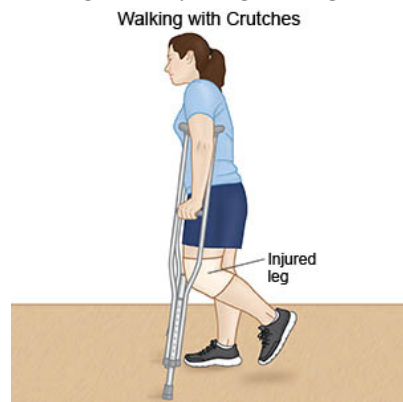


# Crutch Training

## How to walk with crutches:

- Place both crutches under your arms, and place your hands on the hand grips of the crutches. Place your crutches slightly in front of you.
- The top of the crutches should be about 2 fingers side-by-side (about 1½ inches) below your armpits. Place your weight on your hands. The top of the crutches should not press into your armpits.
- If you have one leg that is injured, keep it off the floor by bending your knee.
- Lift the crutches and move them a step ahead of you. Put the rubber ends of the crutches firmly on the ground. Move the foot that is not injured between the crutches.
- If the clinician allows you to put some weight on your leg, move your injured leg forward with both crutches then step through with your good leg.



## How to go upstairs with crutches: (up with the good)

- Face the stairs. Put the crutches close to the first step.
- Push onto the crutches and put your uninjured leg on the first step.
- Put your weight on your uninjured leg that is on the first step. Bring both crutches and the injured leg onto the step at the same time.
- When you hold onto a railing with one arm, put both crutches under the other arm. Use the railing to help you go upstairs.

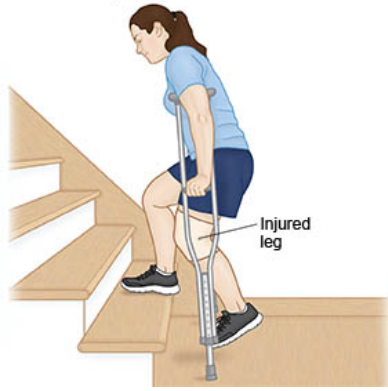
## How to go down stairs with crutches: (down with the bad)

- Stand with the toes of your uninjured leg close to the edge of the step.
- Bend the knee of your uninjured leg. Slowly lower both crutches along with the injured leg onto the next step.
- Lean on your crutches. Slowly lower your uninjured leg onto the same step.
- Place both crutches under one arm while you hold onto the railing with the other arm.

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## Crutch Training (continued)

Going Upstairs with Crutches



Going Downstairs with Crutches



### How to sit in a chair with crutches:

- Turn and back up to the chair until you feel the edge of it against the back of your legs. Keep your injured leg forward.
- Take your crutches out from under your arms. Sit while bending your uninjured knee.

### How to get up from a chair with crutches:

- Sit on the edge of your chair.
- Push up with your hands using the crutches or arms of the chair. Put your weight on your uninjured foot as you get up.
- Keep your injured leg bent at the knee and off the floor.

Sitting Down with Crutches



Standing Up with Crutches



**Cues for patient:** Don't hang on your crutches, weight should be on your hands. Squeeze arms in like a chicken.

**One crutch or cane:** Don't walk like a pirate. Cane/crutch should be in the opposite hand from your injured leg.