

Ambulation Instructions

Car transfers—

1. Adjust car seat so it is as far back as possible.
2. Back up to the car with your walker.
3. Lower slowly to the car seat.
4. Back onto the car seat in a “semi-reclining” position until your operative limb clears the door.
5. Slide into a sitting position and position your feet comfortably.

Walker Use—

To move forward:

1. Lift walker and place it approximately 12 inches in front of you.
 - Be sure all four of the walker legs are on the floor.
2. Step forward with surgical limb first.
3. Support your weight on your hands and bring your non-operative leg to the center of the walker.
 - Use the walker to keep your balance as you step.

To move backward:

1. Move good leg first, then...
2. Move surgical leg, finally...
3. Move walker back toward you.

Crutch Use—

1. Put crutches under your arms and press them into ribs.
2. Move crutches ahead 6-12 inches.
3. Push down on the grips as you step forward until your leg is parallel or just past the crutch with your operative limb. Then step through with the good leg.
4. Be sure to bear weight on your hands and not under the arms.

Getting Up:

1. Hold crutches and slide forward to the edge of your seat or chair.
2. Push down on the arm of the chair as you stand.
3. Check your balance.
4. Put crutches under arms and press against ribs.

Sitting Down:

1. Back up to the chair until you feel it with your legs.
2. Put both crutches in your hand on the operative side.
3. Reach back for the chair with the other hand.

Lower yourself slowly down to the chair keeping operative leg slightly out in front of the other.