

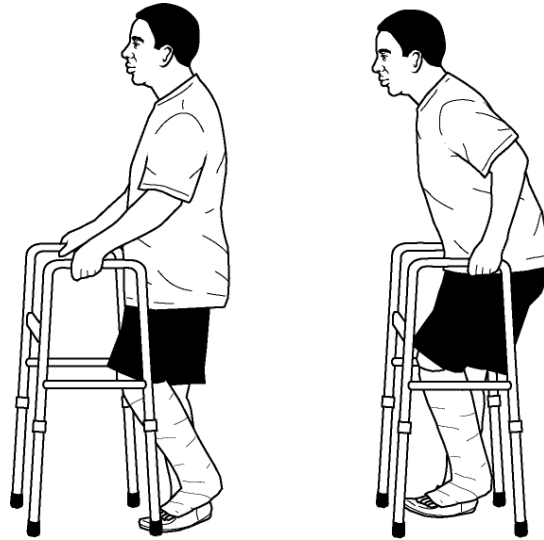
Weight Bearing Using a Walker

Follow the directions as checked for your injured or weak leg.

Non-Weight Bearing

For this method, do not let your injured or weak leg touch the floor when standing or walking. When using the walker, hold your injured or weak leg up off the floor.

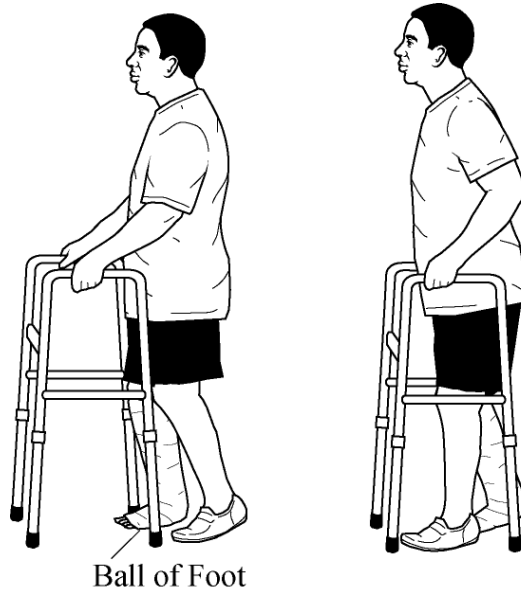
- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on your walker with your arms, hop on your good foot to the center of your walker.



Touch Down Weight Bearing

For this method, touch the ball of your foot to the floor to help your balance, but do not put your weight on it.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.



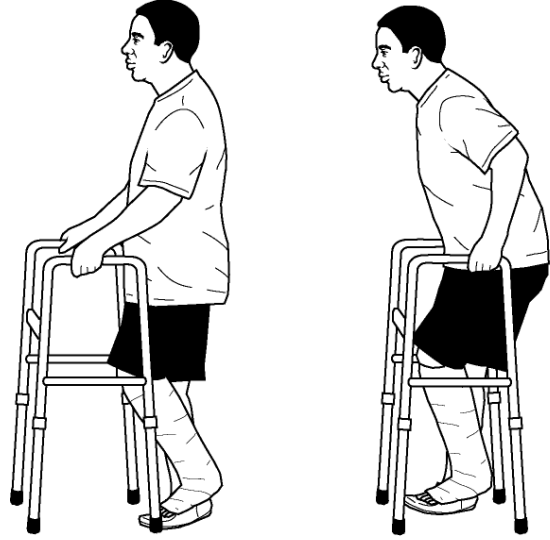
Culays-saarista Adiga oo Isticmaalaha Qalabka Lagu Socdo (Walker)

Isticmaal fariimaha loo calaamadeeyay lugtaada dhaawacan ama tabarta daran.

□ Habka Aan Culays-saaris Lahayn

Marka aad habkan isticmaalaysid, lugtaada dhaawacan ama tabarta daran ha u oggalaan inay taabato dhulka marka aad sare joogtid ama socotid. Marka aad isticmaalaysid qalabka socodka, sare dhulka uga qaad lugtaada dhaawacan ama tabarta daran.

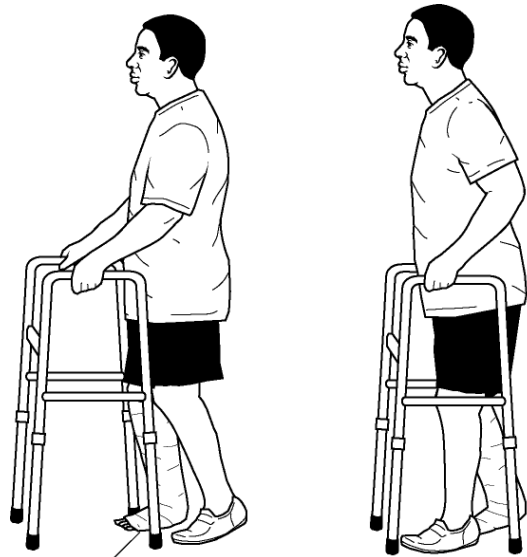
- Hortaada u dhaqaaji qalabkaaga socodka. U hubso in dhamaan 4-ta lugood ee qalabkaaga socodka ay si siman dhulka u yaalaan.
- Marka aad gacmahaaga hoos ugu cadaadinaysid qalabkaaga socodka, ku bood cagtaada fiican ilaa badhtanka qalabkaaga socodka.



