

## **WALKING AIDS AFTER LOWER LIMB SURGERY**

If you are to be **NON WEIGHT BEARING** after your surgery this means you **CANNOT** put weight through your foot. You will need to bring a mobility aid with you to hospital. It is advised to obtain your mobility aid well in advance to allow yourself the chance to practice at home to ensure your safety as well as ability to mobilize through your home environment. If you are worried about your ability to use your mobility aid safely on your own it is worthwhile to see a physiotherapist before surgery for help with instructions for use.

### **Appropriate mobility aids for non-weight bearing**

#### **1. Crutches:**

If you are > 50, have a body mass index > 30, weigh over 200 lbs or have issues with your shoulders using crutches for distances can be very difficult.

#### **2. Hands free crutches:**

a. "[iwalkfree](#)" - if you are <50 and physically fit you may be interested in this hands free device.

b. "**onlyOne**" - this is a single underarm crutch. It can be purchased at [Medichair Tricity](#)

#### **3. Walker:**

A walker is reasonable for short distances. It is challenging if you have a body mass index > 30 or cannot support your body weight through your upper extremities. If you are going to have a walker it is advised to consider a wheelchair or knee scooter for distances.

#### **4. Wheel chair:**

These can be rented and are advised for distances for more elderly patients.

#### **5. Knee scooter:**

A knee scooter can be very helpful to assist you in being independently ambulatory after foot surgery. It will allow you to mobilize in the community. Individuals with trouble with balance or knee problems on the same side as their foot surgery may have trouble with a knee scooter.

Available at: [Save on Scooters in Surrey](#)  
[Medichair Tricity](#)  
[Red Cross](#)