

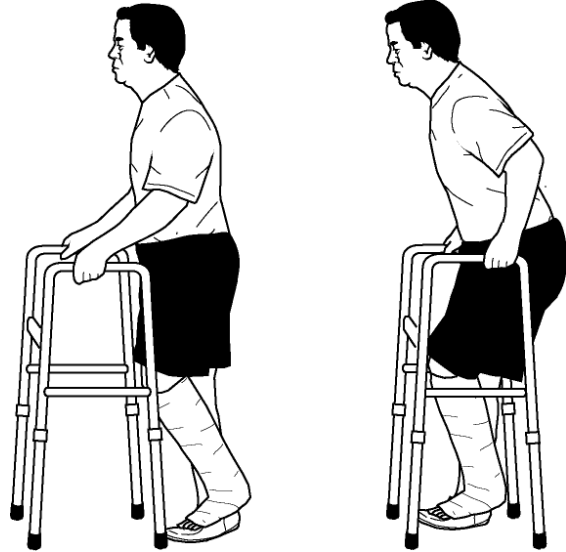
Weight Bearing Using a Walker

Follow the directions as checked for your injured or weak leg.

Non-Weight Bearing

For this method, do not let your injured or weak leg touch the floor when standing or walking. When using the walker, hold your injured or weak leg up off the floor.

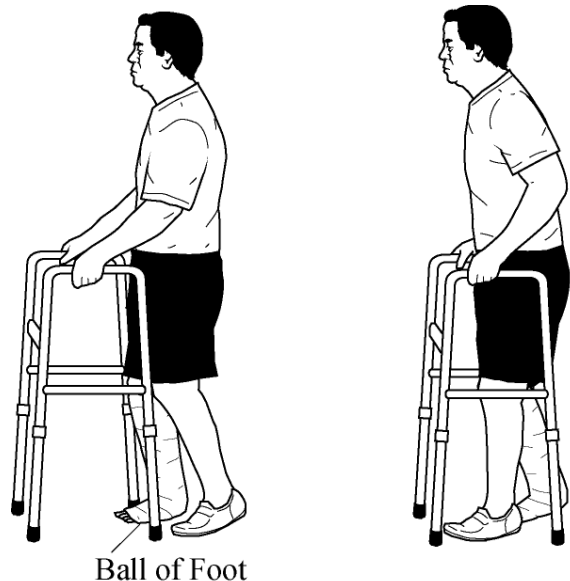
- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on your walker with your arms, hop on your good foot to the center of your walker.



Touch Down Weight Bearing

For this method, touch the ball of your foot to the floor to help your balance, but do not put your weight on it.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.



