



Crutch Instructions

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider and/or Physical Therapist. Contact your health care provider if you believe you have a health problem.

Crutch Fitting

1. Proper fit should allow for two (2) to three (3) finger space between the armpit and axillary pad and a fifteen (15°) degree bend at the elbow.

Safety Note:

- Ensure that all push pins are fully engaged and unrestricted.

Walking

On Level Surfaces

1. Crutch tips should be approximately 6" in front and 6" to the side of both legs.
2. Advance both crutches, then the involved leg followed by the uninvolved leg.

Safety Note:

- Continue this sequence applying proper weight bearing precautions.

On Stairs (with Railing)

Upstairs:

1. Hold the rail with one hand while the opposite hand holds the crutches.
2. Step upward with the uninvolved leg followed by the crutches and the involved leg.

Downstairs

1. Hold the rail while placing the crutch on the lower step.
2. Place the involved leg on the step to meet the crutch followed by the uninvolved leg.

Safety Note:

- Continue sequence applying proper weight bearing precautions.

On Stairs (without Railing)

Upstairs

1. Step upward with uninvolved leg, follow with crutches and involved leg.

Downstairs

1. Place crutches on lower step followed by the involved leg follow with uninvolved leg.

Safety Note:

- Continue this sequence applying proper weight bearing precautions.

Safety Tips

- Place weight through hands, not armpits.
- Squeeze crutches between your arms and chest wall if a rest is needed during standing.
- If light-headed/dizziness occurs, avoid use of crutches or if in the process of walking. Call for help.
- Be aware of the walking surface (i.e. indoors/outdoors/rough terrain/hills).
- Remove throw rugs from areas to be walked upon.
- Ice Grip(s) may be attached to reduce the likelihood of slipping on ice and snow during the winter.

Helpful Tips

