



## Housing Plus Occupational Therapy Home Safety Assessment

### Proper Use of a Walker

The proper use of the walker is needed to prevent back pain.



Remember do not bend over  
when using the walker.

Stand tall when using the  
walker.

AND

Keep the walker close to your  
body.



As you properly use the walker around your home, keep a pain diary. The use of the pain diary will help to check if using the walker is reducing pain. Use the pain diary at least 3 times a day for 2 weeks to monitor change. A suggested diary is located at: [http://www.healthinaging.org/public\\_education/pain/my\\_pain\\_diary.pdf](http://www.healthinaging.org/public_education/pain/my_pain_diary.pdf)

To help reduce pain the following information is suggested for review:

<http://www.arthritis.org/arthritis-pain-management-tips.php>