

# Using a Walker

**How to Get a Proper Fit for Your Walker** **The correct height of a walker is measured from the wrist to the floor.**

To measure for a walker:

- Wear your normal shoes
- Hold your arm with a 20° to 30° bend in the elbow. (If your upper arm is at 12 o'clock, your hand points to 5 o'clock.
- Ask someone else to measure the distance from your wrist to the floor. This measurement should be about equal to the distance from the point where your leg bone fits into the hip socket to the floor.
- If necessary, adjust the walker to match your measurement. Most walkers are adjusted by pushing in buttons on each side and sliding the tubing to the new length until the buttons lock in place.
- If your walker doesn't feel right, or you have questions about using it properly, ask your physician, nurse, therapist or vendor.

**Using Your Cane Safely** For safe use of your walker:

1. Roll your walker a step's length ahead of you. Place the walker firmly on the ground. Do not place your walker too far ahead of you, or it could slip from under you.
2. Lean slightly forward and hold the arms of the walker for support.
3. Take a step.
4. Repeat the cycle. Place your walker firmly on the ground (or roll it ahead of you), then take a step.

*(Adapted with permission from the Practicing Physician Education Project 2006) updated by the Centre for Studies in Aging & Health, March 2014.*

