

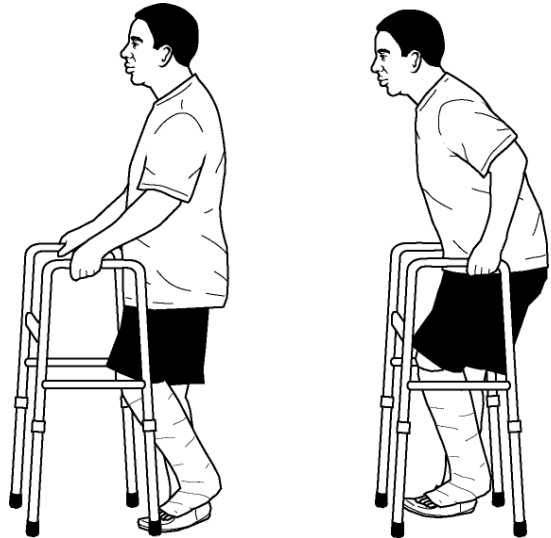
# Weight Bearing Using a Walker

Follow the directions as checked for your injured or weak leg.

## Non-Weight Bearing

For this method, do not let your injured or weak leg touch the floor when standing or walking. When using the walker, hold your injured or weak leg up off the floor.

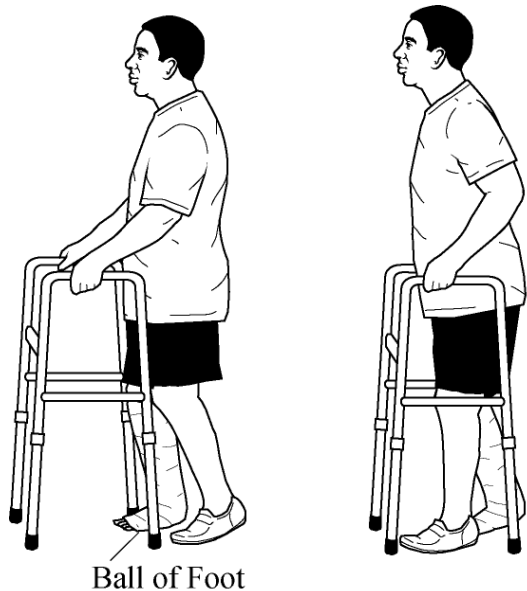
- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on your walker with your arms, hop on your good foot to the center of your walker.



## Touch Down Weight Bearing

For this method, touch the ball of your foot to the floor to help your balance, but do not put your weight on it.

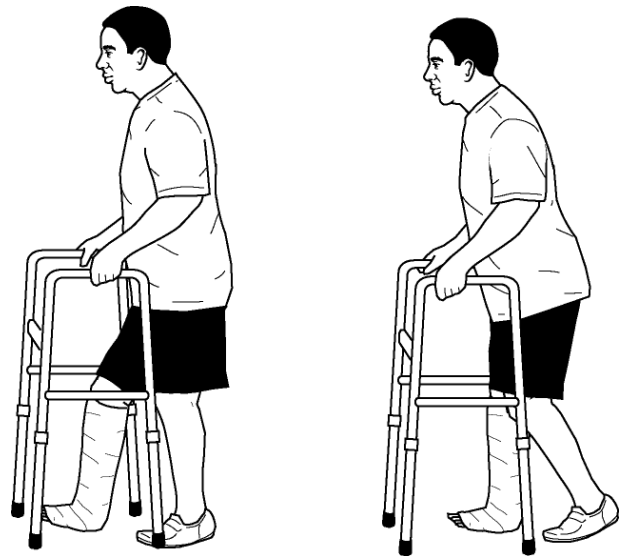
- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.



## □ **Partial Weight Bearing**

For this method, you will be told how much weight you can put on the injured or weak leg.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Step your injured or weak leg into the walker, only putting the allowed weight on that leg.
- While pushing down on your walker with your arms to keep some weight off of your leg, step your good leg forward into the center of the walker.



## □ **Weight Bearing as Tolerated**

For this method, put as much weight on the injured or weak leg as you are able to without much pain. The walker helps give you some support and balance.

**Talk to your doctor, nurse or physical therapist if you have any questions or concerns.**