

# Using a Walker

## Walking with a Walker

1. Lift the walker and place it at a comfortable distance in front of you with all four of its legs on the floor. This distance is often equal to an arm's length.



2. Move your injured or weak leg toward the walker first. If you have had surgery on both legs, use either leg to begin walking.



3. Then take a step with your good leg, bringing it ahead of the injured or weak leg.



4. Repeat steps 1-3.

## Safety Tips

- **Do not step too close to the walker because you may lose your balance.** There should be space between you and the walker at all times.
- **Hold your head up and look straight ahead.** Do not watch your feet. It is more tiring and you may run into something.
- **Walk slowly.**

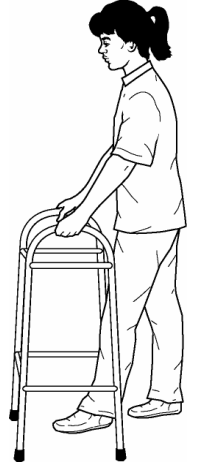
# Adeegsiga wadaha

## Ku socoshada wadaha

1. Soo qaado wadaha oo dhig hortaada adigoo aad isaga fageynayn iyadoo afarta lugoodba ay dhulka u yaallaan. Badanaa inta aad iska durkinaysaa waxay la mid tahay dhererka gacmahaaga..



2. Hore ugu dhaqaaji lugtaada dhaawacan amase itaalka daran dhinaca wadaha. Haddii labada lugoodba lagaa qalay, kolba raad doonto horreysii.



3. Dabadeedna ku tallaabso lugta kuu caafimaadka qabta, ado horreysiinaya lugta dhaawacan ama itaalka daran.



4. Ku celi tallaabooyinka 1-3.

## Talooyin badbaado

- **Ha u tallaabsan si aad ugu dhow wadaha, waayo waxaad lumin kartaa dheelitirka.** Waa in markasta uu jiraa bannaan idiin dhexeeya adiga iyo wadaha.
- **Madaxaaga kor u qaad oo markasta eeg hortaada.** Haegin lugahaaga. Waa lagu daalaa sidaas waxaanaad jiidhi kartaa shay.
- **Qun yar soco.**

## Sitting with a Walker

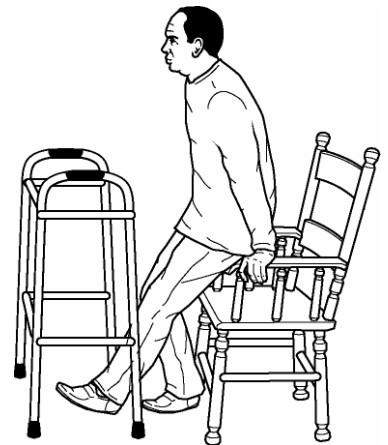
1. **Slowly** back up to the chair, bed or toilet until you feel it against the back of your legs.



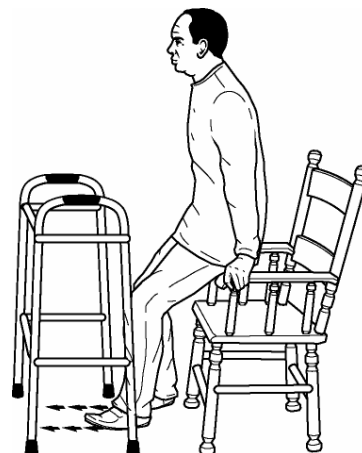
2. Let go of the walker with one hand and reach back for the bed, chair arms or toilet seat, while sliding your injured or weak leg forward.



3. **Slowly** lower yourself to the seat by leaning forward and keeping your injured or weak leg straight out in front of you. Go slowly so that you do not land heavy in the chair.



4. 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 in the chair.



## Fadhiisiga adoo ku socda wade

1. **Si deggan** dib ugu dhaqaaq kursiga, sariirta amase musqusha, ilaa ad dareento in lugahaagu taabteen meesha aad ku fadhiisanayso.



