

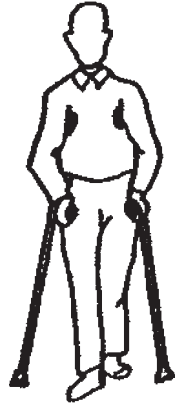
Crutch Walking Patient Information

Walking with Crutches

Crutches will help you walk by keeping the weight off your injured leg.

Fitting For Crutches

- Adjust the hand grips so your elbows are at a 30 degree angle (slightly bent).
- The top of the crutches should be two to three finger widths below your armpit when you are standing straight.
- Angle the crutches about four inches to the side of your feet.

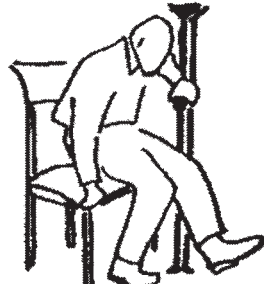


General Information

- Press the weight through your hands, not under your arms. This will prevent pressure on the nerves and vessels in your armpits.
- Wear low-heeled and well fitting shoes that have non-slip soles.
- Before walking, check the crutches to make sure that the wing nuts are tight and the crutch tips are not worn.

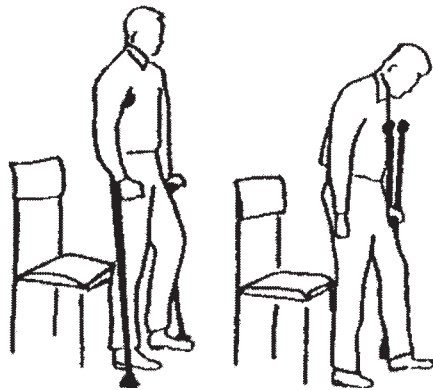
Sitting to Standing

- Hold the two crutches together by the handgrip on your affected side.
- Slide to the edge of your chair.
- Lean forward and push yourself up into a standing position using your arms and your unaffected leg.
- Once you are standing, place one crutch under each of your arms.



Standing to Sitting

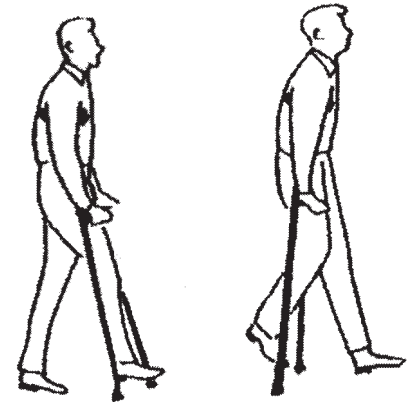
- Stand with the back of your unaffected leg touching the front of the chair.
- Remove the crutches from under your arms. Hold them both together by the handgrip on your affected side.
- Reach for the chair with your free arm. Slide your affected leg forward. Sit down slowly.



Walking

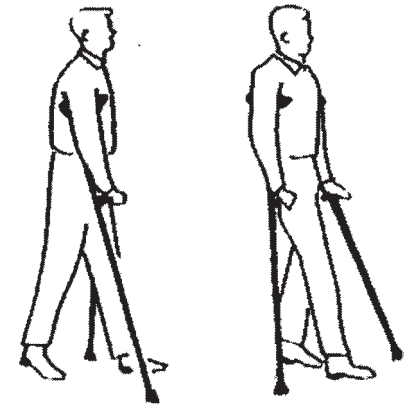
Non-Weight Bearing

- Place both crutches and your affected leg forward at the same time.
- Push all your weight through the hand grips.
- Keep the affected leg off the floor.
- Swing the unaffected leg through in front of the crutches. Place that leg on the floor and take your weight through it.



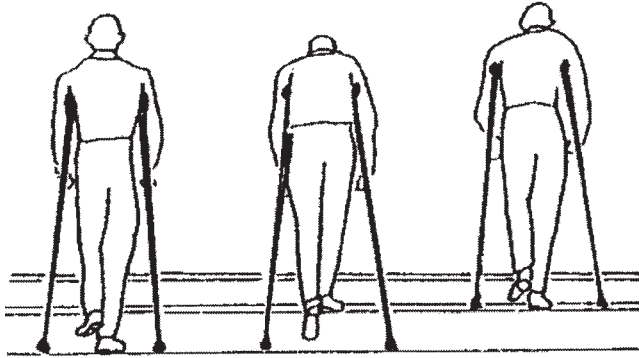
Partial Weight Bearing

- Place both crutches and the affected leg forward and rest the affected leg on the floor. Take the weight through your hands and your affected leg.
- Step through with the unaffected leg.
- Keep the crutches far enough apart so that you can step through them.



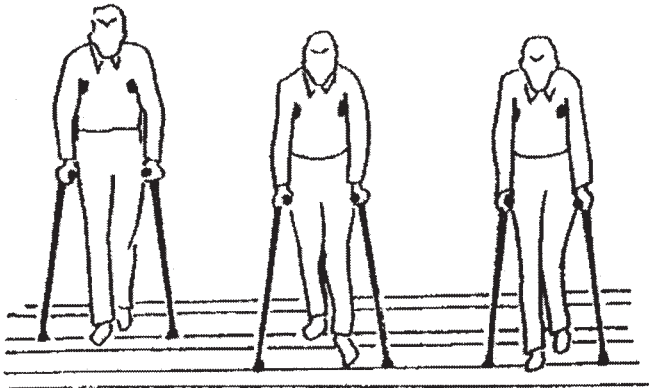
Stairs

Always go upstairs with your unaffected leg first



- Face the stairs and place the crutches close to the first step.
- Push on the handgrip of the crutches. Straighten your elbows.
- Push with your unaffected leg and your arms. Place your unaffected leg on the first step.
- Lift the affected leg up with both crutches to the same step.

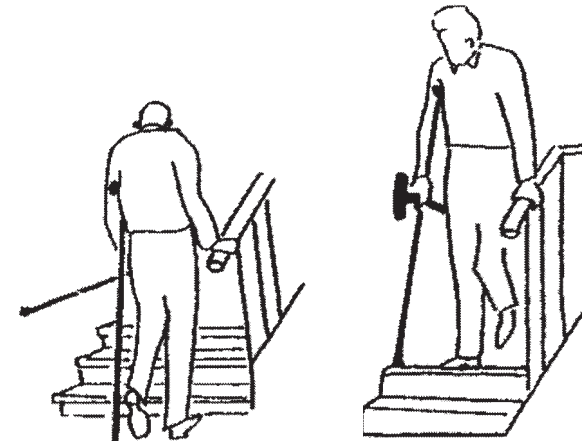
Always go downstairs with the affected leg and both crutches first



- Stand close to the edge of the step
- Place both crutches, then your affected leg, onto the lower step.
- Lean on the handgrips of the crutches and place your unaffected leg on the lower step.

Use A Handrail When Available

- Place both crutches in one hand.
- Hold one crutch by the handgrip and place the other under your arm.
- Hold the handrail with your other hand.
- Go up or down the stairs, as described above, using the rail and the crutches.



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