

# 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. 提起助行器，將其放在身體前方適當的距離處，助行器的四個腳必須著地。此距離通常約為一個手臂的長度。

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. 受傷或無力的腿先邁向助行器。如果雙腿都經過手術，則可先邁出任何一條腿。

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



3. 然後，再邁出健康的腿，落在受傷或無力腿的前方。

4. Repeat steps 1 to 3.

4. 重覆步驟 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.



## 安全提示

- 邁步時不要太靠近助行器，這樣可能會失去平衡。您與助行器之間隨時都要保持一些距離。
- 抬頭直視前方。不要低頭看腳。這麼做可能更容易疲勞，也可能撞到其他東西。
- 步伐放慢。

## 使用助行器就座

1. **慢慢**退向要就座的椅子、床鋪或馬桶座，直到腿背碰到要就座的物體。

2. 一手放開助行器，向後觸摸並抓住床、椅子扶手或馬桶座，同時將受傷或無力的腿向前移動。

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**放低身體就座，身體前傾，受傷或無力的腿在身前伸直。慢慢坐下，不要讓椅子突然承受重量。

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. 如果雙腿都經過手術，則將雙手放在椅子扶手、床或馬桶座的座圈上。放低身體就座並將雙腿慢慢向前移動。不要讓椅子突然承受重量。

## 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.

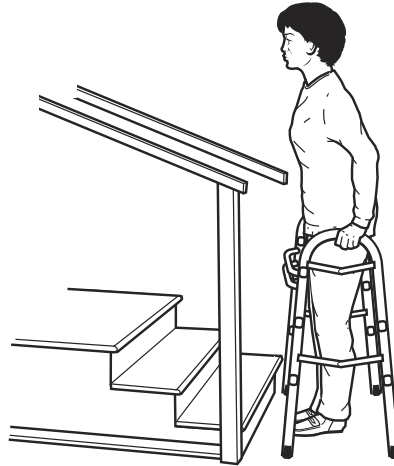
## 使用助行器上下樓梯

除非物理治療師已教導您並與您一起練習，否則不要使用助行器上下樓梯。請人幫助您使用助行器上下樓，直到自己掌握方法為止。

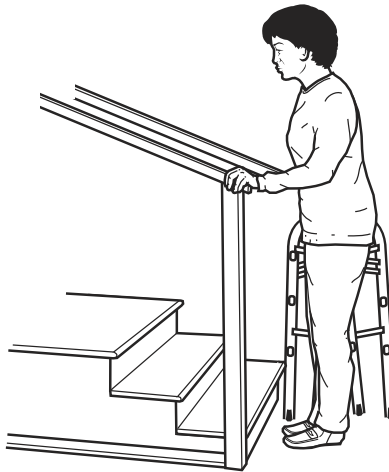
## Going up stairs with a walker

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.

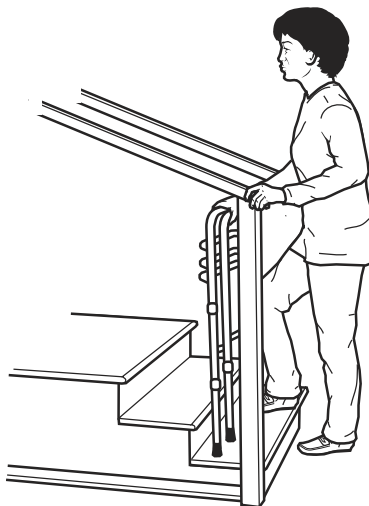
1. Walk up to the stairs and place your feet about six inches from the first step.



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



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



## 使用助行器上樓梯

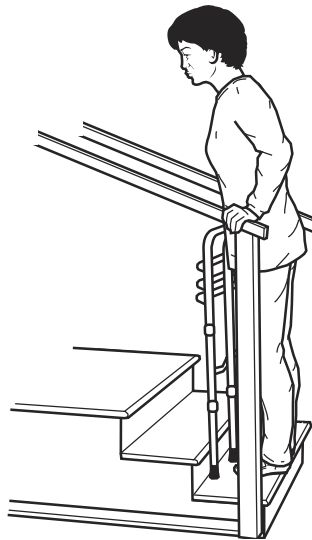
爬樓梯時，上樓先邁出健康的腿，下樓先邁出受傷或無力的腿。上樓先邁好腿，下樓先邁病腿。使用助行器上下樓時，樓梯扶手必須要牢固。