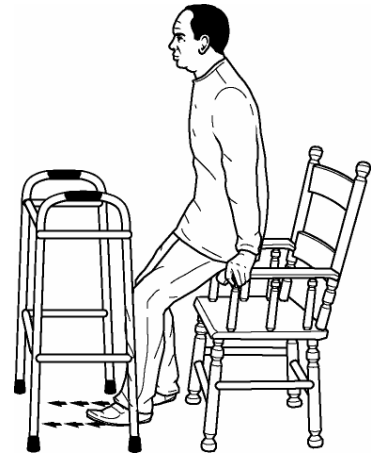
2. Ka sii daa wadaha gacan oo gacantaas bannaan ku taabo sariirta, kursiga amase musqusha, adigoo hore u sii daynaya lugtaada dhaawacan amase itaalka daran.



3. **Si deggan** hoos ugu dhig jidhkaaga si aad ugu fadhiisato adoo hore u haynaya lugtada dhaawacan ama itaalka daran iyadoo dhiibsan. Tartiib u fadhiiso si aanad ugu dhicin kursiga.



4. Haddii aad labada lugoodaba ka qalantahay, ku qabso labada gacmoodba kursiga, sariirta amase fadhiga. Hoos isu dhig si aad si deggan u fadhiisato iyadoo lugahaagu hore jiraan. Kursiga xoog ha isugu sii daynin.



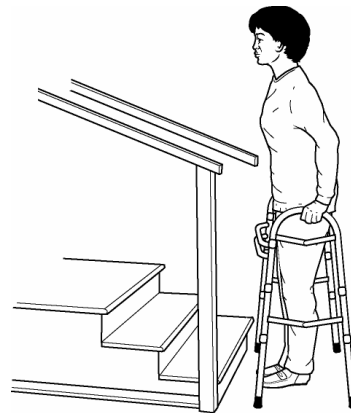
## Stairs

**Do not** use your walker on stairs unless **your physical therapist has instructed you and practiced this with you**. Have someone help you on the stairs until you feel comfortable using your walker.

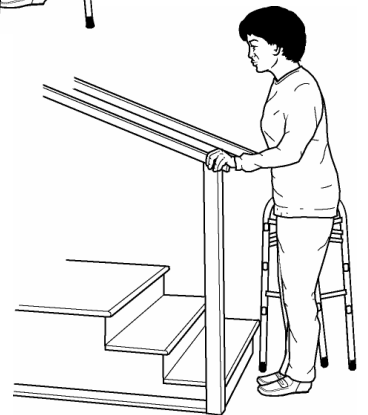
### Going Up Stairs with a Walker

When climbing stairs, start with your good leg going up, and start with your injured or weak leg going down. **Up with the good, down with the bad.** When going up and down stairs with a walker, you should have a sturdy handrail.

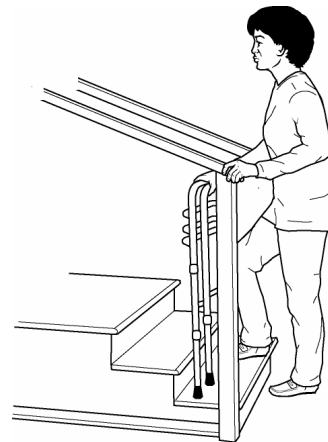
1. Walk up to the stairs and place your feet about six inches from the first step.



2. Fold the walker and place it in one hand. Place your other hand on the rail.



3. Lift the folded walker and set it to the back of the step. Step up first with your good leg.



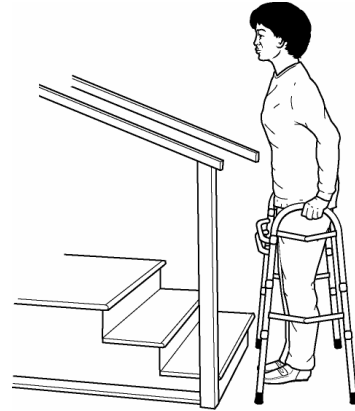
## Sallaanka/Jaranjarada

Ha adeegsan wadaha markaad koreyso sallaan, **haddii aanu sidaa kugula talin dhakhtarkaagu ila markaana kuugu sharxin sida loo isticmaalo.** Waa in qof ku caawiyaa ilaa aad isku kalsoonaanaysid oo la qabsanaysid.

