

使用助行器承重行走

Weight Bearing Using a Walker

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

檢查受傷或無力的腿，遵照指示行走。

❑ 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.

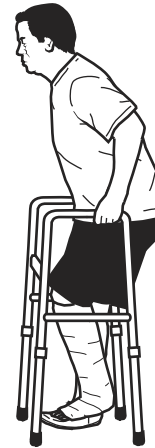
- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on the walker with your arms, hop on your good foot to the center of the walker.



❑ 不承重行走

採用此方法時，在站立或行走時不要讓受傷或無力的腿接觸地板。使用助行器時，將受傷或無力的腿抬高離地。

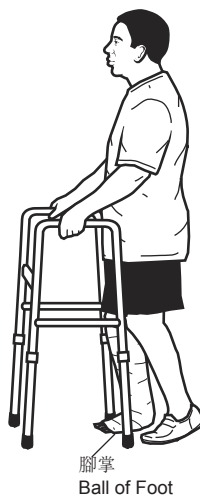
- 將助行器往身體前方移動。確認助行器的四個腳都平貼地板。
- 雙臂下壓助行器的同時，健康的腿朝助行器中央跳。



❑ 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.



❑ 點地承重行走

腳掌接觸地板幫助平衡，但勿施力於腳掌。

- 將助行器往身體前方移動約一個手臂的距離。確認助行器的四個腳都平貼地板。
- 往前移動受傷或無力的腿到助行器內，只用腳掌點地即可。



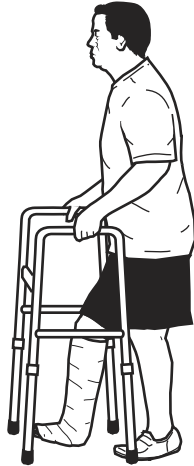
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

- 雙臂下壓助行器以減少受傷或無力的腿的承重時，健康的腿朝助行器中央跨出一步。

□ Partial weight bearing

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

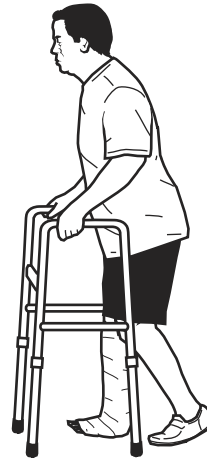
- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Step your injured or weak leg into the walker, only putting the allowed weight on that leg.
- While pushing down on your walker with your arms to keep some weight off of your leg, step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



□ 部分承重行走

採用此方法時，您會被告知可以施加多少重量到受傷或無力的腿。

- 將助行器往身體前方移動約一個手臂的距離。確認助行器的四個腳都平貼地板。
- 受傷或無力的腿跨入助行器內，只施加允許的重量在那隻腿上。
- 雙臂下壓助行器以減少受傷或無力的腿的部分承重時，健康的腿朝助行器中央跨出一步。



□ 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.

□ 可容許的承重行走

採用此方法時，在不過於疼痛的情況下，盡可能將重量施加在受傷或無力的腿上。助行器能提供部分支撐與平衡。

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

若您有任何疑問或擔憂，請諮詢您的醫生、護士或物理治療師。