

## Fitting and Using a Walker

### **Fitting your walker**

Adjust your walker so that it fits your arms comfortably. This eases stress on your shoulders and back. To tell if your walker is the right height, step inside your walker and:

- **Check your elbow bend.** Keeping your shoulders relaxed, place your hands on the grips. Your elbows should bend at a comfortable angle of about 15 degrees.
- **Check your wrist height.** Stand inside the walker and relax your arms at your side. The top of the walker grip should line up with the crease on the inside of your wrist.



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### **Moving forward**

If you need to place weight on the walker as you move, start by putting the walker about one step ahead of you. Keep your back upright. Don't hunch over the walker.



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### **Stepping into the walker**

Next, if one of your legs is injured or weaker than the other, put that leg into the middle area of the walker first. Keep your foot behind the front legs of the walker. If you step too far forward, you could lose your balance. Keep the walker still as you step in.



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### **Stepping with the other foot**

Finally, push straight down on the grips of the walker to support your weight as you bring your other leg forward. Repeat the process by moving your walker forward and stepping into it one leg at a time.



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## **Move carefully**

Follow these safety tips when you use a walker:

- Stay upright as you move. This helps protect your back from strain or injury.
- Step into the walker, rather than walking behind it.
- Don't push the walker too far out in front of you.
- Make sure the handles are set at the right height.
- Take small steps and move slowly when you turn.
- Be careful when using a walker on surfaces that are slippery, carpeted or uneven.
- Watch for objects on the ground.
- Wear low-heeled shoes that have good grips on the soles.



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