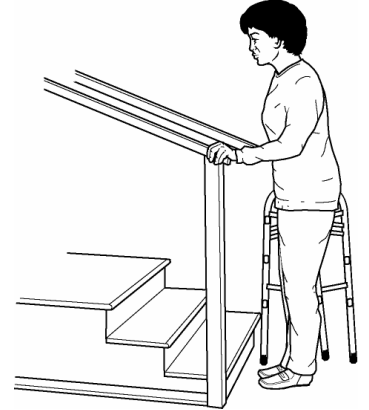
### Korista sallaanka adoo ku koraya Wade

Markaa fuulaysto sallaanka sare, ka bilow lugta kuu caafimaadka qabta, dababadeena lugta dhaawacan hoos u ha u laalaaddo. **Sare waxa jira ta fiican; hoosna waxa jira lugta itaalka daran.** Markaad korayso sallaan sare inaad haysataa gacamaha wax kuu xejiya.

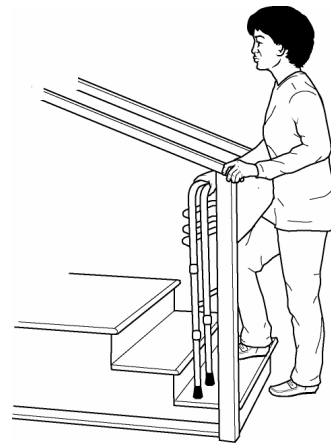
1. Kor sallaanka adoo dhigaaya lugtaada meel u jirta ilaa lix hiinsh ama fuudh badhki tallaabadii hore.



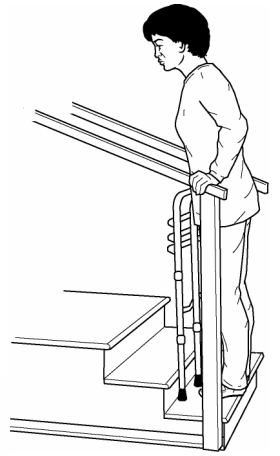
2. Laab Wadaha deedna gacan kaliya ku qabo. Gacanta kale ku qabso kaabaha sallaanka.



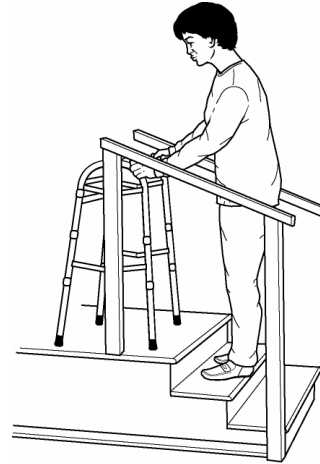
3. Sare u qaad Wadaha isku laaban deedna dhig jaranjarada danbe. Ku tallaabso oo horreysii lugta caafimaadka qabta.



4. Bring up your injured or weak leg.



5. At the top of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position. Place both hands on the walker.

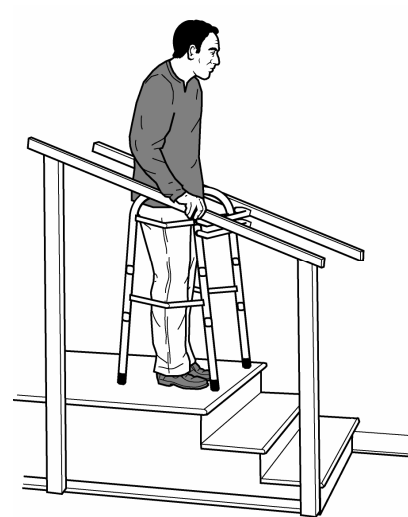


6. Step up first with your good leg, and then bring up your injured or weak leg.

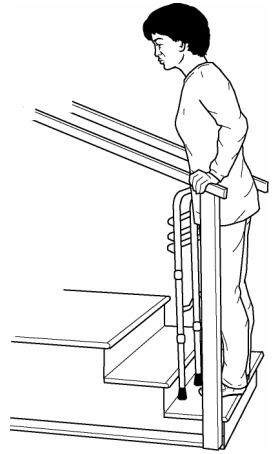


## Going Down Stairs with a Walker

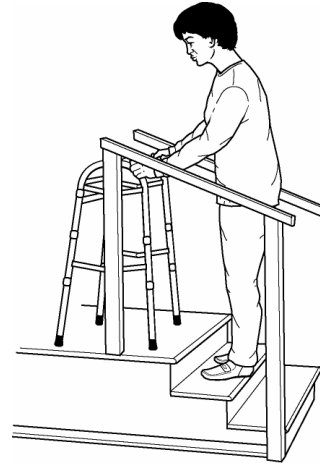
1. Walk up to the stairs and place your walker about two inches from the top step.



