

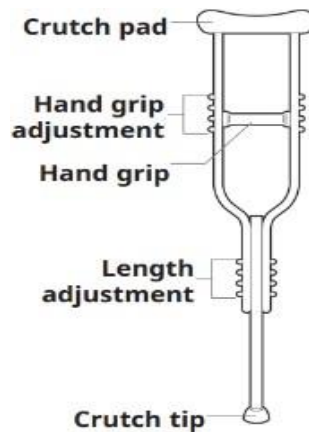
Instructions for Crutch Use

What are Crutches Used For?

Crutches are used for support while walking after an injury or surgery.

Safety Tips:

- Look ahead as you walk with your crutches.
- Take short steps and rest often as you need to.
- Use a handrail whenever there is one available.
- Wear well-fitting shoes.
- Watch out for any loose items on the floor that you can trip over or slip on.
- Keep your crutches clean, and in good repair with rubber tips always on.

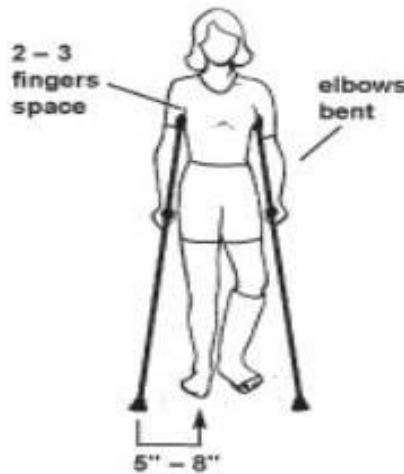


How Do I Adjust the Crutches?

- Wearing shoes, stand straight with shoulders relaxed and arms hanging loosely.
- Adjust the length of the crutches so that the crutch top is approximately 2" below the underarm.

Partial weight bearing or a certain percentage	Place a certain percentage of your weight on the recovering limb (e.g. 50% or 80%).
Weight bearing as tolerated	You can place full weight on the recovering limb if it is tolerated (as long as pain is manageable and you can walk safely). No formal restrictions on weightbearing. Crutches are used for balance and support as needed

- Next, adjust the handles:
 - Stand with crutches placed 6" in front of and 6" to the side of your feet.
 - Adjust the handle until your elbow is bent approximately 20° to 30°. After adjusting, ensure that the spring buttons are fully engaged, and screws are tightened.
- Adjust the other crutch length and handle and ensure that spring buttons are fully engaged in the adjustment holes.



Please follow your Health Care Provider’s instructions about weight bearing on your operated Leg

How much weight can I bear with crutches?

Your surgeon, physical therapist or other healthcare provider will advise how much weight you can place on your recovering limb; the medical term is “weight bearing.” Weight bearing instructions depend on why you need crutches and how far into your recovery you are. Some of the terms used in instructions include:

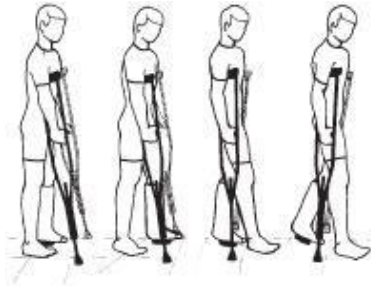
Non weight bearing	You can’t put any weight on the part of your body that’srecovering.
Toe touch for balance only	Only put your toe of recovering limb on the ground to lightly stabilize yourself and regain your balance. Don’t apply any weight or pressure on it.
Partial weight bearing or a certain percentage	Place a certain percentage of your weight on the recovering limb (e.g. 50% or 80%).
Weight bearing as tolerated	You can place full weight on the recovering limb if it is tolerated (as long as pain is manageable and you can walk safely). No formal restrictions on weightbearing. Crutches are used for balance and support as needed

How Do I Use Crutches?

- Carry your full weight through your hands, not your underarm.
- Keep your wrists straight when using crutches.

Use the method shown with the instructions below for partial weight bearing or weight bearing as tolerated.

