

NIPAWIN HOSPITAL

CRUTCHES

FITTING GUIDELINES:

1. Standing tall with crutches at sides, top of crutch should be 2 - 3 finger widths below armpit.
2. With arms relaxed at side, hand grips at level of wrist.

Your crutches have been adjusted specifically for you. **DO NOT** change these adjustments.

USE OF CRUTCHES:

DO NOT lean on your crutches. Excess pressure in the armpit can cause nerve damage.

Your upper arm should squeeze the crutch firmly into your side.

Most of your body weight should be supported by the heel of your hand on the handgrip.

WALKING WITH YOUR CRUTCHES:

Carefully listen to how much weight your doctor says you may put on your sore leg. (This may vary from no weight to as much weight as tolerated).

In order to walk safely with crutches, you must slow down your gait and proceed in stages.

1. Advance both crutches one step ahead.
2. Step between crutches with your sore leg.
3. Using the crutches to support your body weight, step ahead with your strong leg.
4. Repeat sequence - Crutches.....Sore Leg.....Strong Leg

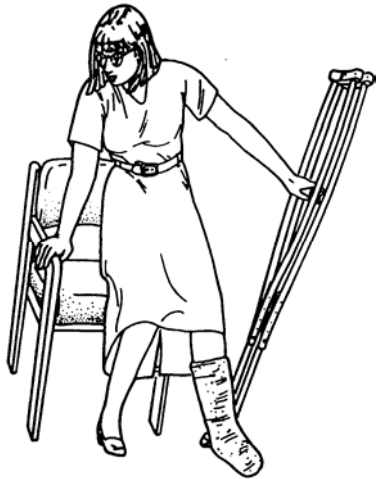
As you improve, you will be able to walk more quickly, but make sure you maintain your balance at all times.

Be careful when walking on wet or icy surfaces.

GETTING UP FROM SITTING:

Hold both crutches in your hand (place the crutches together on the affected side and hold them on the inside by the handgrips)

Using the crutches on one side and the armrest on the other, carefully push yourself up to standing.



Once you've caught your balance, reposition the crutches so one is on each side.

SITTING DOWN:

Back up till you feel the chair behind your knees.

Hold both crutches on the stronger side.

Using the armrest on one side and the crutches on the other, slowly lower yourself to sitting.

STAIRS:

If the stairs have a handrail, hold both crutches on one side and use the handrail on the opposite side.

To Go Up Stairs:

Supporting your body weight on the crutches step up with your strong leg.

Bring crutches and sore leg onto same stair.

Repeat - Strong Leg.....Crutches and Sore Leg

To Go Down Stairs:

Carefully lower crutches and sore leg down one step.

Taking your body weight on the crutches, step down with your strong leg.

Repeat. Crutches & Sore Leg.....Strong Leg

