



Walker Training: Transfers

Post-Operative Care

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TRANSFER IN TO BED



- Using walker, back up to bed until both your legs are touching the bed
 - Place your “bad” operative leg out in front of you
 - Reach back to bed with at least one hand while using your “good” leg to lower yourself into a seated position. Let your “bad” leg slide out in front of you as you sit to ensure you don’t put too much weight on this leg
 - Once safely seated at edge of bed, move walker off to the side/out of the way
 - Scoot your hips back onto bed as far as you can and use your arms or your “good” leg to support the “bad” leg before lifting your legs into the bed
 - Once both legs are in the bed lay back and reposition your hips until you are in the center of the bed
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TRANSFERS USING YOUR WALKER

TRANSFER ONTO TOILET



- Back up to toilet using the walker until both legs are touching the toilet
- Place your “bad” operative leg out in front of you
- Reach back with at least one hand to the toilet as you use your “good” leg to lower yourself to a seated position. Let your “bad” leg slide out in front of you as you sit to ensure you don’t put too much weight on this leg
- Transfer off of toilet reversing the above steps (scoot to edge of toilet seat, straighten “bad” leg out in front of you, use “good” leg and one hand on walker to stand up)

TRANSFER INTO THE TUB



- Back up to edge of tub until both legs touch the tub
 - Place “bad” operative leg out in front of you and reach back for tub chair with one arm
 - Use your “good” leg and your arms to lower yourself to sit on the tub chair. Legs will be outside of the tub at this point
 - Move walker out of the way and scoot your hips back onto chair
 - Use your arms or your “good” leg to help lift your “bad” leg into the tub
 - Transfer out of the tub in the reverse order (Pivot and lift legs out of tub, put walker in front of you, straighten “bad” leg and use arms and “good” leg to push up to a stand)
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