Walking:

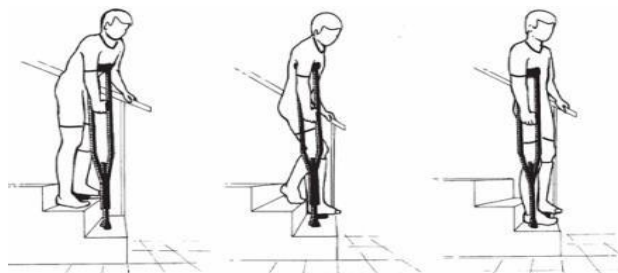


1. Put the crutches ahead and to the sides of your feet for the best balance.
2. Move both crutches forward at the same time.
3. Move the injured leg forward between the crutches.
4. Gently squeeze each crutch into your ribs. Put weight through your hands and keep your elbows straight.
5. Move your stronger leg ahead of the crutches, or to between the crutches for better balance.
6. Repeat these steps to keep walking: crutches, injured leg, then stronger leg.

Going Down Stairs:

To go down stairs, always have the injured or operated leg and crutches go down first

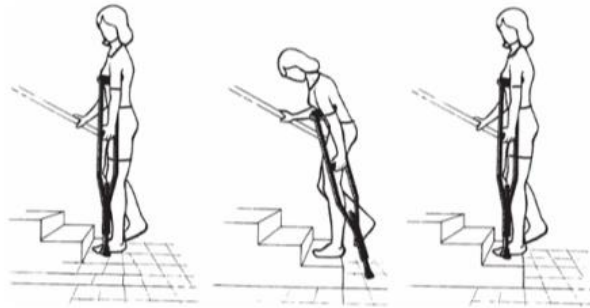
1. Start by holding both crutches under the arm that is away from the handrail.
2. Use your other hand to hold the handrail.
3. Put the crutches and then the injured leg carefully down to the first step.
4. Follow your doctor's instructions about how much weight to put on your injured leg.
5. **Hold the handrail at all times.**
6. Next step down with your good leg down to the same step
7. Move your hand down to the railing and repeat.



Going Up Stairs:

To go upstairs, always have the good leg step up first. Then do one step at a time.

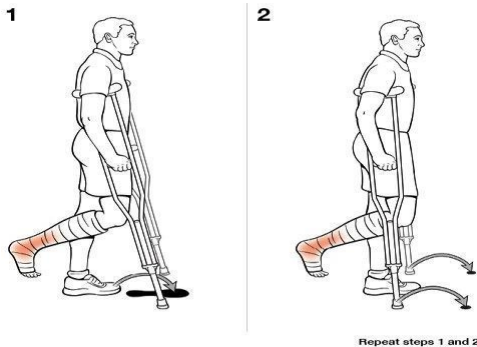
1. Start by holding both crutches under the arm that is away from the handrail.
2. Use your other hand to hold the handrail.
3. Step up with your good leg by putting weight on the handrail and crutches. Then move the crutches and injured leg onto the same step



Use the method shown with the instructions below for non-weight bearing

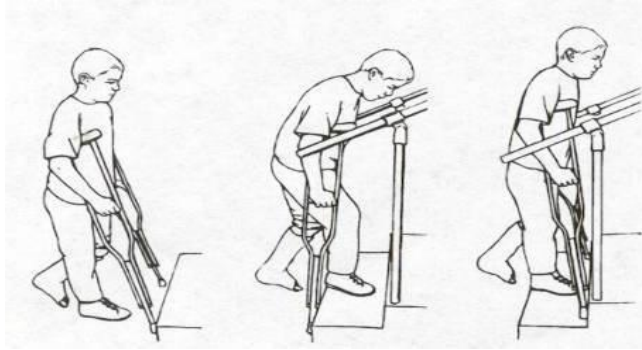
Hopping:

- Move both crutches forward at the same time
- Hop forward with your non-operated leg
- Repeat these steps to keep walking: crutches, good leg, crutches, good leg, etc.



