

Step-by-Step: Sitting with a Walker (Non-Weight Bearing)

Sitting with a Walker (Non-Weight Bearing). Stand directly in front of the chair facing away from it.

Step your uninjured leg back. Begin to sit back and place the hand on the side of your uninjured leg on the chair for balance.

Place your other hand on the opposite side of the chair. Fully sit back into the chair.

The contents of this video/website are for information purposes only. Nothing contained in this video/website is intended to substitute for medical advice, diagnosis, or treatment. If you have any healthcare related concerns or questions, you should seek the advice of your physician or other qualified healthcare providers. You should never disregard or discount the importance of professional medical advice because of something you have read or seen on this video/website. You should never delay seeking treatment or advice for a medical condition because of something you have read or seen on this video/website.