Boulder Community Health

PATIENT EDUCATION

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.



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- **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.

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.

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