Crutch Instructions

FOR WALKING:
♦ Lean forward, putting your weight on your hands on the grips of the crutches.
♦ Don’t rest your armpits on the tops of the crutches. This may cause damage to a nerve that passes through the armpit.
♦ Move the crutches forward evenly 12 to 15 inches ahead of the good leg, keeping the injured leg or foot off the ground.
♦ Swing your good leg forward about 12-15 inches ahead of the crutches.
♦ With the weight on the good leg move the crutches back to the first position, 12-15 inches ahead of the good leg.
♦ Move the injured leg in rhythm with the crutches.

GETTING UP FROM A CHAIR OR BED:
♦ Hold both crutches by the grips in the hand on the side that is injured.
♦ Push up from the chair or bed with the other hand while pushing up on the crutches.
♦ Use your good leg to bring you to a standing position.
♦ Get your balance and bring your crutches into position before starting to walk.

SITTING DOWN:
♦ Hold your crutches by the grips in the hand on the injured side.
♦ Hold the chair or bed with the other hand and lower yourself slowly.
♦ Keep your injured leg or foot off the floor and put your weight on the good leg.

STAIRS:
♦ Going up, get close to the stairs.
♦ Step up with the good leg and then bring the crutches and injured leg up to the stair you are standing on.
♦ Repeat.
♦ Going down, bring the crutches and injured leg down to the next lowest stair.
♦ Then step down with the good leg.
♦ Repeat.
♦ If there is a handrail, you may use it on one side with both crutches under the other arm.
♦ You can remember how to use stairs by thinking “Up with the good and down with the bad.”

OTHER TIPS
♦ Be sure to allow enough room for crutches when going through a doorway.
♦ Be very careful on ice or wet surfaces when using crutches.
♦ Wear shoes with low heels and non-slip soles such as sneakers.
♦ Check the wing-nuts often and tighten them if they loosen.
♦ Look forward and ahead when walking, not down at your feet.