

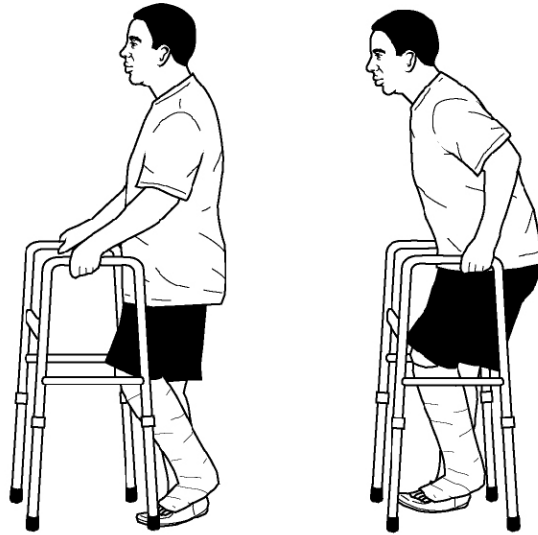
Weight Bearing Using a Walker

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.

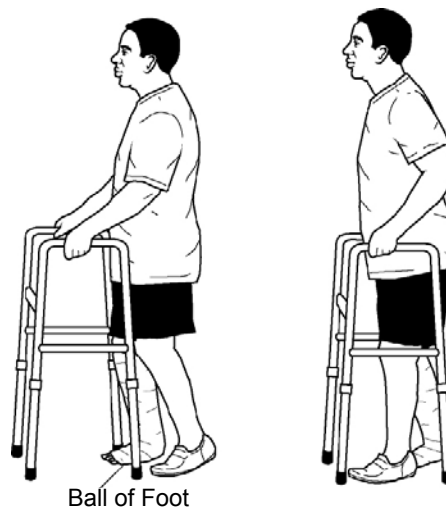
- ▶ Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- ▶ While pushing down on your walker with your arms, hop on your good foot to the center of your walker.



❑ 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.
- ▶ Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.



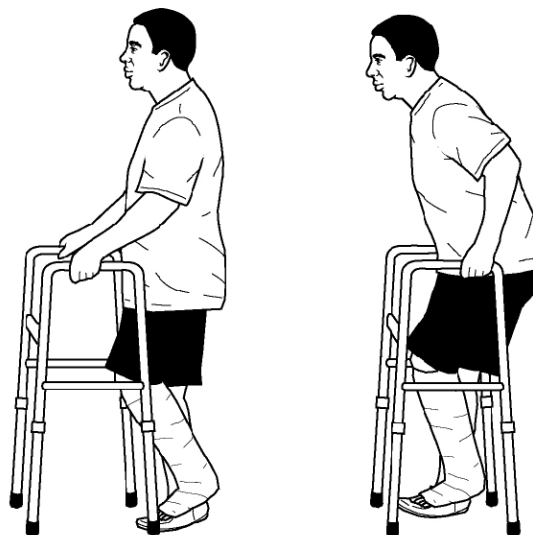
用助步器支撑体重

若腿部受伤或腿部虚弱，请遵守勾选项。

□ 不承重

用这一方法时，不让您受伤或虚弱的腿在站立或步行时碰触地面。用助步器时，始终将您受伤或虚弱的腿悬起。

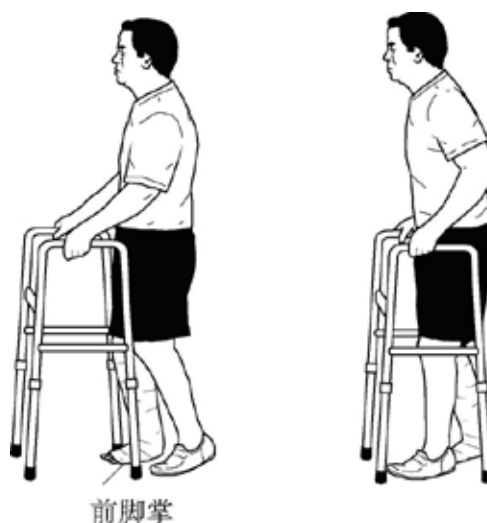
- ▶ 将您的助步器移动到身前。确认您助步器的所有4条腿都持平在地面上。
- ▶ 当您用双臂向下推动助步器时，请用未受伤的脚步跳至助步器当中。



□ 轻触地面的承重

这个方法用前脚掌触碰地面以帮助您平衡，脚不承受您的体重。

- ▶ 将助步器移动至您身体前约一臂之外。确认您助步器的所有四条腿都平放于地面。
- ▶ 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。

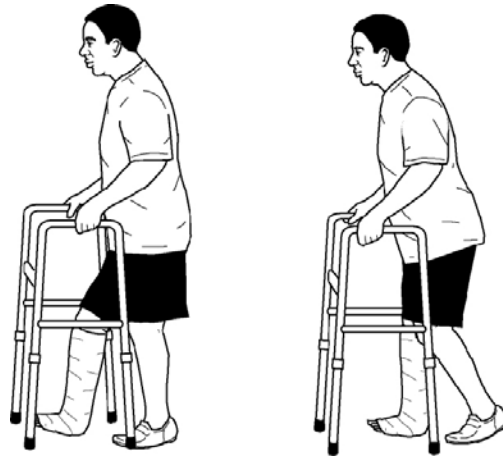


- ▶ While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

❑ **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.

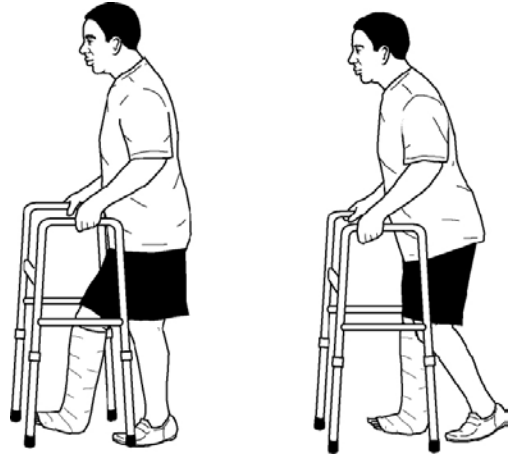
Talk to your doctor, nurse or physical therapist if you have any questions or concerns.

- ▶ 当您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

对于这个方法，您会被告知您能在受伤或虚弱的腿上加多少重量。

- ▶ 将助步器移动至您身体前约一臂之外。确认您助步器的所有四条腿都平放于地面。
- ▶ 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重量。
- ▶ 当您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

这个方法是按您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。助步器有助于给您一些支撑和平衡。

如有任何疑问或担心，请告知您的医生、护士或理疗师。

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Weight Bearing Using a Walker. Simplified Chinese.