1. 走向樓梯，將雙腳放在離第一階約六英吋處。

2. 收起助行器，單手拿好。另一隻手握住扶手。

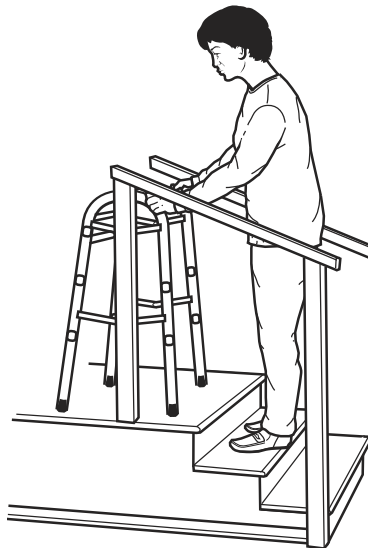
3. 提起折疊後的助行器，將其放在臺階的後端。先邁出健康的腿踩在臺階上。

4. Bring up your injured or weak leg.



4. 再將受傷或無力的腿踩上臺階。

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. 到樓梯頂端時，展開助行器，將它放在樓梯平臺上。確認聽到助行器展開到鎖定的位置。將雙手放在助行器上。

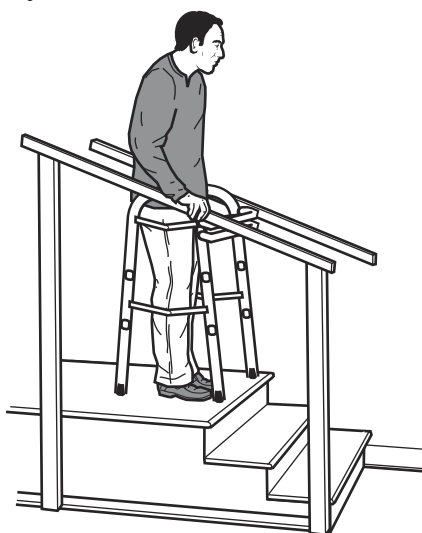
6. Step up first with your good leg, and then bring up your injured or weak leg.



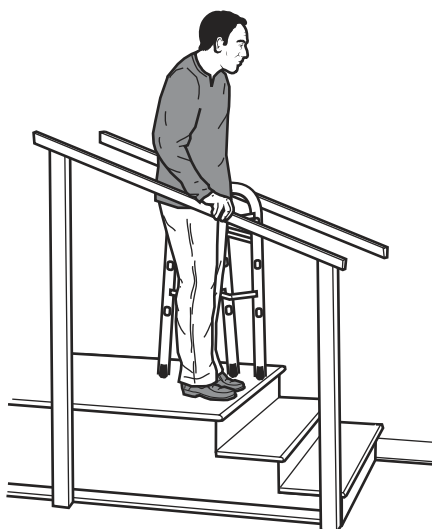
6. 先邁出健康的腿，然後受傷或無力的腿踏上平臺。

## Going down stairs with a walker

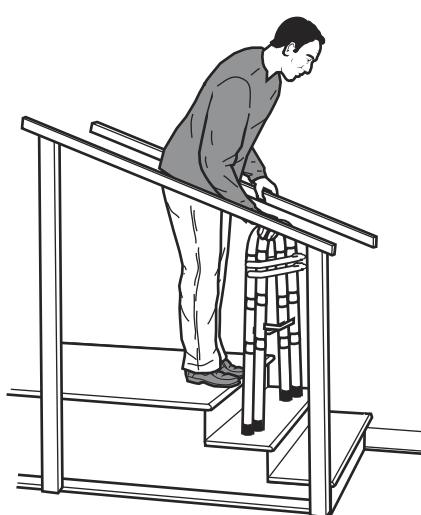
1. Walk up to the stairs and place your walker about two inches from the top step.