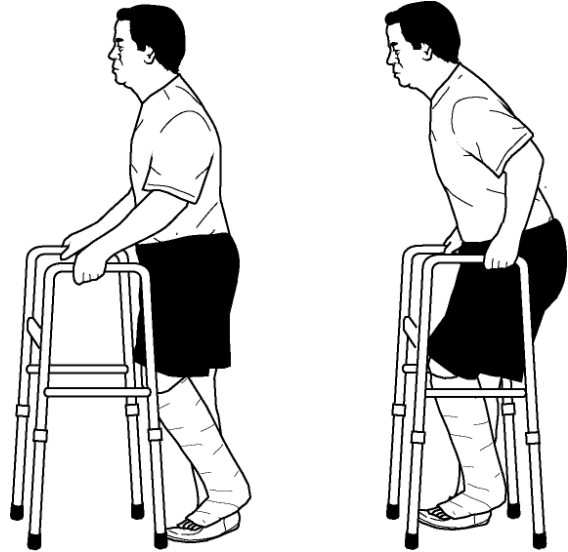
用助步器支撑体重

若腿部受伤或腿部虚弱，请遵照打勾项的说明。

□ 不承重

这一方法不让你受伤或虚弱的腿在站立或步行时碰触地面。用助步器时，始终将你受伤或虚弱的腿悬在地面上。

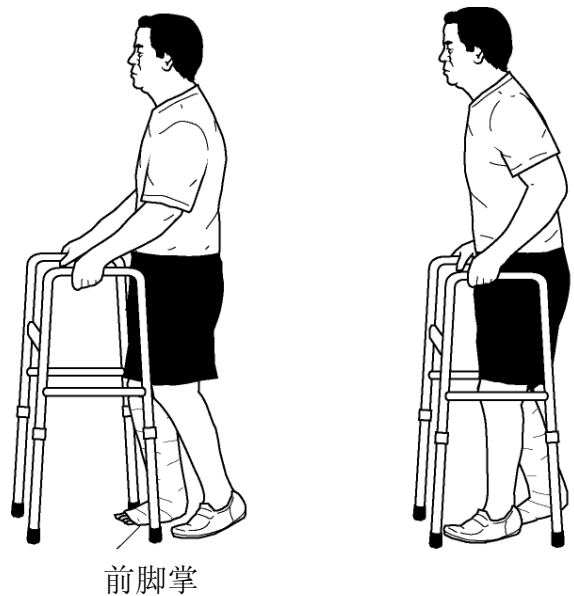
- 将你的助步器移动到身前。确定你助步器的所有 4 条腿都持平在地面上。
- 当你用双臂向下推动助步器时，请用未受伤脚跳至助步器当中。



□ 触地承重

这个方法用前脚掌触碰地面以帮助你平衡，但不在脚上加你的体重。

- 在你身体前将助步器移动至约一臂之外。确定你助步器的所有 4 条腿都平放于地面。

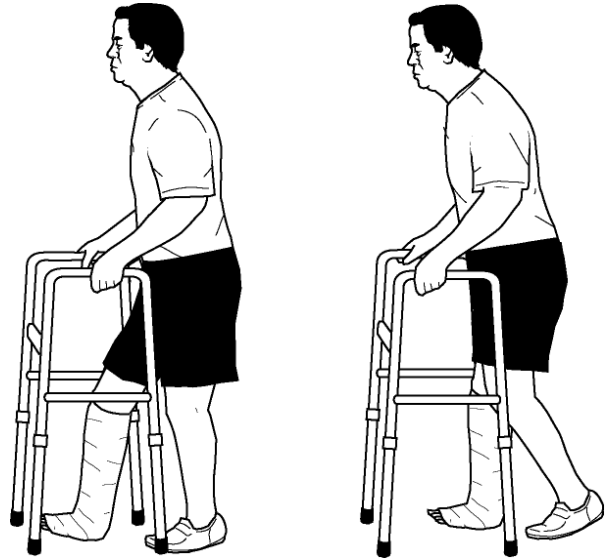


- Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

Partial Weight Bearing

For this method, you will be told how much weight you can put on the injured or weak leg.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Step your injured or weak leg into the walker, only putting the allowed weight on that leg.
- While pushing down on your walker with your arms to keep some weight off of your leg, step your good leg forward into the center of the walker.



Weight Bearing as Tolerated

For this method, put as much weight on the injured or weak leg as you are able to without much pain. The walker helps give you some support and balance.

Talk to your doctor, nurse or physical therapist if you have any questions or concerns.

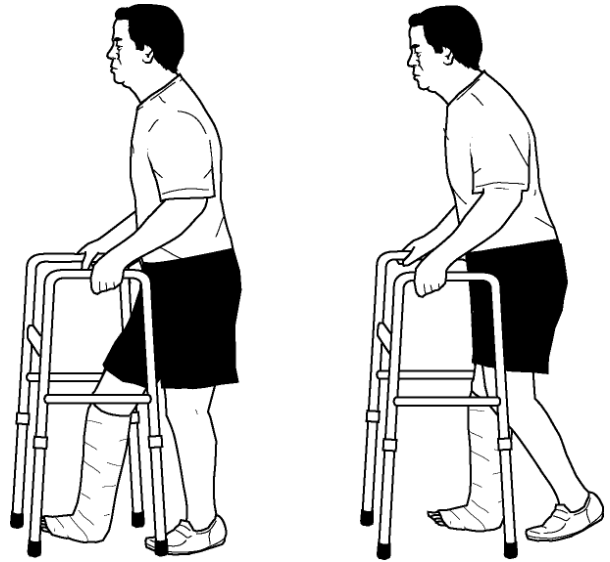
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- 将受伤或虚弱的腿向前移入助步器内，只用前脚掌触碰地面。
- 当你用双臂向下推动助步器而不给受伤或虚弱的腿加体重时，请用好腿步入助步器当中。

□ 部份承重

这个方法是你被告知你能在受伤或虚弱的腿上加多少重量。

- 在你身体前将助步器移动至约一臂之外。确定你助步器的所有 4 条腿都平放于地面。
- 将受伤或虚弱的腿步入助步器当中，只在此腿上加所允许的体重。
- 当你用双臂向下推动助步器而不将部分体重加在受伤或虚弱的腿上时，请用好腿步入助步器当中。



□ 按可承受的程度承重

这个方法是按你能在受伤或虚弱的腿上加多少体重程度而定，不感到很痛即可。助步器有助于给你一些支撑和平衡。

如有任何疑问或关注事宜，请告知你的医生、护士或理疗师。

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