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.
• 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.

 questões ou preocupações.

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


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