

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.