

Walking with a Walker



Surgical/Injured leg

1. Begin with walker set to the appropriate height (touching wrists if arms are down by your sides).
2. Place the walker in front of where you are standing.
3. Step forward with your surgical/injured leg.
4. Bring your other foot forward past your surgical leg.
5. Push your walker forward and continue the sequence.

You are allowed _____% weight bearing.

Please contact Northwoods Therapy Associates with questions.

Altoona, WI (715) 839-9266

Chippewa Falls, WI (715) 723-5060