

# 使用助行器

## Using a Walker

### Walking with a walker

1. Lift the walker and place it at a comfortable distance in front of you with all four of its legs on the floor. This distance is often equal to an arm's length.



### 使用助行器行走

1. 抬起助行器，使其位于您面前距离恰当的位置，全部四条支柱着地。此距离通常等同于一臂的长度。

2. Move your injured or weak leg toward the walker first. If you have had surgery on both legs, use either leg to begin walking.



2. 先向助行器移动您的受伤腿或无力腿。如果您双腿都进行了手术，则可以先迈出任意一条腿。

3. Then take a step with your good leg, bringing it ahead of the injured or weak leg.



3. 然后将健康腿迈出一大步，使其位于受伤腿或无力腿前方。

4. Repeat steps 1 to 3.

4. 重复步骤1到3。

## Safety tips

- **Do not step too close to the walker because you may lose your balance.** There should be space between you and the walker at all times.
- **Hold your head up and look straight ahead.** Do not watch your feet. It is more tiring and you may run into something.
- **Walk slowly.**

## Sitting with a walker

1. **Slowly** back up to the chair, bed or toilet until you feel it against the back of your legs.



2. Let go of the walker with one hand and reach back for the bed, chair arms or toilet seat, while sliding your injured or weak leg forward.



## 安全建议

- 迈步时不要太靠近助行器，否则您可能失去平衡。您和助行器之间应该始终保持距离。
- 抬头直视前方。不要低头看脚。这样会更容易使人疲劳，您还可能撞到其他物体。
- 慢慢地行走。

## 使用助行器坐下

1. 慢慢地向后靠向椅子、床或马桶，直至您的双腿背侧触碰到椅子、床或马桶。

2. 一只手松开助行器，向后触摸并抓住床、椅子扶手或马桶座圈，同时将您的受伤腿或无力腿向前滑动。

3. **Slowly** lower yourself to the seat by leaning forward and keeping your injured or weak leg straight out in front of you. Go slowly so that you do not land heavy in the chair.



3. **慢慢地**将身体放低到座位上，即身体前倾，受伤腿或无力腿保持向前伸出。放慢动作，以免椅子突然承受重量。

4. If you have had surgery on both legs, place both hands on the chair arms, bed or commode seat. Lower yourself to the seat and slowly walk both legs forward. Do not land heavy in the chair.



4. 如果您双腿都进行了手术，将双手放在椅子扶手、床或马桶座圈上。将身体放低到座位上，两条腿慢慢地向前移动。避免椅子突然承受重量。

## Stairs with a walker

**Do not use your walker on stairs unless your physical therapist has instructed you and practiced this with you.** Have someone help you on the stairs until you feel comfortable using your walker.

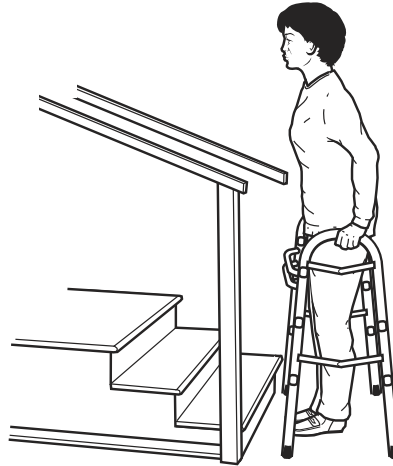
## 使用助行器上下楼梯

不要在楼梯上使用助行器，除非理疗师已对您进行此训练并指导您进行过练习。上下楼梯时请人帮助您，直至您感觉能自如地使用助行器。

## Going up stairs with a walker

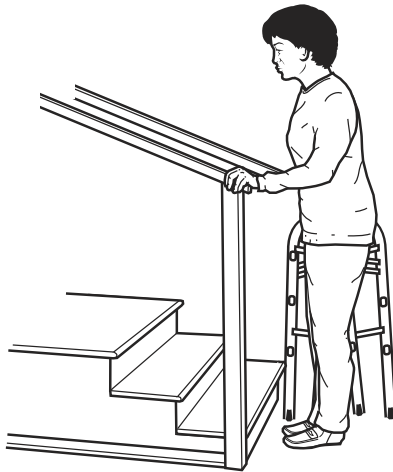
When climbing stairs, start with your good leg going up, and start with your injured or weak leg going down. **Up with the good, down with the bad.** When going up and down stairs with a walker, you should have a sturdy handrail.

