

Tips for Walking with Assistive Devices

Steps for Walking with Assistive Devices:

Adjust preparation +1, 2, 3 (keep eyes forward, avoid dizziness).

- 1. Definition (Explanation of Terms):** Assistive devices for walking refer to equipment that aids in mobility, such as canes, walkers, or wheelchairs. Users can transfer part of their body weight to their upper limbs using these devices, reducing the burden on their legs. By using assistive devices, the overall base of support is expanded, enhancing stability during movement.
- 2. Applicable Targets:** Individuals with weak lower limbs, mobility impairments, or those requiring devices to walk.
- 3. Care Methods:** For patients with difficulties in transferring, assistive devices can help them walk independently, prevent skeletal deformities caused by poor posture, and improve their ability to adapt to their environment.



Adjustment
Measure and set the walker to an appropriate height.



Preparation
Stand in the middle of the walker for the best stability.

Helpful Reminder

Patients getting out of bed should follow the "333 Exercise":

- Raise the head of the bed for 3 minutes
- Sit steadily on the edge of the bed for 3 minutes
- Stand firmly beside the bed for 3 minutes

1. Place the walker 10 cm in front of your body.
2. Bend your elbows about 20-30 degrees or position your hands at hip level.



1. Move the walker forward.



2. Step forward with the weaker leg.



3. Step forward with the stronger leg.

※For further information on walking techniques with a walker, please consult the rehabilitation department or nurses at any branch of I-Da Healthcare Group.

參考文獻

林貴滿、李滿梅、譚蓉瑩、曾錦璋、陳夏蓮、葉明珍、顧家恬、古菊梅、謝玉惠、衛惠敏、袁光霞、吳依蘋、廖怡珍(2023)。肌肉骨骼系統病人的護理。內外科護理技術，478-483。衛生福利部社會及家庭署(2022, 5月20日)。輔具資源入口網。<https://newrepat.sfaa.gov.tw/home>

Contact Information

E-DA Hospital Add: No. 1, Yida Road, Jiaosu Village, Yanchao District, Kaohsiung City 82445, Taiwan, R.O.C. Tel: +886-7-6150011	E-DA Cancer Hospital Add: No. 21, Yida Road, Jiaosu Village, Yanchao District, Kaohsiung City 82445, Taiwan, R.O.C. Tel: +886-7-6150022	E-DA DaChang Hospital Add: No. 305, Da-Chang 1st Road, San-Min District, Kaohsiung City 80794, Taiwan, R.O.C. Tel: +886-7-5599123
---	---	---