



CRUTCH TRAINING INSTRUCTIONS

CRUTCH FITTING INSTRUCTIONS:

Proper fit should allow for two finger spaces between armpit and top of the crutch and a slight bend (fifteen degrees) at the elbow.

TYPES OF WEIGHT BEARING PRECAUTIONS:

- **Non-weight bearing:** Do not apply any weight on injured leg or foot.
- **Touch down weight bearing:** Allow only the ball of the foot to touch the floor for balance purposes.
- **Partial weight bearing:** Allow a maximum 50% of your body weight to be applied to the injured leg.
- **Weight bearing as tolerated:** Allow as much weight as tolerated on the injured leg or foot.

USE OF CRUTCHES ON LEVEL SURFACES:

- Crutch tips should be approximately 6 inches in front and 6 inches to the side of both legs.
- Move both crutches, then the injured leg or foot followed by the uninjured leg or foot.
- Continue this sequence applying proper weight bearing precautions.

USE OF CRUTCHES ON STAIRS WITH RAILING:

UPSTAIRS:

- Hold the rail with one hand while the opposite hand holds the crutches.
- Step upward with the uninjured leg followed by the crutches and the injured leg.

DOWNSTAIRS:

- Hold the rail while placing the crutch on the lower step.
- Place the injured leg on the step to meet the crutch followed by the uninjured leg.

USE OF CRUTCHES ON STAIRS WITHOUT RAILING:

UPSTAIRS:

- Step upward with uninjured leg followed with crutches and injured leg.

DOWNSTAIRS:

- Place crutches on lower step followed by the injured leg and then the uninjured leg.

BE SURE TO APPLY WEIGHT-BEARING PRECAUTIONS APPROPRIATELY ON THE STAIRS JUST AS ON FLAT SURFACES.

TIPS AND SAFETY:

- When using crutches, be sure to place weight through hands, not armpits. If your armpits become sore, you're probably using your crutches incorrectly.
- If you need a rest while standing, squeeze crutches between your arms and sides.
- If you feel light-headed or dizzy, avoid use of crutches. If you become lightheaded in the process of walking, call for help.
- Be aware of the walking surface (i.e. indoors/outdoors, wood floors/carpeted floors).
- Remove scatter rugs from your path.
- Please ask the health provider who fitted you with the crutches if you have any questions or concerns.