

## **WALKER, AMBULATING WITH**

### **PURPOSE:**

1. To provide mobility for residents learning to become independent in activities of daily living.
2. To provide security for residents learning independent activity.
3. To provide security for residents with gait or balance problems.

### **EQUIPMENT:**

Walker of the type required by the resident.

### **PROCEDURE:**

1. Verify physician's order.
2. Walker height should be adjusted so resident is able to stand straight while walking.
3. Do not use walker with wheels unless ordered by the physician.
4. Assist resident to dress properly, with proper footwear.
5. Assist resident to dangle legs. Assist resident to standing position. Instruct to stand as straight as possible.
6. Place the walker directly in front of the resident; instruct resident to place hands on hand grips.
7. Instruct resident to use the muscles of the arms and upper body to support his/her weight.
8. Instruct resident to move walker and affected leg/foot forward approximately six to eight inches.
9. Place walker firmly on floor, support weight on walker and bring the unaffected leg/foot forward, parallel to the affected leg.
10. Repeat this sequence.
11. Do not allow resident to use walker alone until secure and an order permitting resident to use walker alone is obtained from the attending physician.
12. Set a measurable, reasonable goal for the resident and supervise progress.
13. Observe condition of resident; do not allow resident to become tired.
14. Assist resident back to bed or into wheelchair. Leave in comfortable position with call light within reach.