□ Habka Taabashada Culays-saarista Ah

Marka aad habkan isticmaalaysid, dhulka ku taabo barta faraha ka dambeysa ee cagtaada si ay miisaanka kaaga gargaarto, laakiin culayskaaga ha saarin.

- Hortaag u dhaqaaji qalabkaaga socodka qiyaastii masaafu leeg cududdaada. U hubso in dhamaan 4-ta lugood ee qalabkaaga socodka ay si siman dhulka u yaalaan.



Weight Bearing Using a Walker. Somali

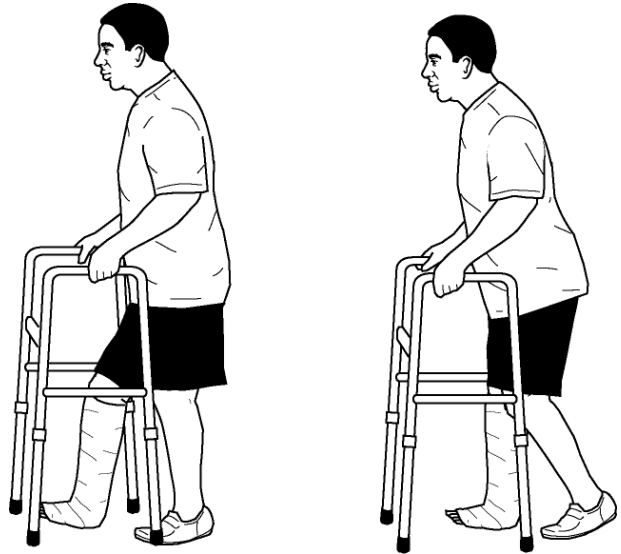
faraha cagaha xagooda dambe

- Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

Partial Weight Bearing

For this method, you will be told how much weight you can put on the injured or weak leg.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Step your injured or weak leg into the walker, only putting the allowed weight on that leg.
- While pushing down on your walker with your arms to keep some weight off of your leg, step your good leg forward into the center of the walker.



Weight Bearing as Tolerated

For this method, put as much weight on the injured or weak leg as you are able to without much pain. The walker helps give you some support and balance.

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

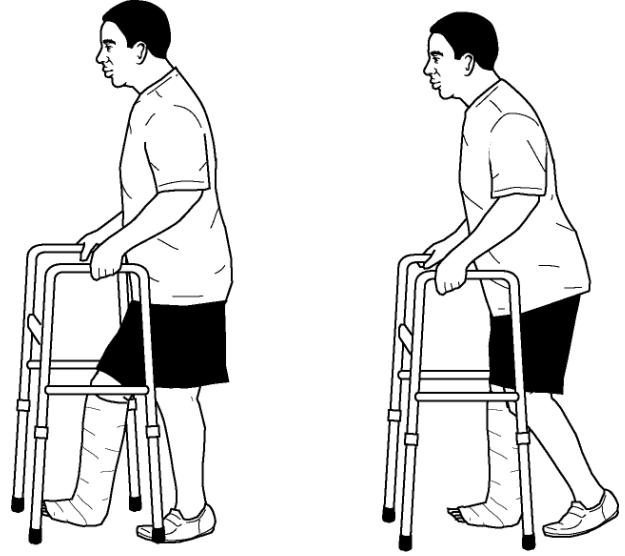
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- Lugtaada dhaawacan ama tabarta daran hore ugu dhaqaaji xagga qalabka socodka, adiga oo barta ka dambeysa faraha cagtaada kaliya taabsiinaya dhulka.
- Marka aad gacmahaaga hoos ugu cadaadinaysid qalabkaaga socodka si aad culayska uga qaadid lugtaada dhaawacan ama tabarta daran, hore u qaad lugtaada fiican ilaa badhtanka qalabka socodka.

□ **Habka Culays-saaridda Badhka Ah**

Marka habkan la isticmaalayo, waxa lagu sheegi doonaa inta uu leeg yahay culayska aad saari kartid lugta dhaawacan ama tabarta daran.

- Hortaaga u dhaqaaji qalabkaaga socodka qiyaastii masaafo leeg cududdaada. U hubso in dhamaan 4-ta lugood ee qalabkaaga socodka ay si siman dhulka u yaalaan.
- Hore ugu dhaqaaji lugtada dhaawacan ama tabarta daran xagga qalabka socodka, adiga oo kaliya saaraya lugtaa culayska la oggol yahay.
- Marka aad gacmahaaga hoos ugu cadaadinaysid qalabkaaga socodka si aad culayska uga qaadid lugtaada dhaawacan ama tabarta daran, hore u qaad lugtaada fiican ilaa badhtanka qalabka socodka.



□ **Habka Culays-saaridda Ah Hadba Sida la Xamili Karo**

Marka habkan la isticmaalayo, saar culays lugtaada dhaawacan ama tabarta daran in alaale intii aad awoodid ee aan xanuun badan kuu keenaynin. Qalabka socodku waxa uu ku siinayaa xoogaa ah taageero iyo miisaan.

La hadal dhakhtarkaaga, kalkaalisada ama jidh-duugaha (therapist) haddii aad qabtid wax su'aalo ama walaac ah.

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