



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

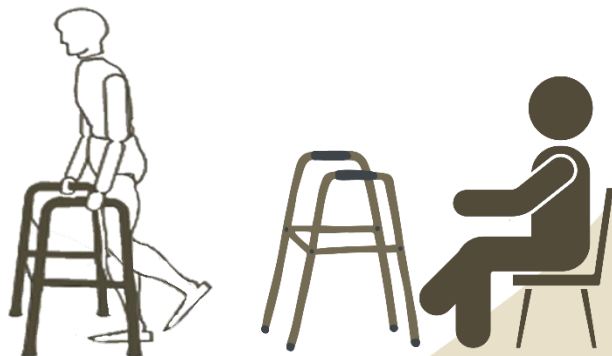
مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Instructions to use walker frame on one leg



## What are the instructions to use walker frame to stand and walk (Non-Weight Bearing in one leg)?

- 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 adjusted to your height to allow you to walk with safety.
- The walker must be placed in comfortable distance.



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

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



## **What are the instructions to use walker frame to Stand and walk (Non-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 leg.
- Place your hands on chair arms with your operated leg off the ground.
- 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.
- Keep your affected leg off the ground at all times.
- While changing positions from supine to sitting or sitting to stand and walk, make sure that you
- are 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

**Physiotherapy Department**

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**Health Awareness Unit**

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