

CRUTCH WALKING

CRUTCH ADJUSTMENT:

Make sure the crutches you use are adjusted to fit you. When you stand, there should be room to fit 2-3 fingers between the top of the crutch and your armpit. Your elbow should be slightly bent when holding the hand grips.

CRUTCH WALKING:

Place the crutches forward 12" in front of and 6" to the side of your feet. Lean your weight forward as you push down on the handgrips. Your weight should be on your hands and your strong leg, not your armpits. Let your body swing through, landing on the strong leg. Advance the crutches forward again. The crutch and the injured leg should move together.

GOING UP STEPS: ("Up with the good")

- With both crutches on the same step as your feet, push down on the handgrips.
- Balancing with very light pressure on the weak leg, let your hands support your weight as you raise your strong leg onto the next higher step.
- Transfer all your weight to your strong leg (still bent) as you move the crutches up to the next step alongside the strong leg.
- With your weight evenly balanced on the two crutches and your strong leg, straighten your strong knee as you raise the weak leg up to the next step.

GOING DOWN STEPS: ("Down with the bad")

- With both crutches on the same step as your feet, push down on the handgrips.
- With your weight evenly balanced on the two crutches and your strong leg, bend your strong knee as you lower the weak leg down to the next step.
- Let your strong leg support you (still bent) as you move the crutches down alongside the weak leg.
- Transfer your weight to your hands, balancing with very light pressure on the weak leg as you lower your strong leg alongside your weak leg.

