



## WALKERS (ORTHOPEDIC)

Walkers can be used to keep weight off a leg or foot while it is healing. It is often used instead of crutches for younger children or those who have trouble keeping their balance.

***Baby walkers are dangerous and should never be used.***

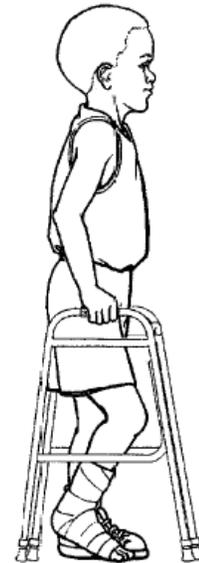
- "NWB" – Non-Weight-Bearing** . . . . . Do not put **any weight** on the injured foot or leg.
- "TDWB" – Touch-Down Weight-Bearing.** . . . You may rest your foot very lightly on the floor, but do not put **any weight** through foot.
- "PWB" – Partial Weight-Bearing** . . . . . You may put some weight on the foot.
- "WBAT" –Weight-Bearing As Tolerated.** . . . You may put as much weight on your leg/foot as you are comfortable with.



**Picture 1** Stand tall. Move the **walker** forward so that the back legs of the walker are by your toes. Put all four legs of the walker down at the same time (don't "rock" the walker). If the walker has wheels, push the walker forward. Do not pick it up.



**Picture 2** Move the **sore foot** forward.



**Picture 3** Push down with your arms and hop forward on the **good foot** to the center of the walker. Do not hop all the way forward to the front bar of the walker or you may lose your balance.

- The height of the walker should be adjusted to the level of the child's wrist when the arm is relaxed at the child's side.
- **Do not use a walker on the stairs.** (See page 2 for getting up and down stairs).
- Make sure you have rubber safety tips on the bottom of the walker. The safety tips keep the walker from slipping. Check these rubber tips every few days, and replace them if they show signs of wear.

## SCOOTING ON STAIRS

You can “scoot” up or down the stairs on your bottom. For safety have someone help you with your sore leg.

- To “scoot” up stairs: Turn around and sit on a lower step. Use your arms and good leg to push yourself up the stairs, one step at a time.
- To “scoot” down stairs: Sit down away from the edge of the top step. Scoot forward and use your arms and good leg to lower yourself down the steps, one at a time.

## CURBS WITH A WALKER

- *“Up with the Good, Down with the Bad”*
- To go up the curb: Stand close to the curb with your back facing the step. Lean forward, push down with your hands, and hop backward onto the curb with your **good foot** (Picture 4).
- To go down the curb: Stand close to the curb step with the walker. Put the **walker** down first, then the **sore foot**. Gently hop down on the **good foot** (Picture 5).



Picture 4



Picture 5

## FOLLOW-UP

- It's a good idea for parents to talk to the child's school and ask if the child can be released five minutes early from classes to allow time to get to the next class or the school bus.
- Call your doctor or the Orthopedic Clinic at (614) 722-5175 to make an appointment.

If you have any questions, be sure to ask your physical therapist or nurse, or call \_\_\_\_\_ at \_\_\_\_\_.