

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**  
使用助行器之護理指導

Sir/Lady:

Nursing instructions for the use of walkers

- I. Purpose: To avoid putting weight on the injured limb, increase the range of motion, and improve self-care abilities.
- II. Steps: Adjusting the walker height: When the patient is standing, the elbow should be bent at a 15 to 30-degree angle. When the walker is open, ensure that all the locks are securely fixed to prevent any sliding and reduce the risk of falling.
- III. Gait: (Activity Mnemonic: Walker - \*affected limb - healthy limb) (Figure 1)
  - (1) Hold the handles of the walker with both hands to maintain body balance.
  - (2) Move the walker forward 25-30 cm, and step forward with the affected limb.
  - (3) Support your body with both arms, and step forward with the healthy limb.
- IV. Precautions: (Patients have different postoperative conditions, and the precautions below should be discussed with the attending physician before implementation.)
  - (1) During activity, it is important to have a healthcare professional or family member accompany you for safety.
  - (2) Before getting out of bed, sit on the edge of the bed for a few minutes and then start moving. Make sure that a healthcare professional or family member is present for safety.
  - (3) After getting out of bed, if standing is not a problem and you do not feel dizzy or discomfort, practice standing in place with the walker first, then proceed to practice walking.
  - (4) When walking, wear rubber-soled shoes (non-slip shoes) to prevent falls.
  - (5) When getting out of bed in the first few attempts, you may experience muscle soreness or cramping. Use heat packs or massage to help relieve the discomfort. Pay attention to keeping warm.
  - (6) Before getting out of bed, if there are drainage tubes, catheters, or IVs, secure the tubes in place to avoid interfering with movement. The person assisting you should stand at a slight rear angle to you (if there's an IV, the assistant should be on the IV side; if there is no IV, the assistant should be on the affected side). Make sure to gradually increase activity with shorter times and more repetitions.
  - (7) Keep the floor clean and dry, and avoid placing unnecessary items to prevent slipping.
  - (8) When walking, lift the walker<sup>5</sup> and avoid sliding it. The walker is only suitable for flat surfaces; do not use it on stairs. When walking, the correct movement is to lift the walker. Do not slide it forward. When placing the walker down, ensure all four points touch the ground, then move your feet forward alternately. The walker is suitable only for flat ground and forward, straight-line movement. To turn, adjust the walker to the direction of the turn (towards the affected side or required direction) at a 15-20 degree angle. Slowly adjust the walker and your body to assist the turn, then continue moving forward. Always follow the correct method and avoid going up or down stairs or walking backward with the walker to prevent falls.

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- (9) Patients using a walker may find it difficult to turn, stand up, or sit down, which increases the risk of falling, especially when getting up from or sitting down on the toilet or at the washbasin. Ensure a healthcare professional or family member is present for safety during these activities.
- (10) Check the walker for rubber pads that provide secure grip to prevent slipping.
- (11) The walker height should be adjusted to the distance from the femur trochanters to the floor. When gripping the handles, the elbow joint should be bent at a 20-degree angle.

圖一



1. 雙手握住把手，  
保持身體平衡



2. 助行器向前 25-30  
公分，踏出患肢



3. 雙手撐支撐身體，  
踏出健肢

If you are still unclear about something or have any questions, please contact the nursing station in the ward