






Using Crutches

<p>Walking with Crutches</p> <ul style="list-style-type: none"> • Stand tall, look forward. • Place both crutches at a comfortable distance in front of feet. • Keep the “bad” foot up. • Put weight on hands while stepping a short distance in front of the crutches with the “good” leg. • Repeat the above sequence to crutch walk. 	
<p>Standing to Sitting</p> <ul style="list-style-type: none"> • Turn and back up to the chair until the back of legs touch the edge of chair. • Keep injured leg forward. • Take crutches out from under arms. • Sit while bending uninjured knee. 	
<p>Sitting to Standing</p> <ul style="list-style-type: none"> • Sit on the edge of chair. • Push up with hands using the crutches or arms of chair. • Put weight on uninjured foot to stand up. • Keep injured leg bent at the knee and off the floor. 	
<p>Going Upstairs with Crutches</p> <ul style="list-style-type: none"> • Face the stairs. Put the crutches close to the first step. • Push onto the crutches and put your uninjured leg on the first step. • Put your weight on your uninjured leg that is on the first step. • Bring both crutches and the injured leg onto the step at the same time. • When you hold onto a railing with one arm, put both crutches under the other arm. • Use the railing to help you go up the stairs. 	
<p>Going Downstairs with Crutches</p> <ul style="list-style-type: none"> • Stand with the toes of your uninjured leg close to the edge of the step. • Bend the knee of your uninjured leg. Slowly lower both crutches along with the injured leg onto the next step. • Lean on your crutches. Slowly lower your uninjured leg onto the same step. • Place both crutches under one arm while you hold onto the railing with the other arm. 	

Measurement

- There should be a 2 to 3 inch space between the armpit and the top of the crutch.
- When your arm is by your side, the handgrip should be level with the crease in your wrist.
- Weight is put through the hands and never by leaning on the armpits.

Do's

- Follow instructions regarding the amount of weight bearing allowed.
- Wear proper footwear and clothing (e.g. flat, closed toe and heel shoes).
- Replace worn crutch tips before they are worn smooth.
- Check wing nuts/bolts regularly and tighten, if necessary.
- Avoid wet floors. Dry crutch tips before walking on linoleum or tile floors.

Don'ts

- Do not lean on the top of the crutch. Skin irritation, nerve and/or muscle damage can result.
- Do not use only one crutch unless your therapist has practiced with you and instructed you to do so.

Posture While Using Crutches

Maintain good posture at all times. Take body weight through the hands and slightly bent arms. Have crutches slightly ahead and apart. Before using any gait aid it is important to determine your weight bearing status:

- Full weight bearing: you may carry all of your body weight through your operated leg.
- Partial weight bearing: you may carry half of your body weight through your operated leg.
- Feather or touch weight bearing: you may touch your operated leg to the floor for balance only. No weight should be taken on the operated leg.
- Non-weight bearing: you must keep your operated leg off the ground.