**SETTING PATIENTS UP WITH A WALKER or CANE**

**WHICH WALKER SHOULD I CHOOSE?**

- **2 wheeled walker (2WW)**
  - who require weight bearing through arms for balance
  - Who have impaired weight bearing through lower extremities and need the added support from their arms
  - who used a 2WW at home
  - who do not tolerate the speed of the wheels on a 4WW

- **4 wheeled walker (4WW)**
  - For Patients:
    - who are at risk for falls and need assistance with their balance or for energy conservation
    - who used a 4WW at home
  - *DO NOT USE if patient has weight bearing limitations

**MEASURING WALKER/CANE HEIGHT**

Ask patient to stand with arm at his/her side
The height of handle should be at the patient's wrist crease with a relaxed arm (this should allow for about 20-30 degrees elbow flexion)

**Walking with Walker**

- Encourage patient to stay close to the walker with his/her feet between the back two wheels.
- Cue patient to stand tall and keep eyes forward when ambulating.

**Using a 4WW with Brakes.**

When using a 4WW with hand brakes, be sure the brakes are on prior to getting up or sitting down.

The seat on a 4WW is meant only for taking rests. Before a patient sits on the seat, he/she must have the brakes on (pushed down).

Encourage the patients to turn around completely so he/she is square with the seat prior to sitting. Have patient reach back for the walker before sitting down.

Conversely, the breaks should also be on prior to standing from the walker seat.

*A cane is measured in the same way*