

HELPFUL INSTRUCTIONS

HOW TO USE CRUTCHES PROPERLY TO PREVENT FURTHER INJURIES



Walking with Crutches may seem simple, but if you don't use crutches correctly, or if the crutches are the wrong height, you could hinder your recovery. We want to ensure you are using them correctly. This **HELPFUL INSTRUCTIONS** card will help you learn how to adjust your crutches to the proper height as well as how to walk with your crutches to prevent unnecessary strain and injury.

CRUTCH HEIGHT

The height of the crutch should be adjusted so that there are 1-2 inches of space between the top of the crutch and your armpit. (Roughly the width of 2 fingers)

CRUTCH POSITION

Your crutches should be positioned slightly out to the side for balance



ELBOW POSITION

There should be a slight bend to your elbow

WRIST POSITION

Standing straight with your arms at your side, the crutch handle should align with the inside of your wrist

To avoid disrupting the healing process, place only the amount of weight through your surgical/injured leg as specified by your physician. The amount tolerated may vary according to the circumstances.



NON-WEIGHT-BEARING

The leg must not touch the floor and is not permitted to support any weight at all.



PARTIAL WEIGHT-BEARING

The weight may be gradually increased up to 50% of the body weight



TOE-TOUCH WEIGHT-BEARING

The foot or toes may touch the floor, but not support any weight



WEIGHT-BEARING AS TOLERATED

The affected leg can easily support from 50-100% of the body weight.

Turn over this card for more information.

CRUTCH INSTRUCTIONS



WALKING | The crutches go where your injured leg would go

1. Shift the appropriate weight to your non-surgical/non-injured leg
2. Bring both crutches forward in front of you
3. Push down through the crutch handles with your hands
4. Hop forward with your non-surgical/non-injured leg

SITTING DOWN

1. Position yourself so that the backs of your legs are touching the chair
2. Hold both crutches in one hand, on the side of your surgical/injured leg
3. Reach back with your free hand until you feel the armrest (or seat) of the chair
4. With the surgical/injured leg raised in the air, slowly lower yourself onto the chair

STANDING UP

1. Scoot forward in the chair to make it easier to stand
2. Hold both crutches in one hand, on the side of your surgical/injured leg
3. Keeping your surgical/injured leg in the air in front of you, place the foot of your non-surgical/non-injured leg flat on the ground and place your free hand on the armrest (or seat) of the chair
4. Lean forward at your hips, tighten your core muscles and push down through both hands of your non-surgical/non-injured leg to stand

USING STAIRS (UP)

1. Standing close to the step, keep your surgical/injured leg raised behind you
2. Push down through the crutch handles with your hands, bring your non-surgical/non-injured leg up onto the step by hopping
3. Shift your weight onto the non-surgical/non-injured leg, then bring both crutches up onto the step

If there is a railing available to use, hold both crutches on the side opposite the handrail and grab the handrail with your free hand, step up with the non-surgical/non-injured leg and then bring the crutches up

USING STAIRS (DOWN)

1. Standing close to the step, keep your surgical/injured leg raised in front of you
2. Lower both crutches down to the step below
3. Push down through the crutch handles with your hands, bring your non-surgical/non-injured leg down to meet the crutches by hopping

If there is a railing available to use, hold both crutches on the side opposite the handrail and grab the handrail with your free hand. Lower the crutches down to the next step, then lower your non-surgical/non-injured leg

ADDITIONAL WALKING AIDES

While crutches are great for most, they are not for all. ARMAC offers CRUTCH ALTERNATIVES.

If you are interested in learning more about our additional walking aides, give us a call at 888.422.3044 or visit our website, www.armac.us.



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