

CRUTCH WALKING INSTRUCTION SHEET

STANDING UP

1. Keep crutches on your weak side.
2. Grip crutches together by hand grips on weak side.
3. Shift to edge of chair.
4. Keep strong leg positioned on floor under thigh and place hand from strong side onto chair.
5. With hand on crutches and hand on chair push up to a standing position with weight on strong leg. (Maintain balance with crutches).
6. Transfer one crutch to strong side and adjust crutch on weak side..

WALKING

1. Place crutches out diagonally from feet, approximately 8-14 inches.
2. Shifting weight to arms and hands, swing through crutches, leaning on strong leg..
3. Have someone beside you to assist you with maintaining balance until you are skilled enough to walk independently.

SITTING DOWN

1. Move back toward chair until chair is felt with back of strong leg.
2. Shift crutches to weak side and grip together by hand grips.
3. Reaching back with free hand, lower body toward chair using free hand and crutches to control descent into chair.

SAFETY

- | | INDOORS | OUTDOORS |
|----|--------------------------|---------------------------------|
| 1. | Throw Rugs | 1. Uneven pavement |
| 2. | Visible cords | 2. Loose gravel |
| 3. | Small animals | 3. Oil, or other substances |
| 4. | Little children | 4. During first minutes of rain |
| 5. | Toys | |
| 6. | Wet tile/linoleum floors | |

HELPFUL HINTS

1. When turning with crutches, pivot slowly to avoid losing your balance.
2. Allow yourself plenty of time to get where you are going.
3. Take small steps, do not rush.
4. Change positions slowly.

FITTING PATIENT WITH CRUTCHES

1. Height of crutches should be adjusted so that the top of the crutch is underneath the armpit.
2. Allow enough space between top of crutch and armpit to accommodate 2 to 3 fingers vertically from armpit to top of crutch.
3. Hand grips should be adjusted so that there is a 20-30 degree angle at the elbow..

INSTRUCTIONS FOR GOING UP AND DOWN STEPS AND CURBS WITH CRUTCHES

GOING UP

1. Walk up to the step or curb placing your crutches approximately six inches away from the step/curb.
2. Support yourself on your crutches and step up onto the step with your strong leg.
3. Using your strong leg, bring the rest of your body and your crutch up to the next step/curb.
4. Repeat procedure for steps.

GOING DOWN

1. Walk up close to the edge of the step/curb (4-5 inches), support your weight on your strong leg.
2. Lower your crutches and your injured or weak leg down to the step/curb below.
3. With support on your crutches, bring your strong leg down to the step or off of the curb.
4. Repeat procedure for steps.

SAFETY

1. Always have another person with you to assist you with going up and down stairs, until you are able to use your crutches without losing your balance.
2. Try to avoid using stairs, if possible
3. Take your time. Do not rush.

HELPFUL HINTS

1. The rule to remember when going up and down steps or curbs is: “Up with the good and down with the bad”. This means you go up with the strong leg and walking down you go down with the crutches and the weak leg.