Walker

A walker is a lightweight movable device with four legs that provides support for a patient when walking. The proper use of a walker involves moving the walker with the affected leg. The patient holds the hand grips on the upper bars, takes a step, moves the walker forward, and takes another step. Elbows should be kept at a 15-30 degree angle with rubber tips on the feet of the device for added safety.



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Walker with Affected Leg

Moving Walker with Affected Leg

To properly use a walker, some recall the mnemonic Wandering Wilma Always Late (Walker with Affected Leg). The patient holds the hand grips on the upper bars, takes a step, moves the walker forward, and takes another step.

Sizing a Walker

Sized Walker

The patient's elbows should be at a 15-30 degree angle while the hands are gripping the walker.

Rubber Tips for Safety

Safety Rubber Tips

Walkers should have rubber tips on the feet of the device, except for those that have wheels.

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