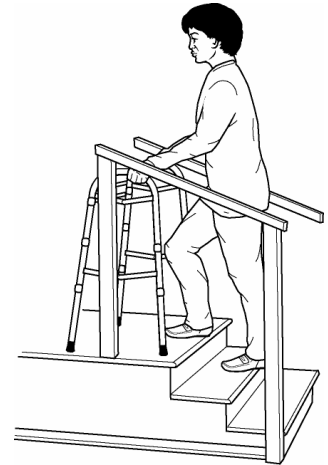
4. Sare usoo qaad lugtaada dhaawacan amase itaalka daran.



5. Jaranjarada ugu sarraysa, ku kala fur Wadahii isku laabnaa oo dhulka si fiican u dhig. Hubi inaad maqashay sanqadha in uu si fiican u kala furmay. Ku qabso labada gacmoodba wadaha.

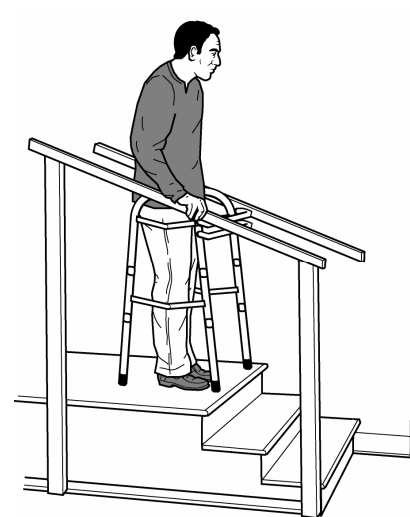


6. Tallaabo hore ugu qaad lugtaada wanaagsan, dababdeena kasoo daba qaad lugta bugta.

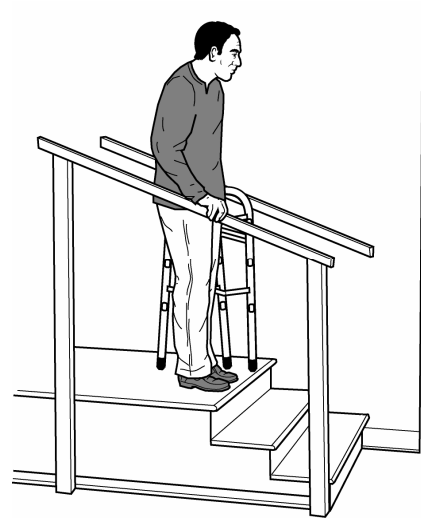


## Hoos ugu degidda wadaha

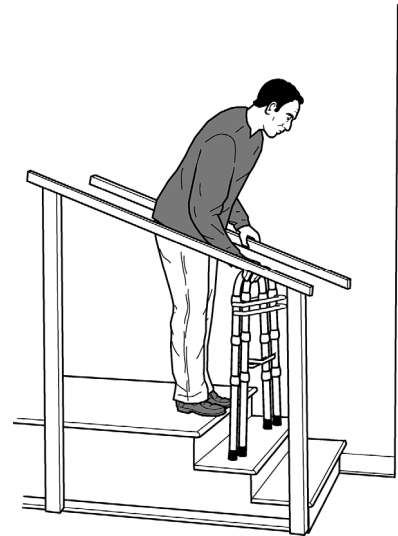
1. Ku dhowow jaranjarooyinka adoo u jirsanaya ilaa laba iinj jaranjarada u sarraysa.