Going Up Stairs:

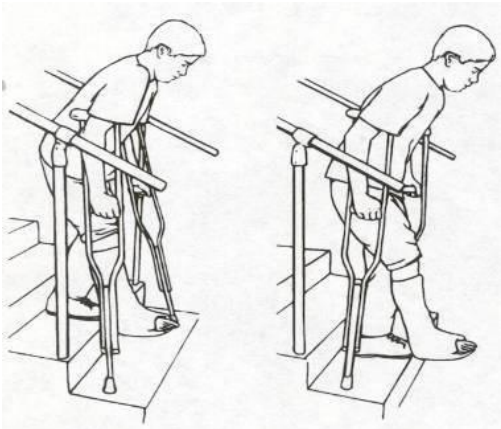
- Put weight into the crutches
- Hop up to the step with your non-operated leg
- Bring the crutches and the operated leg up to clear the step. Do not step on the operated leg.



Going Down

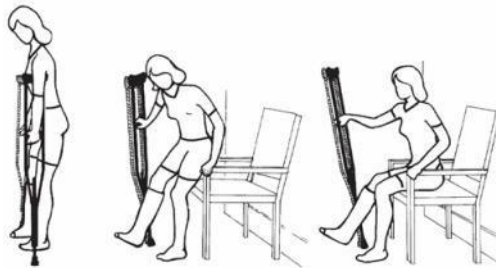
- Place the crutches on the next step down
- Bring the operated leg forward over the step, but do not step down
- Step/Hop down with the good foot

Stairs:



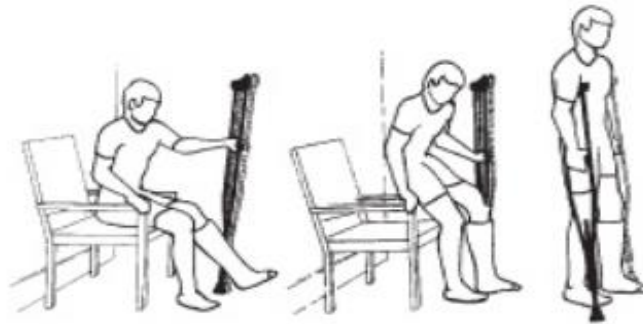
Sitting down on a chair, bed or toilet

1. Make sure the seat is secure and steady.
2. Move back until you touch the chair or bed with the back of your good leg.
3. Then hold both crutches in the hand of the injured or operated side.
4. Hold the armrest of the chair or put your hand on the bed with your free hand.
5. Lower yourself onto the chair or bed by bending your good knee and let your injured leg slide forward as you sit



Standing up from a chair or bed

1. Move yourself to the front edge of the chair or bed.
2. Hold both crutches in the hand of the injured or operated leg.
3. Move your good leg back until it touches the back of the chair or bed.
4. Put your weight on your good leg and push yourself up with your free hand.
5. Stand on the good leg



How Do I Care for

- Clean the soap, detergent or household cleaner. Do not use solvents such as acetone, lacquer thinner, or turpentine.
- Periodically check the rubber tips for rips, tears, cracks or worn tread.

the Crutches?

hand grips with a mild

References:

<https://my.clevelandclinic.org/health/treatments/15543-how-to-use-crutches>

<https://www.redcross.ca/crc/documents/How-We-Help/Community-Health-Services-in-Canada/Instructions-for-care-and-use-of-crutches.PDF>

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Using_Crutches.pdf

<https://myhealth.alberta.ca/Alberta/AlbertaDocuments/how-to-use-crutches-english.pdf>

Links to Crutch Videos by Massachusetts General Hospital

Walking with crutches (weight-bearing as tolerated)

https://www.youtube.com/watch?v=ikPHgYFE0_I



Walking with crutches (partial weight-bearing)

https://www.youtube.com/watch?v=IX4yoqxu3d0_m



Stairs with crutches (weight-bearing as tolerated)

<https://www.youtube.com/watch?v=tH9WMHeW9jM>



Stairs with crutches (non-weight-bearing)



https://www.youtube.com/watch?v=Z-M2AF8u05U_om