लौरो प्रयोग गर्ने

Using a Cane

Walking with a Cane

- Adjust the cane length so that when you are standing, the handle of the cane is at the level of your wrist.
- 2. Hold the cane on the side of your good leg unless your physical therapist has told you otherwise.
- Begin by stepping forward with

other.

your injured or weak leg and cane, keeping the two in line with each



Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.



लौरोको सहायताले हाँड्ने

- लौरोको लम्बाइ तपाईं उभाँदा त्यसको समात्ने बाँड तपाईंको नाडीसम्म पुग्ने बनाउनुहोस्।
- 2. तपाईंको फजिकिल थेरापिस्टले चोटग्रस्त खुट्टाले हाँड्न नभन्दासम्म लौरो तपाईंको स्वस्थ खुट्टा तर्फ समातेर हाँड्नुहोस्।
- तपाईंको चोटग्रस्त वा कमजोर खुट्टा र लौरोलाई सीधा लाइनमा टेकेर पाइला चाल्न सुरू गर्नुहोस्।

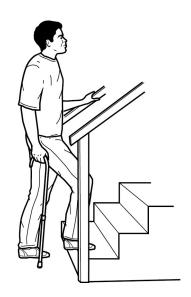


 तपाईंको चोटग्रस्त वा कमजोर खुट्टा र लौरोभन्दा अगाडि सार्दै आफ्नो स्वस्थ खुट्टाले पाइला चाल्नुहोस्।

Going Upstairs with a Cane

Take your time and go slowly. Have someone stand behind you to help the first time.

1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.

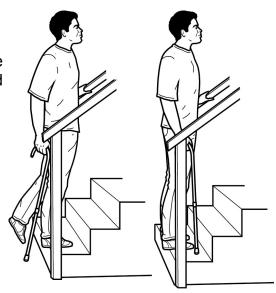


लौरोको सहायताले सिढी चढ्ने

समय लर्डि वस्तिारै जानुहोस् । पहिलो पटक चढ्दा मद्दतका लागि कसैलाई आफ्नो पछाडि उभनि लगाउनुहोस् ।

अर्को हातले सिढीको रेलिङ समात्नुहोस्।
 पहिल्लो खुङ्किलोमा आफ्नो स्वस्थ
 खुट्टाले टेकी चढ्न सुरू गर्नुहोस्।

 Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.

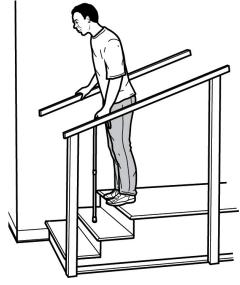


तपाईंको चोटग्रस्त वा कमजोर खुट्टा
र लौरोलाई सोही खुड्किलोमा सँगै माथि
लैजानुहोस्। तपाईंको खुट्टा र लौरोलाई
एक-अर्काको सिधा रेखामा राख्नुहोस्।

Going Downstairs with a Cane

Take your time and go slowly. Have someone stand in front of you to help the first time.

 Put your feet near the steps and place your cane on the first step down.



लौरोको सहायताले सिढीबाट तल झर्ने

समय लर्डि विस्तारै जानुहोस्। पहिलो पटक चढ्दा मद्दतका लागि कसैलाई आफ्नो पछाडि उभिन लगाउनुहोस्।

 तपाईंको खुट्टा सिढी नजिक राख्नुहोस् र लौरोलाई पहिलो खुड्किलोमा राख्नुहोस्।

- Step down first with your injured or weak leg. Bring your good leg to the same step.
- 3. Repeat until you are at the bottom of the stairs.



- आफ्नो चोटग्रस्त वा कमजोर खुट्टालाई पहिल चाल्नुहोस्। स्वस्थ खुट्टालाई पनि उही खुड्किलोमा लैजानुहोस्।
- तपाईं सिढीको फेदसम्म नपुग्दा यही प्रक्रिया दोहोर्याउनुहोस्।

When using a cane to go up and down stairs, it is helpful to remember, "Up with the good and down with the bad".

Talk to your doctor, nurse, or therapist if you have any questions or concerns.

लौरोको सहायताले सिढी चढ्दा वा तल झर्दा, "माथि चढ्दा चोट स्वस्थ खुट्टाले चढ्ने र तल झर्दा चोटग्रस्त खुट्टाले झर्ने" कुरा सम्झनुहोस्।

तपाईंका कुनै प्रश्न वा जिज्ञासाहरू छन् भने आफ्नो चिकित्सिक, नर्स वा थेरापिस्टसँग कुरा गर्नुहोस्।

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