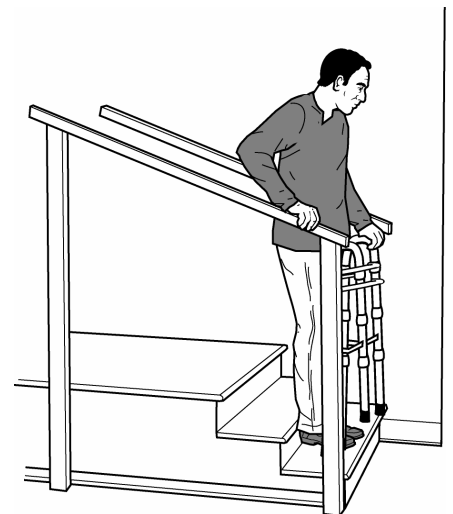
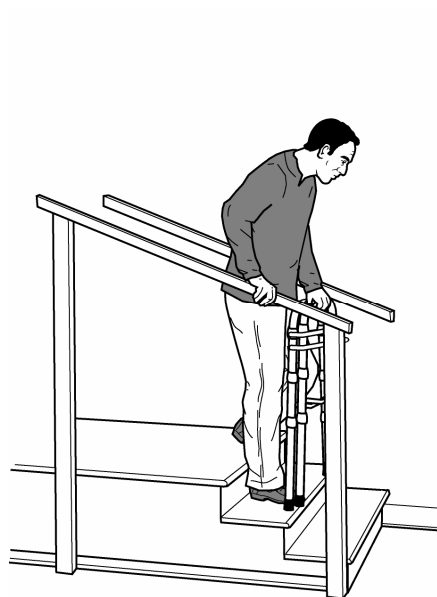
2. Fold the walker and place it in one hand.  
Place your other hand on the rail.



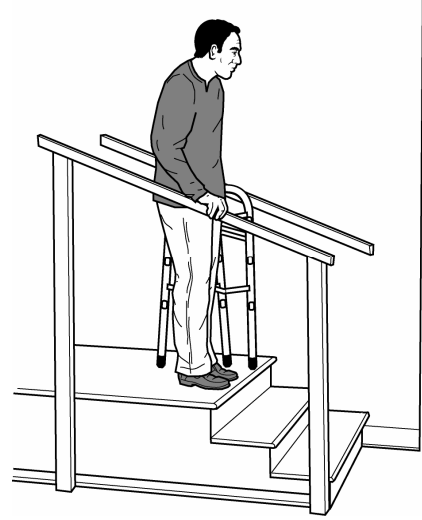
3. Set the folded walker down and near the front edge of the first step.



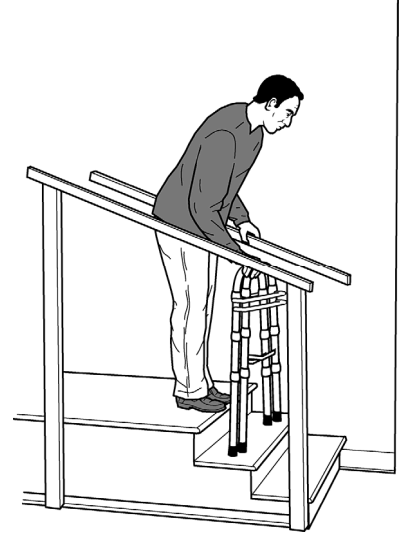
4. Step down first with your injured or weak leg, and then bring down your good leg.



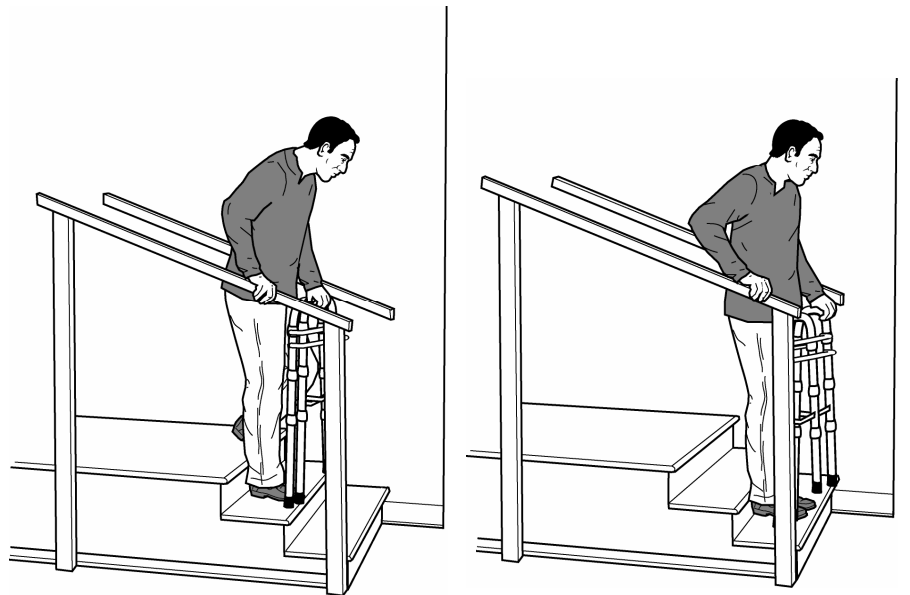
2. Isku lab Wadaha oo ku qabo gacan kaliya. Gacanta kale ku qabso kaabaha jaranjarrada.



