

Crutch fitting



Setting the overall height: Set the top of the crutch so it is 2 inches lower than the armpit (about 2-3 fingers should fit snugly between the top of the crutch and armpit)

Setting the grip height: The grip should be at or slightly above the wrist when the arm rests on the crutch.

Using the crutches: firmly grip the handles and pinch the crutches to your side. Do not let the crutches bottom out on your armpits because it will be painful and squish some nerves that go into your arm and hand. Speak to your therapist about problem solving the fit if this current is uncomfortable or difficult.

Sit to Stand with Crutches with Surgery Precautions



IMAGE 1



IMAGE 2



IMAGE 3

When transferring from standing to sitting using crutches, it is important to remember proper form to make your movements easier and prevent injury.

- Position yourself so the chair is behind you and the backs of your legs are touching the chair (Image 1).
- Move both crutches to your affected side and hold them in your hand.
- With your free hand, reach back for the chair armrest.
- Then, place your affected leg slightly forward as you slowly lower yourself to a sitting position (Image 2).

To return to standing:

- Hold both crutches in your hand on the same side as your affected leg.
- With your affected leg slightly forward and your free hand on the armrest, scoot towards the edge of the chair.

- Pressing with your arms and unaffected leg, push up into a standing position (Image 3).
- Once you have your balance, move your crutches so one crutch is under each arm.

TRANSFER TIPS:

Walking With Crutches: 3 Point Weight-Bearing

Using crutches reduces the amount of weight put on one of your legs and can help improve your balance and stability. Be sure to follow any specific instructions from your healthcare provider.

Step 1.



Begin in a standing position with a crutch under each arm.

Step 2.



Slowly move your arms to bring both crutches forward, while at the same time, placing your affected foot in the middle of the crutches.

Step 3.



Put your weight on the crutches as you bring your other foot forward towards the other foot.

Step 4.



Repeat to move forward.

Going Up and Down Stairs with Crutches - Weight Bearing



IMAGE 1



IMAGE 2



IMAGE 3

When going up stairs with crutches, it is important to remember proper form to make your movements easier and prevent injury.

- Begin facing the stairs with crutches under your arms. Make sure to stand as close to the bottom of the stairs as possible (Image 1).
- Step up onto the first step with your nonsurgical or uninjured leg, using the crutches for weight bearing as instructed. Using the muscles in your strong leg, bring your surgical or injured leg and your crutches up onto the same step. Continue this pattern until you reach the top.

To go down stairs:

- Begin at the top of the stairs with crutches under your arms. Make sure to stand with your toes close to the edge of the step.
- Place your crutches on the step below you (Image 2).
- Place your surgical or injured leg down onto the same step as your crutches, using your crutches for weight bearing as instructed, then step down with your strong leg.

- Continue this pattern until you reach the bottom.

Tip:

- Make sure to take your time and keep your balance with each step.
- Remember to lead with your strong leg, or good leg, going up stairs and lead with your surgical leg, or bad leg, going down stairs (Image 3).