

# 使用助行器负重行走

## Weight Bearing Using a Walker

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

遵照所选指示使用受伤腿或无力腿。

### ❑ 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.

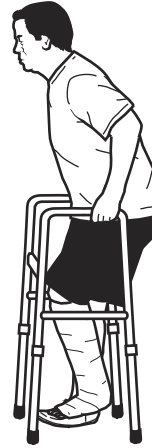
- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on the walker with your arms, hop on your good foot to the center of the walker.



### ❑ 非负重

对于这种方法，站立或行走时不要使受伤腿或无力腿接触地面。使用助行器时，保持受伤腿或无力腿抬起，不要接触地面。

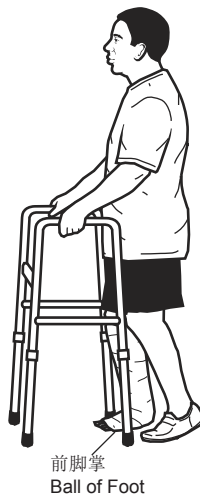
- 将助行器向前移到您的面前。务必使助行器的全部四条支柱在地面上放平。
- 双臂下压助行器时，健康腿跳到助行器的中心。



### ❑ 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.



### ❑ 着地负重

用脚掌接触地面，以帮助您保持平衡，但不要将您的重量放在脚掌上。

- 将助行器向前移到您的面前，保持大约一臂的长度。务必使助行器的全部四条支柱在地面上放平。
- 受伤腿或无力腿向前移动到助行器内，仅使脚掌接触地面。



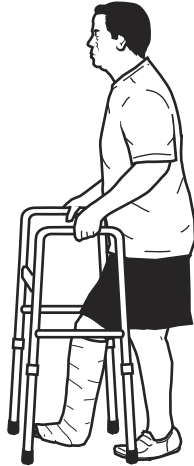
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

- 双臂下压助行器以去除受伤腿或无力腿的承重时，健康腿向前踏入助行器的中心。

## □ 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.



## □ 部分负重

对于这种方法，您将被告知可在受伤腿或无力腿上分配多少重量。

- 将助行器向前移到您的面前，保持大约一臂的长度。务必使助行器的全部四条支柱在地面上放平。
- 受伤腿或无力腿踏入助行器内，仅在这条腿上分配允许的重量。
- 双臂下压助行器以减轻受伤腿或无力腿的承重时，健康腿向前踏入助行器的中心。



## □ 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.

## □ 耐受负重

对于这种方法，在不过度疼痛的情况下尽量将重量放在受伤腿或无力腿上。助行器可为您提供一定的支撑和平衡。

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

**如有任何疑问或担心，请咨询医生、护士或理疗师。**