1. Walk up to the stairs and place your feet about six inches from the first step.



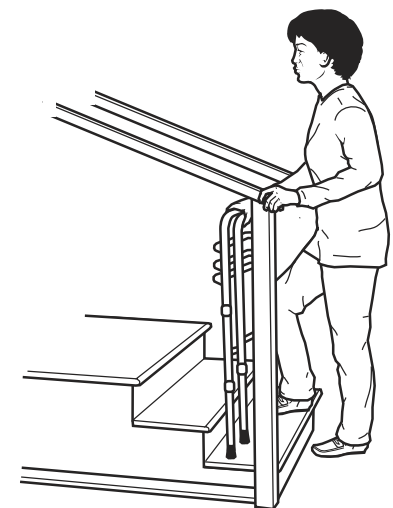
1. 走向楼梯，双脚距第一级楼梯大约6英寸。

2. Fold the walker and place it in one hand. Place your other hand on the rail.



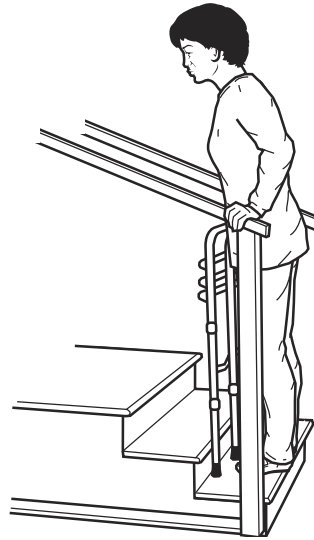
2. 折叠助行器，用一只手拿住。用另一只手抓住扶手。

3. Lift the folded walker and set it to the back of the step. Step up first with your good leg.



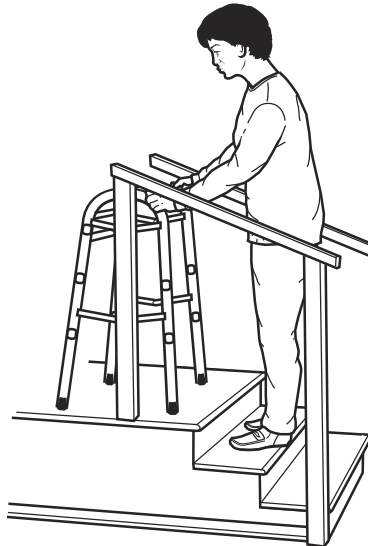
3. 提起折叠后的助行器，将其放在阶梯的后端。健康腿向上迈出第一步。

4. Bring up your injured or weak leg.



4. 然后向上迈出受伤腿或无力腿。

5. At the top of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position. Place both hands on the walker.



5. 在阶梯顶部，展开助行器并将其放在地上。确保您听到助行器展开到锁定位置。把两只手放在助行器上。

6. Step up first with your good leg, and then bring up your injured or weak leg.

