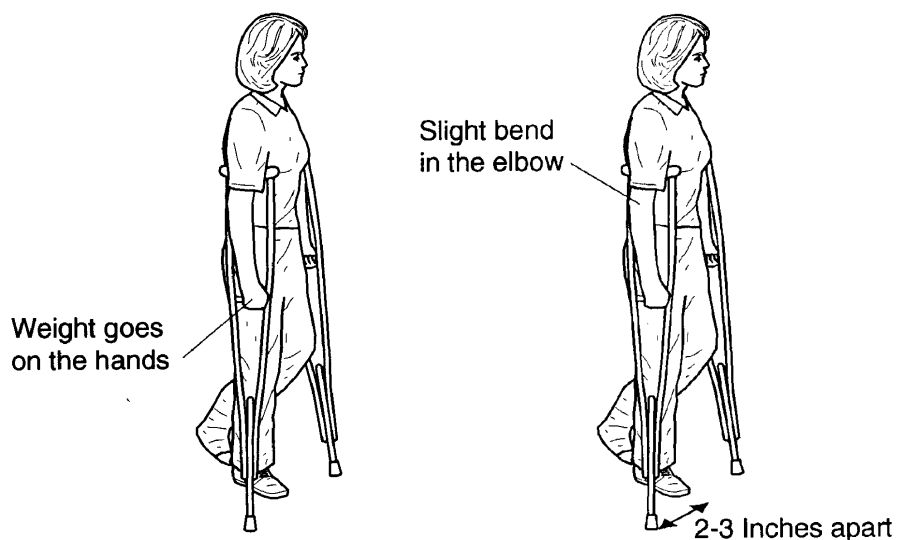


Crutch Walking

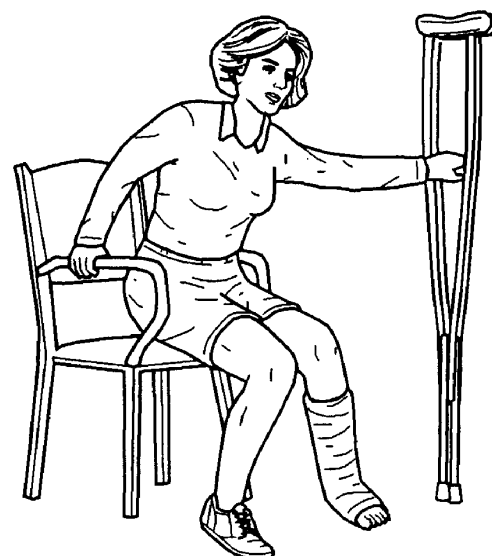
Using Your Crutches Safely

- The pressure or weight goes on your hands and not on your armpits. Nerve damage can result if weight is placed on the armpits for a long period of time.
- Keep your elbows close to your sides to help keep the crutches against your chest.
- Your crutch tips should be 2 - 3 inches out to the side of your feet so you do not trip on your crutches.
- There should be a slight bend in your elbow when holding onto the crutches (15 - 20 degrees).
- Take your time and do not try to walk too fast.
- Keep your head up and look ahead. Do not look at your feet when walking.
- Make sure the crutch tips, grips and pads are in place on the crutches before using them for safety.
- When walking on carpet you must pick up your crutches and injured leg more than when you walk on tile or linoleum floors. Put away all throw rugs on the floor to keep from falling.



❑ Standing Up:

Put both crutches on your injured side. Lean forward and push off with your arm from the chair.



❑ **Sitting Down:**

Remove the crutches and place both of them together on your injured side. Hold onto the hand grips with one hand. Use your other hand to hold onto the arm rest or edge of the chair and slowly sit down.

