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 the walker with your arms, hop on your good foot to the center of the walker.

- **Touch down weight bearing**
  - 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.
  - Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.

- **Weight bearing using a walker**
  - 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 the walker with your arms, hop on your good foot to the center of the walker.
• 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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Weight Bearing Using a Walker. Nepali.

• आफ्नो चोटग्रस्त वा कमजोर खुट्टाको वजन कम गरुन आफ्नो हातहरूले वकरलाई तलाताई धकेलुँगा। आफ्नो सुवस्थ खुट्टालाई वकरको बीच भाग तरफ चालनुहोस्।

### आंशिक वजन ध्न्य

यो वर्षिक अनुसार, तपाईं आफ्नो चोटग्रस्त वा कमजोर खुट्टामा काठा वजन ध्न्य सकनुहोस्।

• वकरलाई हातको लम्बाइ वराबर्को दुरीमा आफ्नो अगाडि-अगाडि सार्नुहोस्। वकरको चावल खुट्टालाई भुईमा सामान्य भागमा बसेका छैन भन्नी सुनिश्चित गर्नुहोस्।

• आफ्नो चोटग्रस्त वा कमजोर खुट्टालाई केही भनिए जति भार पल्टे गरी वकर तरफ चालनुहोस्।

• आफ्नो चोटग्रस्त वा कमजोर खुट्टाको केही वजन कम गरुन आफ्नो हातहरूले वकरलाई तलाताई धकेलुँगा। आफ्नो सुवस्थ खुट्टालाई वकरको बीच भाग तरफ चालनुहोस्।

### सहन सकिने जति वजन ध्न्य

यस वर्षिक अनुसार, आफ्नो चोटग्रस्त वा कमजोर खुट्टामा धेरै नदुबै गरी तपाईले सहन सक्ने जति भार पर्नुहोस्। तपाईलाई केही सहायता र सन्तुलन पर्दा गरुन मदद गर्नुहोस्।

तपाईलाई कुनै परम्परागत या आरोग्यसाधारण छनौ भने आफ्नो चकिन्निक, नर्स, वा शारीरिक थेरापिस्टहरूले कृपा गर्नुहोस्।