3. Dhig Wadaha isku laaban jaranjarrada kowaad hoosteeda.



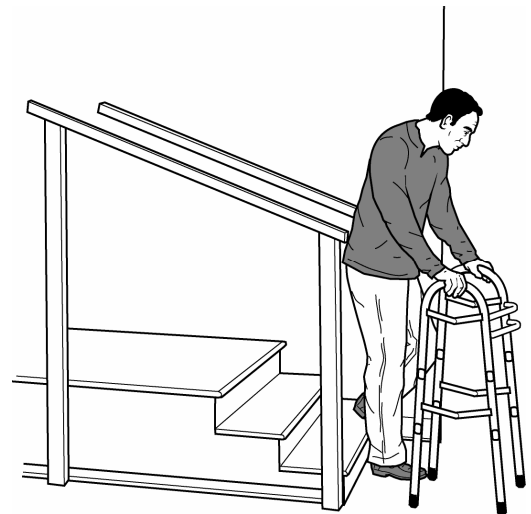
4. Kusoo daadeg marka hore lugta dhaawacan ama itaalka daran, dabadeedna lugta caafimaadka qabta danbaysii oo soo daadegi.



5. At the bottom of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.



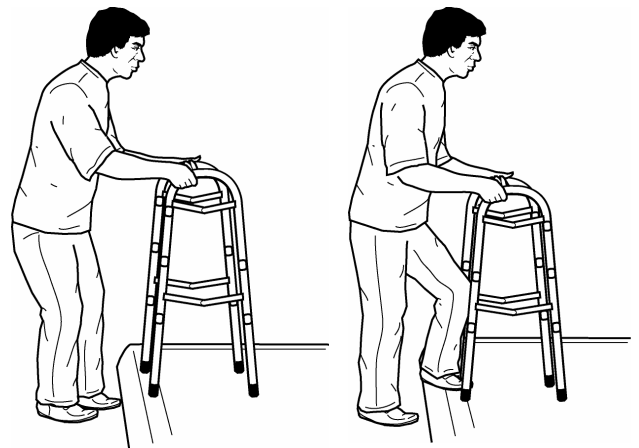
6. Place both hands on the walker. Step down first with your injured or weak leg and then with your good leg.



## Going Up a Curb with a Walker

### Forward Method

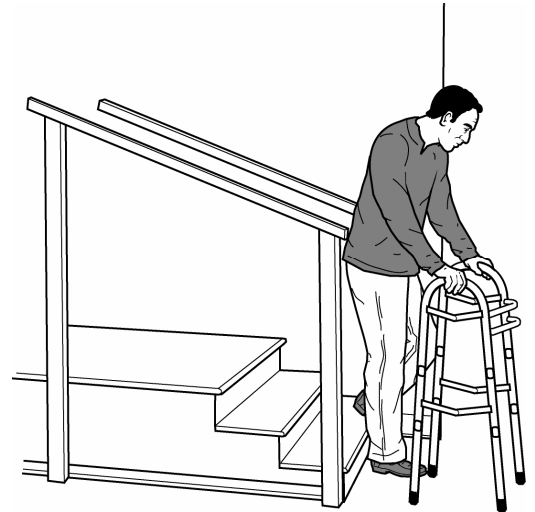
- Walk up to the curb.
- Put all four legs of the walker up on the curb.
- Push straight down on the walker when stepping up with the good leg.
- Step up with the injured or weak leg.



5. Jaranjarooyinka hoostooda ku kala fur Wadaha oo si fiican dhulka ugu dhig. Hubso inaad maqashay in uu si fiican u kala furmay.