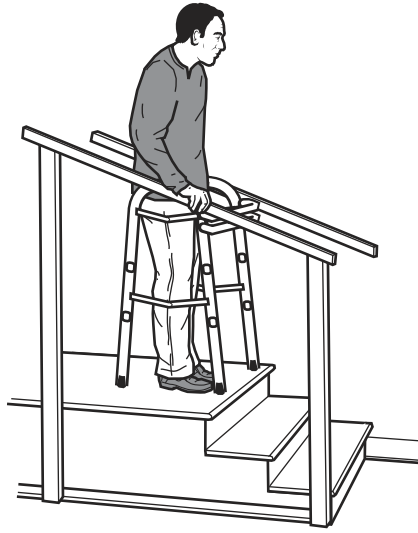


6. 健康腿先向上迈出一大步，然后向上迈出受伤腿或无力腿。

## Going down stairs with a walker

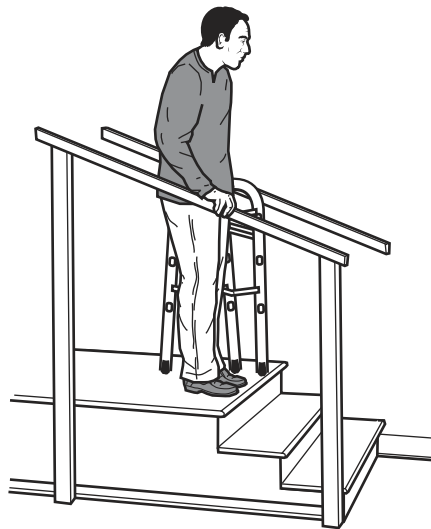
## 使用助行器下楼梯

1. Walk up to the stairs and place your walker about two inches from the top step.



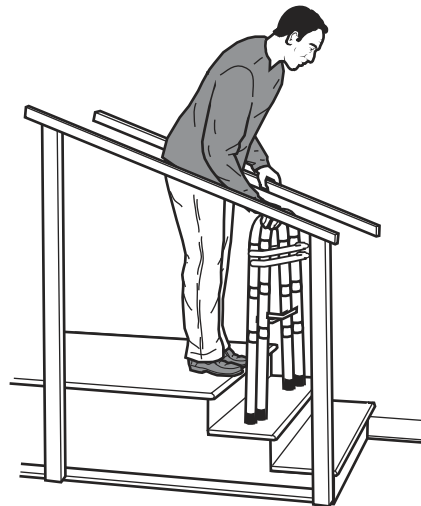
1. 走向楼梯，使助行器距楼梯顶部大约2英寸。

2. Fold the walker and place it in one hand. Place your other hand on the rail.



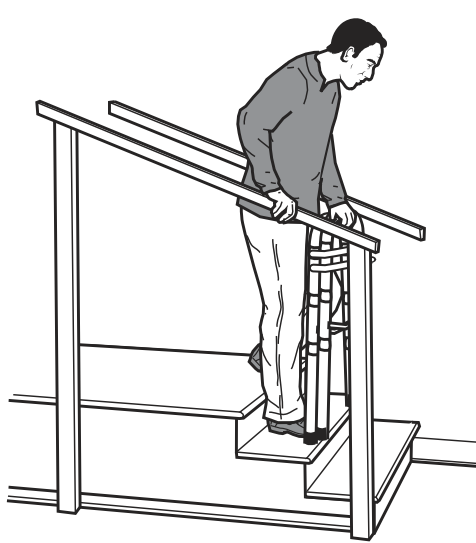
2. 折叠助行器，用一只手拿住。用另一只手抓住扶手。

3. Set the folded walker down and near the front edge of the first step.

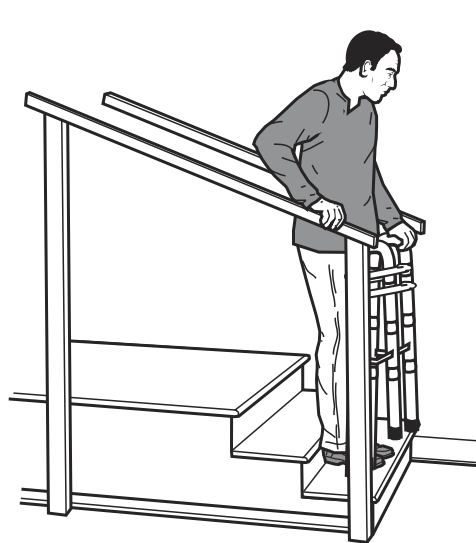


3. 将折叠后的助行器放在第一级阶梯上，靠近前端处。

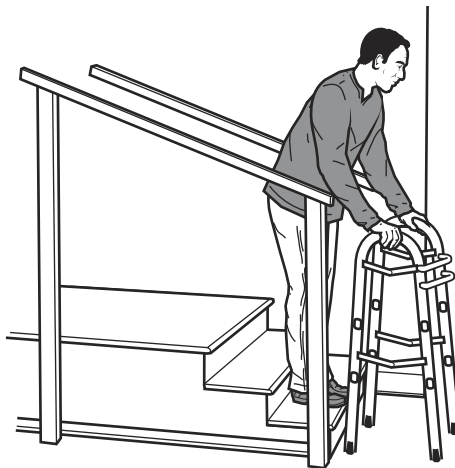
4. Step down first with your injured or weak leg, and then bring down your good leg.



