

Tips for Choosing a Walker

Types of Walkers

Choosing the correct walker is essential to ensure you have the right support for your needs.

- **Standard walker:** This walker has four nonskid, rubber-tipped legs and no wheels. You must pick it up to move. This walker is usually recommended when someone is on non-weight bearing restrictions and has trouble stabilizing with wheels under them.
- **Front-wheeled (FWW):** This walker has wheels on the two front legs and is helpful if you need some, but not constant, weight-bearing assist. It is a great option if you need a walker for stability and balance support for a short, temporary period.
- **Four-wheeled walker (4WW):** This walker has four wheels, brakes and typically a seat. It will glide along easily, provide some stability and balance support and allows you to sit when fatigued.
- **Three-wheeled walker:** This walker is very similar to the four-wheeled walker but is lighter and more maneuverable. It may be harder to find this kind of walker.



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Fitting Your Walker

It is important to adjust the walker to your body to reduce stress on your shoulders and back as you use the walker.

- Stand upright inside your walker with your arms relaxed at your side. The top of the walker grip should line up with the crease on the inside of your wrist.
- Check your elbow bend. Place your hands on the walker's grips while keeping your shoulders relaxed. Your elbows should bend at about 15 degrees.



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Using Your Walker

When using a walker, please follow these tips for good posture and body mechanics to keep you safe.

- Don't lean over the walker. Stay upright as you move around to help protect your back.
- Don't push the walker too far in front of you. Step into the walker with each step.
- When turning, take small steps and stay inside of your walker. Turn the walker first and then follow with your body.
- Be careful on surfaces that are slippery, uneven, and carpeted.
- Watch for objects on the ground and obstacles that may catch on the walker's legs or wheels.
- If you are having severe dizziness, do not get up and walk around. To avoid falls, use a wheelchair and ask a family member or friend to help you.



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Please refer to the attached loan closet list to find locations that lend walkers and other medical equipment.