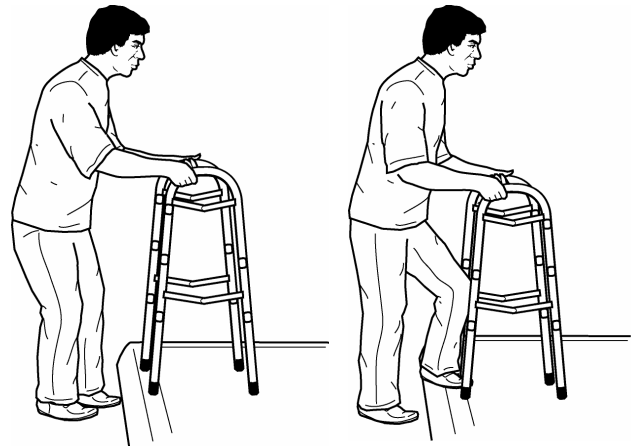
6. Ku qabso labada gacmoodba Wadaha. Tallaabo hoos usoo qaad adoo soo horreysiinaya lugta dhaawacan, deedna danbaysiinaya lugta ladan.



## Sidee loogu koraa Wade waddada dadka

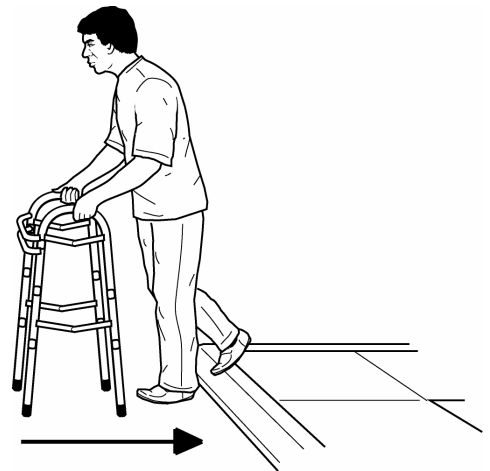
### Habka hour-socodka

- Ku dhowow waddada.
- Dul saar afarta lugood ee Wadaha waddada.
- Hore u riix Wadaha markaad adoo horraysiinaya lugta caafimaadka qabta.
- Ka dabaqaad lugta dhaawacan amase itaalka daran.



## Backward Method

- Walk up to the curb and turn so your back is to the curb.
- Step up on the curb with your good leg.
- Step up on the curb with your injured or weak leg.
- Lift the walker and put all four legs up on the curb.
- Turn back around carefully.



## Going Down a Curb with a Walker

**Never** go down a curb backwards.

- Walk up to the edge of the curb.
- Put all four legs of the walker on the ground below.
- Step down with your injured or weak leg, then your good leg.

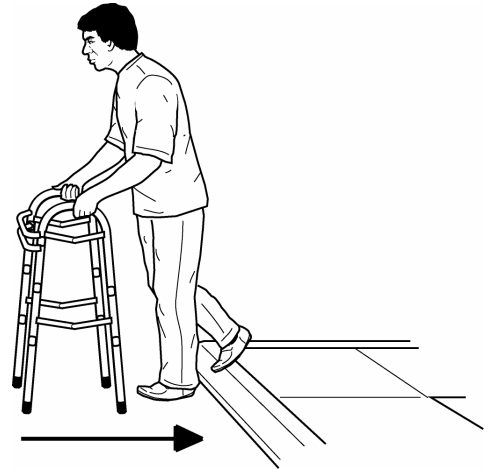


**Talk to your doctor, nurse or physical therapist if you have any questions or concerns.**

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

## **Habka dib u socodka**

- Ku dhowow waddada adoo u jeedinaya dhabarkaaga xagga waddada.
- Ku tallaabso waddada adoo horraysiinaya lugta caafimaadka qabta.
- Ku xigsii lugta dhaawacan amase itaalka daran.
- Sare u qaad Wadaha oo dhig afartiisa lugoodba waddada.
- Si taxaddir leh ugu wareeg.



## **Ka degista waddada**

**Waligaa** ha ka deign waddo adoo gadaal u jeeda.

- Ku dhowow giftinka waddada.
- Dhig afarta addin ee wadaha dhulka.
- Kasoo dag waddada adoo soo horraysiinaya lugta dhaawacan lugta caafimaadka qabtana ku xejji.



**Kala hadal dhakhtarkaaga amase kalkaaliyaha fiisiiyoterabiiska ah haddii aad wax su'aal ah hayso ama shaki.**

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Using a Walker. Somali.