CLIENT TEACHING  

Using Walkers

WHEN MAXIMUM SUPPORT IS REQUIRED
- Move the walker ahead about 15 cm (6 in.) while your body weight is borne by both legs.
- Then move the right foot up to the walker while your body weight is borne by the left leg and both arms.
- Next, move the left foot up to the right foot while your body weight is borne by the right leg and both arms.

IF ONE LEG IS WEAKER THAN THE OTHER
- Move the walker and the weak leg ahead together about 15 cm (6 in.) while your weight is borne by the stronger leg.
- Then move the stronger leg ahead while your weight is borne by the affected leg and both arms.

the standard and four-wheeled walker is one that has two tips and two wheels. This type provides more stability than the four-wheeled model yet still permits the client to keep the walker in contact with the ground all the time. The client tilts the walker toward the body, lifting the tips while the wheels remain on the ground, and then pushes the walker forward.

The nurse may need to adjust the height of a client’s walker so that the hand bar is just below the client’s waist and the client’s elbows are slightly flexed. This position helps the client assume a more normal stance. A walker that is too low causes the client to stoop; one that is too high makes the client stretch and reach.

CRUTCHES. Crutches may be a temporary need for some people and a permanent one for others. Sometimes clients are discouraged when they attempt crutch walking. Clients confined to bed are often unaware of weakness that becomes apparent when they try to stand or walk. Clients realize that they can no longer take balance for granted when they must cope with the weight of a heavy cast or a paralyzed limb. Frequently, progress may be slower than the client anticipated.

Encouragement from the nurse and the setting of realistic goals are especially important.

There are several kinds of crutches. The most frequently used are the underarm crutch, or axillary crutch with hand bars,