

Walker

A walker is a lightweight movable device with four legs that provides support for a patient when walking. The proper use of a walker involves moving the walker with the affected leg. The patient holds the hand grips on the upper bars, takes a step, moves the walker forward, and takes another step. Elbows should be kept at a 15-30 degree angle with rubber tips on the feet of the device for added safety.



PLAY PICMONIC

Walker with Affected Leg

[Moving Walker with Affected Leg](#)

To properly use a walker, some recall the mnemonic Wandering Wilma Always Late (Walker with Affected Leg). The patient holds the hand grips on the upper bars, takes a step, moves the walker forward, and takes another step.

Sizing a Walker

[Sized Walker](#)

The patient's elbows should be at a 15-30 degree angle while the hands are gripping the walker.

Rubber Tips for Safety

[Safety Rubber Tips](#)

Walkers should have rubber tips on the feet of the device, except for those that have wheels.