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



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



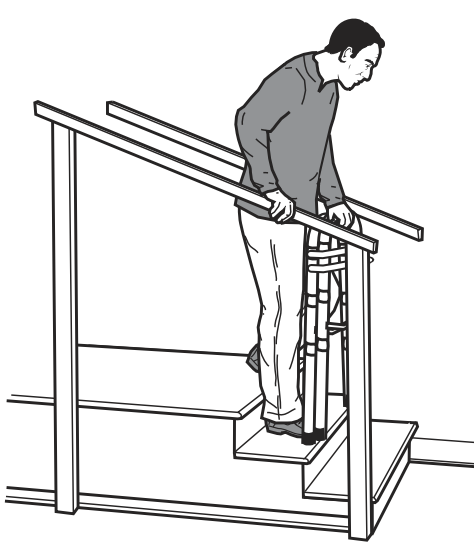
## 使用助行器下樓梯

1. 走向樓梯，將助行器放在離樓梯頂端平臺約二英吋處。

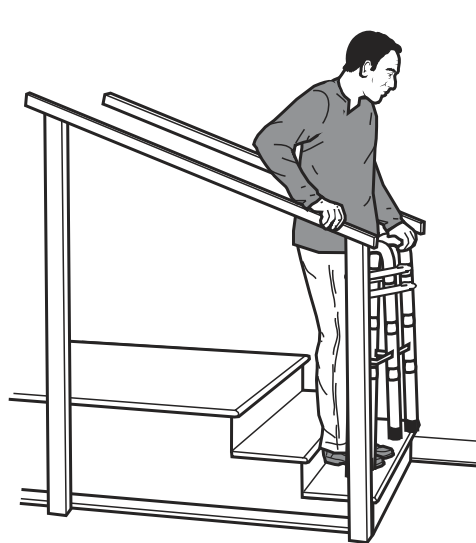
2. 收起助行器，單手拿好。另一隻手握住扶手。

3. 將折疊後的助行器放在第一階上，靠近前端。

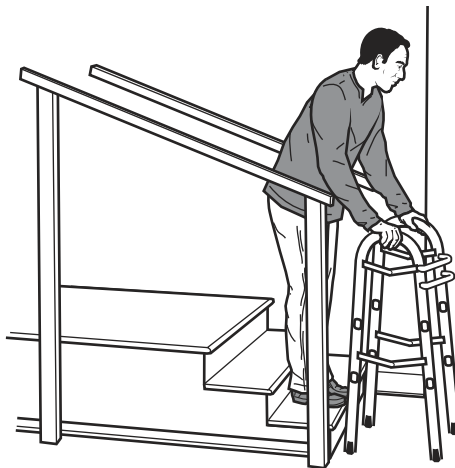
4. Step down first with your injured or weak leg, and then bring down your good leg.



4. 先邁出受傷或無力的腿，再邁出健康的腿。

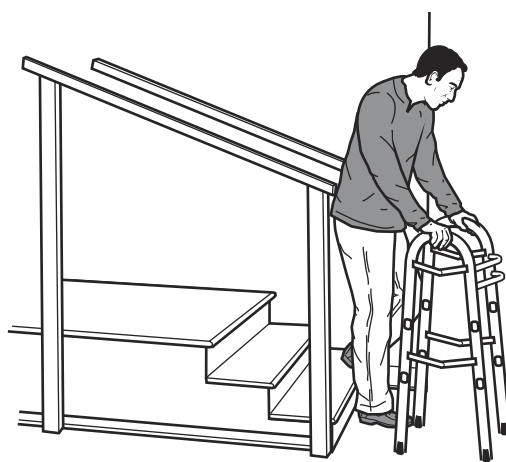


5. At the bottom of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.



5. 到樓梯底部時，展開助行器，將它放在樓梯平臺上。確認聽到助行器展開到鎖定的位置。

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



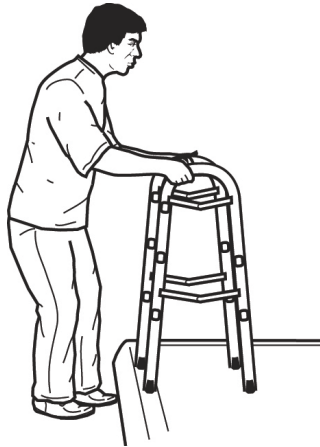
6. 將雙手放在助行器上。先邁出受傷或無力的腿，再邁出健康的腿。



## Going up a curb with a walker

### Forward Method

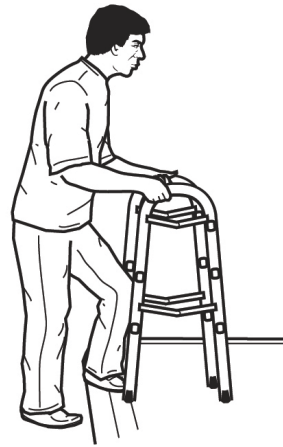
- Walk up to the curb.
- Put all four legs of the walker up on the curb.
- Push straight down on the walker when stepping up with the good leg.
- Step up with the injured or weak leg.



## 使用助行器上路緣石

### 前進法

- 走向路緣石。
- 將助行器的四腳放在路緣石上。
- 雙手握住助行器向下施力，健康的腿踏上路緣石。
- 受傷或無力的腿再跟上。



### 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.



### 後退法

- 走向路緣石，然後轉身背對路緣石。
- 健康的腿先踏上路緣石。
- 受傷或無力的腿再跟上。
- 提起助行器，將助行器的四腳放在路緣石上。
- 小心轉身過來。

## 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.



## 使用助行器下路緣石

切勿後退下路緣石。

- 走向路緣石邊緣。
- 將助行器的四腳放在路緣石下面的地面上。
- 先邁出受傷或無力的腿，然後再邁出健康的腿。



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

若您有任何疑問或擔憂，請諮詢您的醫生、護士、或物理治療師。