4. 受伤腿或无力腿先向下迈出一步，然后向下迈出健康腿。

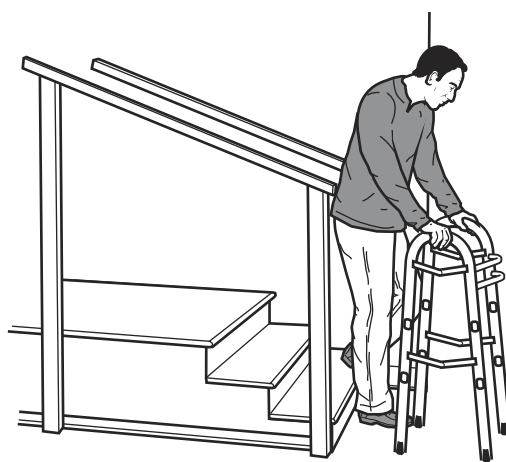


5. At the bottom of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.



5. 在阶梯底部，展开助行器并将其放在地上。确保您听到助行器展开到锁定位置。

6. Place both hands on the walker. Step down first with your injured or weak leg and then with your good leg.



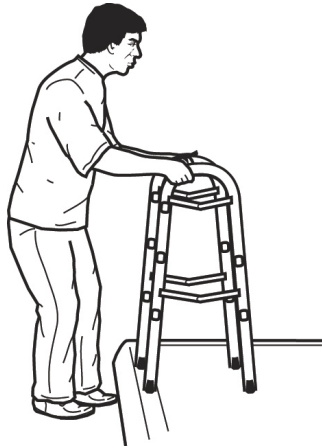
6. 把两只手放在助行器上。受伤腿或无力腿先向下迈出一步，然后向下迈出健康腿。



## Going up a curb with a walker

### Forward Method

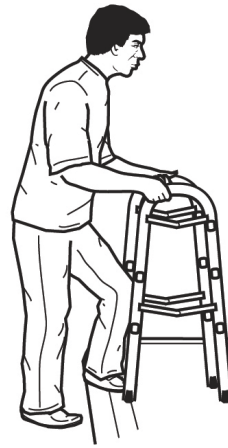
- Walk up to the curb.
- Put all four legs of the walker up on the curb.
- Push straight down on the walker when stepping up with the good leg.
- Step up with the injured or weak leg.



## 使用助行器上路缘石

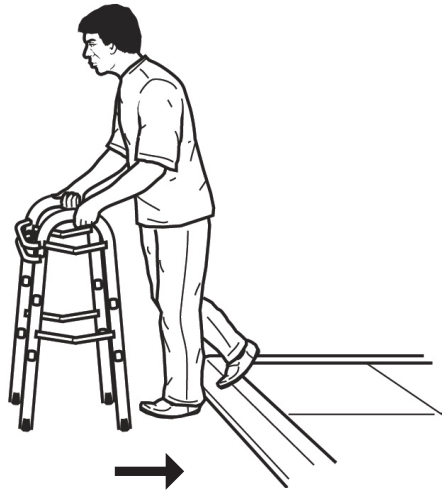
### 前进法

- 走向路缘石。
- 把助行器的全部四条支柱提起放在路缘石上。
- 健康腿向上迈步时，双手垂直下压助行器。
- 然后向上迈出受伤腿或无力腿。



### Backward Method

- Walk up to the curb and turn so your back is to the curb.
- Step up on the curb with your good leg.
- Step up on the curb with your injured or weak leg.
- Lift the walker and put all four legs up on the curb.
- Turn back around carefully.



### 后退法

- 走向路缘石并转身，使背部朝向路缘石。
- 健康腿踏上路缘石。
- 然后受伤腿或无力腿踏上路缘石。
- 提起助行器，将全部四条支柱放在路缘石上。
- 小心地转身。

## Going down a curb with a walker

**Never** go down a curb backwards.

- Walk up to the edge of the curb.
- Put all four legs of the walker on the ground below.
- Step down with your injured or weak leg, then your good leg.



## 使用助行器下路缘石

切勿倒着下路缘石。

- 走向路缘石的边缘。
- 把助行器的全部四条支柱放在下方的地面上。
- 受伤腿或无力腿向下迈出一步，然后向下迈出健康腿。



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

如有任何疑问或担心，请咨询医生、护士或理疗师。