
Discharge Instructions: Using a Walker to Go Through Doorways

Your healthcare provider has prescribed a walker for you. To use your walker, you need to learn new ways to get around. Use these directions to help you get through doorways with your walker. Stay away from revolving doors. Look for regular doors or disabled entrances instead. Follow any additional directions your healthcare provider has given you (for instance, the basic guidelines for using your walker).

General guidelines

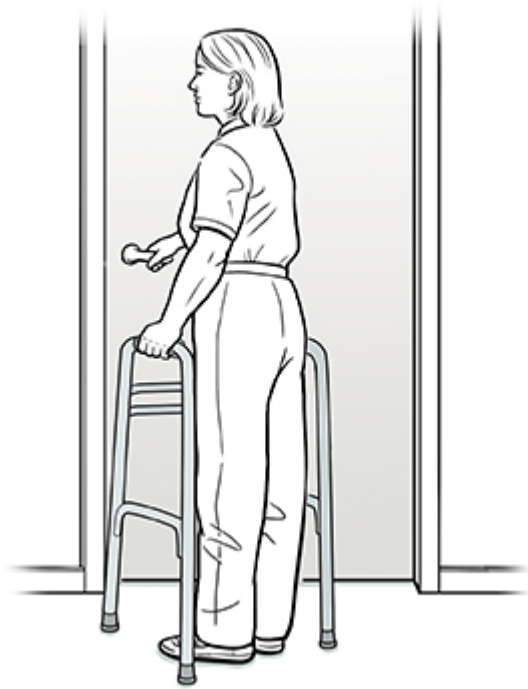
General tips for using a walker include:

- Watch for obstacles, such as area rugs, debris, or anything that might catch on the bottom of the walker.
- Keep your hands free by using a backpack, fanny pack, apron, or pockets to carry things.

To push a door open

Tips for pushing open a door when using a walker include:

- Get as close to the door as possible.
- Push the door hard so that it swings open.
- Move the walker into the doorway to block the door from closing.
- Walk forward through the doorway, using the walker to hold the door open as you pass through.



To pull a door open

Tips for pulling open a door when using a walker include:

- Get close to the door, but leave enough room for the door to open toward you.
- Move your walker so that it is at your side and not blocking the door.
- Keeping one hand on the walker, use your other hand to pull the door so that it swings open.
- Move the walker into the doorway and hold it firmly.

- The walker will block the door from closing completely.
- Walk forward through the doorway.
- The walker will hold the door open until you're through.

