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## Walker Training: Non-Weight Bearing Post-Operative Care

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### WALKER USE - NON WEIGHT BEARING

#### STANDING UP WITH A WALKER



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Scoot forward in your chair, slide surgical “bad” leg out in front of you, and slide uninvolved leg slightly back. Place one hand on the walker and one hand on the arm of your chair or a solid surface to push up from (fig. 1)
- Using your uninvolved “good” leg and arm that you have on the arm of the chair lean forward and push up to a standing position (fig. 2 & 3)
- Once standing, put your other hand on the walker for support and ensure that no weight is being placed through your surgical “bad” leg

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## SITTING DOWN WITH A WALKER



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Slowly back up to the chair, bed, or toilet until you feel it against the back of your legs (fig. 1)
- Let go of the walker with one hand and reach back for the bed, chair arms, or toilet seat while sliding your injured or operated leg forward (fig. 2)
- Slowly lower yourself to the seat by leaning forward and keeping your injured or operated leg straight out in front of you. Go slowly so that you do not land heavy on the chair (fig. 2 & 3)
- If you have had surgery on both legs, place both hands on the chair arms, bed, or commode seat.
- Lower yourself to the seat and slowly walk both legs forward. Do not land heavy on the chair (fig. 4)

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## WALKER USE - NON WEIGHT BEARING

### WALKING WITH A WALKER



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Ensure that operative “bad” leg is lifted off the ground and no weight is being put through it (fig. 1)
  - Advance the walker forward about 12 inches (fig. 2)
  - Putting weight through your hands, lean forward and unweight your non-operative “good” leg so that it can swing forward into the walker and land safely (fig. 3 & 4)
  - Regain your balance and repeat this sequence for each consecutive step
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