

To access a video demonstrating weight bearing as tolerated with a walker please follow these instructions:

Scan



Or

Visit

<https://www.medbridgego.com/>

Access Code: **CLQK4938**

Two Ways to Access



Use the MedbridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedbridgeGO**".



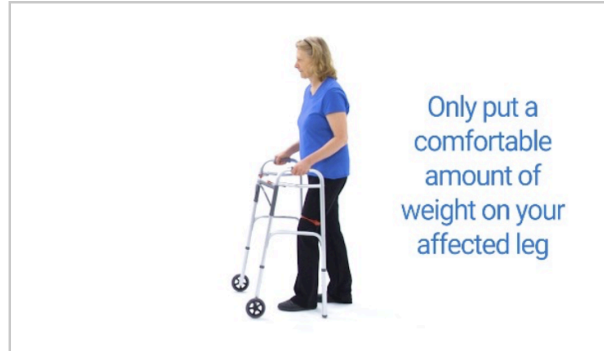
Open in your browser

To access your home exercise programs.

Walking with a Front Wheel Walker - Weight Bearing as Tolerated



Step 1: Move your walker forward.



Step 2: Step forward with your affected leg.



Step 3: Step through with your unaffected leg.

- When you stand or walk, place as much weight on your affected leg as is comfortable.
- Begin standing with your walker in front of you, holding onto the handles of the walker.
- Push your walker forward at arms length then step forward with your affected leg.
- Only put as much weight as is comfortable on your affected leg and use your arms to support the rest of your body weight.
- Lastly, step through with your unaffected leg.
- Be sure to confirm with the surgical staff if you are required to use a CAM boot while walking or if you are able to come out of the boot.