



CRUTCH WALKING INSTRUCTIONS

1. Your body weight should be on your hands, never your underarms.
2. Whenever your resting on your crutches while standing, place them a short distance in front of your feet and lean forward slightly. Never stand with the crutches even with your body, as you can lose your balance either forward or backward in this position.
3. You will require minimal assistance when walking. Stand tall, looking forward rather than down at your feet. The proper sequence is:
 - Place both crutches a comfortable distance in front of your feet.
 - Move the “bad” foot up even with the crutches.
 - Put weight on your hands and put no weight on “bad” leg while stepping a short distance in front of the crutches with the “good” leg.
 - Repeat the above sequence as you walk.
4. Stair climbing: the main points to remember are:
 - To go up stairs, step up first with the “good” foot, then the injured one followed by the crutches.
 - To come down stairs, place the crutches on the step below, followed by the “bad” leg, then the “good” leg.

**REMEMBER: UP with the GOOD, DOWN with the BAD!
Crutches are ALWAYS DOWN!**

5. When turning on crutches, observe the “crutches in front position” and keeping them equal distance apart, pivot on the “good” leg.

USE YOUR CRUTCHES UNTIL YOUR DOCTOR TELLS YOU DIFFERENTLY. DO NOT INCREASE THE AMOUNT OF WEIGHT YOU PUT ON YOUR INVOLVED LEG UNTIL OK'D BY YOUR DOCTOR.

- AVOID:**
- * Smoothly waxed floors.
 - * Throw rugs or other loose objects on the floor. Take them up.
 - * Telephone or electrical cords. Move them out of the way.
 - * Hurrying. Take it easy. Crutches are not made for speed.
 - * Wet / icy sidewalk / pavement.

Periodically, check your crutch tips, hand grips, and underarm pieces for dirt, wear and tear. Also check that nuts and bolts are tight.