



AMBULATION

HANDBOOK PAGES: 91-98

The fact is that residents will **fall unexpectedly** and to protect yourself you must remain constantly in a **wide stance position** with the **load close**. Using the **Modified Crab Walk** allows you to accomplish this.

With the modified crab walk, you never allow your **'inside'** foot (the foot closest to the resident) to move further forward than your **'outside'** foot. This way if the resident begins to fail you will not be pulled into a bend-twist position. Use this technique also when **pulling a wheelchair** along as you walk a resident, ambulating with a **walker** and with the **Parallel Bars**.

Get yourself into the habit of using wide stance even when **Weighing A Resident**. The reality of the situation is that we can't **predict** when a resident will fall, nor do we have to **time to think** once they do fall. You must remain protected at all times in a wide stance **POWERLIFT**[®] position.