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Instructions for use of walker



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All information above has been reviewed by orthopedics surgeons specialists
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1. Correct height of the walker

- (1) Check whether the handling button and the height adjustment button are stuck.
- (2) The handles of the walker should be adjusted to the level of the waist with the angle of elbow about 25-30 degrees flexion (figure 1).
- (3) The distance between the pace when using the aid to see the same distance, not to jump to reach a sense of balance.
- (4) When walking with a walker, it may be swollen to show purple-red congestion due to the drooping feet of injuries, which is normal; therefore, when you go to bed, you can use a soft pillow to raise the injured foot to reduce the swelling.



Figure1. The correct height of the walker

2. Before using walker

(1) leg strength exercise

A. Quadriceps exercise: Lie flat, straighten the injured foot, press the knee down for 5-10 seconds, 10 repetitions of each movement, perform at least 3 times a day, 20 minutes each time, and last for 6-8 weeks after the operation (figure 2).



Figure 2. Quadriceps exercise

B. Straight leg raise: Lie flat, straighten the injured foot, lift it off the bed at least 30 degrees, keep the knee straight, slowly lower it after 5-10 seconds, 10 reps per movement, at least 3 times a day, 20 minutes each time, back to 6-8 weeks after surgery (figure 3, 4).



figure 3. Lie flat, straighten the injured foot

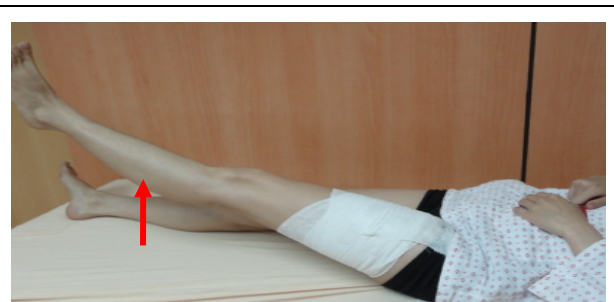


figure 4. lift the injured foot off the bed at least 30 degrees, keep the knee straight

- (2) Keep the floor board always dry and clear of objects, such as wires, chair, etc.
- (3) Wear shoes with flat and rubber soles, avoid wearing high heels or slippers which may cause falling or slipping.
- (4) Avoid wearing pants that are too long or too loose.

3. Instructions (figure 5):

- (1) Press against the walker and maintain the body weight on the uninvolved leg.
- (2) Lift up the walker and move it forward about to 40cm.
- (3) Step forward with the involved leg, keep it within the boundary of the walker.
- (4) Hold firmly against the handles.
- (5) Step forward with the uninvolved leg.



Figure 5. Walker Walking Method

4. Conclusion :

When using the aid to get out of bed, you should put on a slippery flat shoes first and adopt progressive activities. Open the helper to confirm whether the tenon button is stuck. 25-30 degrees. When walking, the distance of each step is the same, so as not to be unstable during the activity.

5. Reference :

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Let's take the quiz to make sure you understand

1. Before using a walker, make sure the walker is at the same height as your hips.
Yes No Don't know
2. Before using the walker, bend the elbow joint at 30 degrees when holding the walker.
Yes No Don't know
3. When using a walker, the focus should be on the affected limb.
Yes No Don't know
4. Before using a walker to get out of bed, make sure the floor is dry.
Yes No Don't know
5. When using a walker to get out of bed, you should wear flat shoes that cover your feet and are safe and non-slip.
Yes No Don't know