



# Foot & Ankle Associates Inc.™

Arthroscopic & Endoscopic Foot & Ankle Center™  
Diabetic Foot Center™

## Using a Walker

Your doctor or physical therapist will tell you whether to use a non-weight-bearing or a partial weight-bearing gait.

### STEP 1

Move the walker forward a comfortable arm's length.



### STEP 2

If you can put some weight on your injured leg, rest your foot lightly on the floor just inside the walker. If not, hold your foot off the floor.



### STEP 3

Support your weight on your hands, lift your good foot, and move it forward, inside the walker.



**PLACE AND PLANT** all four legs of your walker firmly on the ground before you take a step.



### PRECAUTIONS

- With crutches, support your weight on your hands, never on your underarms. Numbness or tingling in your arms or on the sides of your chest may mean that you're pressing on your underarms.
- Don't place your crutches, walker, or cane too far ahead or it could slip out from under you.
- Wear sturdy, low-heeled shoes with nonskid soles to help prevent falls.
- Remember that wet floors and sidewalks are especially hazardous.
- Watch out for objects underfoot. Remove throw rugs. Keep electrical cords out of the way. Tuck in the corners of bedspreads.
- Slow down. Plan extra time to get around. Stop and rest frequently.

## Walking with a Cane

Always use your cane on the side opposite your injured leg.

### STEP 1

Put all your weight on your good leg. Then move the cane and your injured leg a comfortable distance forward.



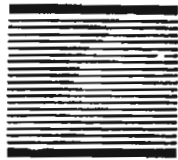
### STEP 2

With your weight supported on both your cane and your injured leg, step through with your good leg.



Board Certified American Board of Podiatric Orthopedics  
Board Certified in Foot & Ankle Surgery

#1 Calle Medico, Santa Fe, N.M. 982-0123 Hot Springs Blvd., Las Vegas, N.M. 454-0123



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## UP AND DOWN, IN AND OUT

Movements you would normally do without thinking twice may now seem awkward and slow. But with practice, you'll be able to get around safely.

### Up Stairs and Curbs: Crutches and Canes

#### STEP 1

Hold the handrail with one hand. Support your weight evenly between the handrail and your crutches or cane. Step up with your good leg.



#### STEP 2

Bring your injured leg and your crutches or cane up.



WHEN THERE ARE NO HANDRAILS, keep one crutch under each arm. If the stairs are slippery or steep, lift yourself from step to step in a sitting position.

### Down Stairs and Curbs: Crutches and Canes

#### STEP 1

Hold the handrail with one hand. With your weight on your good leg, step down with your injured leg and your crutches or cane.



#### STEP 2

With your weight supported evenly between the handrail and your crutches or cane, slowly bring your good leg down. Don't hop.



UP WITH THE GOOD, DOWN WITH THE BAD: an easy rule to remember.

### Up Curbs: Walkers

#### STEP 1

Move the walker as close to the curb as possible. Put your weight on your good leg, then lift the walker onto the sidewalk.



#### STEP 2

Hop up onto the sidewalk with your good leg. Use the walker to support your weight.



### PRECAUTIONS

- Don't try to go up or down stairs with a walker unless you've been shown what to do.
- Don't try to use an escalator with crutches or a walker.

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