

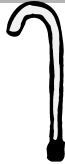


**Rehabilitative/Restorative Care**



**Progressive Ambulation**

**Always stand on affected side**



---

---

---

---

---

---

---

---

**Evaluation for Ambulation**

- **Strength- ability to support own weight dangling.**
- **Ability to stand, bear weight, and balance.**
- **Ability to transfer with minimal assistance.**
- **Ability to follow instructions.**
- **Any assistive equipment needed**

---

---

---

---

---

---

---

---

**Assistive Devices**

- **Crutches**
- **Canes**
- **Walkers**



---

---

---

---

---

---

---

---

## Crutches

Used for partial weight bearing

- Seldom recommended for elderly.
- Standard Crutches- Requires two strong arms, good balance.
- Forearm Crutches- For weakness in both legs.
- Forearm Crutches with Platforms- provides for more stability.



---

---

---

---

---

---

---

---

## Canes

for problems with balance  
3 Point Gait



- Always held by strong arm approx. 4 in. to side.
- Pt. to shift body wt. to strong leg and advance cane 4 in.
- Now move weak leg forward even with cane.

---

---

---

---

---

---

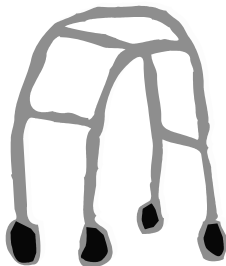
---

---

## Walkers

for weakness both legs  
partial weight bearing  
mild balance problems

- Proper fit- top @ hip joint. elbow flexed 30 degrees.
- Not a transfer device.
- Rolling Walkers safest.
- Lifting walker can cause teetering.



---

---

---

---

---

---

---

---

**Guidelines  
for safe ambulation**

- Encourage hand rails
- Support affected side
- Underhand grip on belt  
other hand on shoulder
- ✓ Equipment for safety.
- Sturdy/non slip shoes.
- ✓ Floor for clutter  
or puddles.
- Monitor pulse.
- Follow with W/C

---

---

---

---

---

---

---

---