



## A PRACTICAL GUIDE TO THE USE AND CARE OF CRUTCHES

It is important that you follow the Doctor's orders and follow the weight bearing instructions: \_\_\_\_\_ *Non Weight bearing*      \_\_\_\_\_ *Weight bearing to tolerance*

### To adjust your crutches height you should:

1. Stand Tall
2. Put the bottom tip of the crutches 6 inches to the front and to the side from you
3. There should be 2 to 4 finger widths between your armpit and the top of the crutch
4. Drop one hand to the side and the handle of the crutch should be a little above your wrist.

### To get up from chair:

1. Hold both crutches on your affected side
2. slide to the edge of the chair and push down on the arm of the chair on the good side
3. stand up and check your balance
4. put crutches under the arms and press into ribs

### To walk with crutches:

1. Move the crutches ahead of you 6 to 12 inches
2. Push down on the handgrip as you step up to or slightly past the crutches making sure your bear the weight on your hands not under your arms
3. Watch your balance.
4. The affected leg will follow the crutches.

### To sit down in a chair:

1. Back up to the chair until you feel the chair against your legs.
2. Move both crutches to your hand on the affected side and reach back to the chair with your other hand
3. Lower yourself slowly into the chair bending at the hips.

### To go upstairs:

1. Start close to the bottom step and push down through your hands
2. Step up to the first step remembering that the good foot goes up first!!!
3. next step up to the same step with the other foot, making sure to keep your crutches with your affected limb
4. Check your balance before going to the next step and make sure somebody is near you to help if needed.

### To go downstairs:

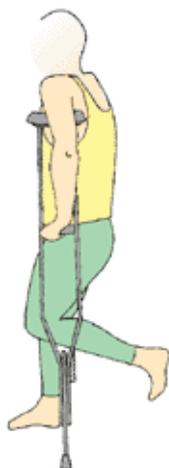
1. Start at the edge of the step keeping the hips beneath you
2. Slowly bring the crutches with your affected limb down to the next step (affected leg goes down first!!!).
3. Check your balance before you continue and if you have a handrail available use it. Simply hold both crutches on one side



## Crutches



Walking



Getting up



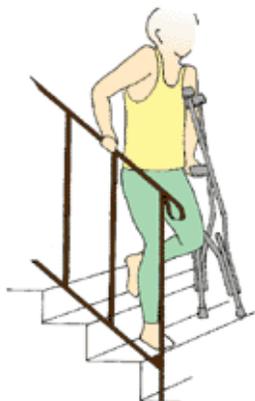
Sitting down



Going up



Going down



Using a handrail



Going through  
a doorway