Gait Training with a Walker (WBAT)

Walking with a Device

The following program has been designed to help you learn how to use your walking device. Remember:

- Paths should be clear of cords and throw rugs.
- Wear comfortable shoes that have rubber soles.
- Watch for pets that have not seen you use a device before.
- Look for wet spots on the floor that may be slippery.

Gait Training with a Walker

- With both hands on the arm grips, bring the walker forward.
- Step forward into the walker with the ______________ leg.
- Bring the other leg forward to the ______________ leg.
  Push down on the walker to relieve the weight on your ______________ leg as needed.
Getting Up and Down from a Chair with a Walker

Getting up:
- Slide forward in your chair and then slide your __________ leg forward. With one arm on the chair and one arm on the walker, push up to a standing position.

Sitting down:
- Get close enough to the chair that you can feel it against the back of your legs. Slide your __________ leg slightly forward. Reach back with one arm for the armrest/edge of the chair and slowly sit down.
Going Up and Down a Curb Step with a Walker

**Going up:**
- Back up to the step as closely as you can.
- Push with both arms on the walker as you lift your good leg back onto the step.
- Lift your __________ leg onto the step.
- Bring the walker up to the step.

**Going down:**
- Come forward to the edge of the step.
- Place the walker down onto the ground.
- Lower your __________ leg to the ground.
- Push with both arms on the walker as you lower your good leg to the ground.
Scooting Up and Down Stairs

Going up:
- Place one hand on the rail and sit down on the step.
- Place both hands on the stair above you and straighten your _________ leg in front of you.
- Use your arms and good leg to push yourself onto the stair above you.
- Repeat this sequence until you are at the top of the stairs.

Going down:
- Place one hand on the rail and sit down on the step.
- Place both hands on the stair you are sitting on and straighten your _________ leg in front of you.
- Bring both arms and your good leg down to the step below you.
- Repeat this sequence until you are at the bottom of the stairs.
If you have any questions, please contact
Therapist: _____________________________
Phone: ( _______ ) ______________________

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.