While changing positions from supine to sitting or sitting to stand and walk, make sure that you're not feeling nausea or dizziness.
- Make sure the ground not wet during walking
- During ambulation, wear fit and comfortable shoes not slippery

Sources and references:

All photo used from Canva.com

Review and audit:

The content of this booklet has been reviewed by Physiotherapy

specialists at King Fahd University Hospital

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