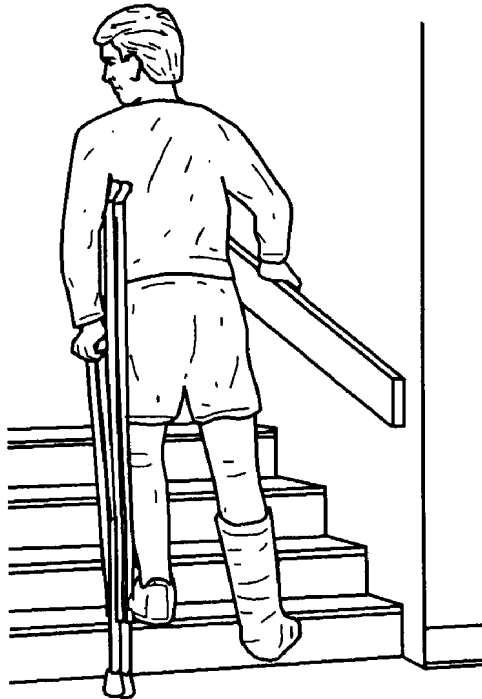
❑ **Stairs:**

Do not attempt to climb stairs or curbs until you have complete confidence in using your crutches. If you have to, for safety reasons, you can sit down and scoot up and down the steps. If you have a rail, put both crutches under one arm and hold onto the rail for safety.

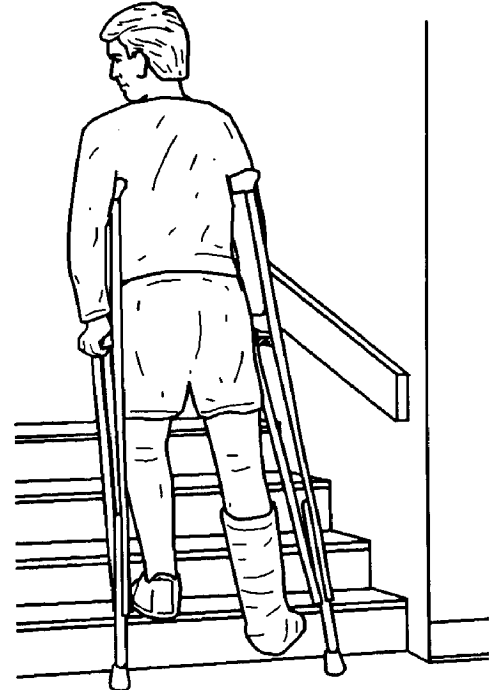
Going up Stairs with or without a Railing:

- Keep the crutches on the stair you are standing.
- Support your weight between your crutches.
- Bring your good leg up to the next step. Let the injured leg trail behind.
- Straighten your good leg and bring the crutches up.

With Railing



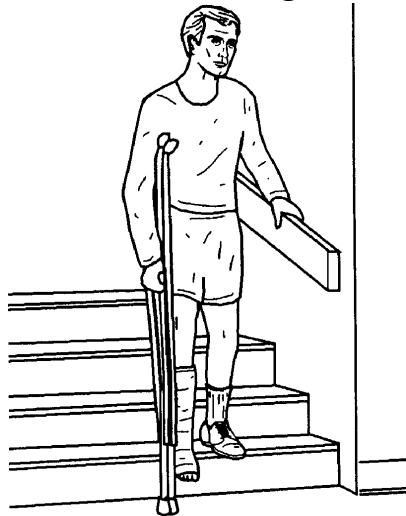
Without Railing



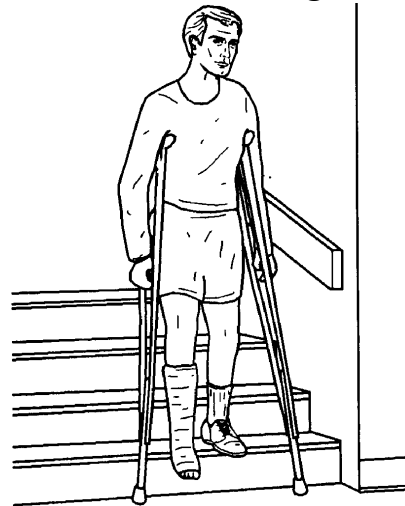
Going Down Stairs:

- Put the crutches on the lower step while putting your injured foot forward.
- Support your weight between your crutches.
- Move your good foot to the lower step.

With Railing

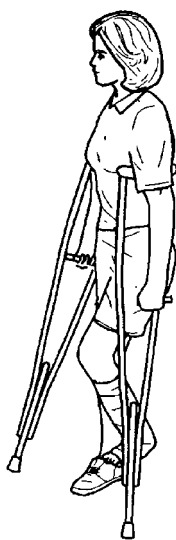


Without Railing



□ Non Weight Bearing:

A non - weight bearing method is to be used when your doctor has told you not to put weight on your injured leg.



1



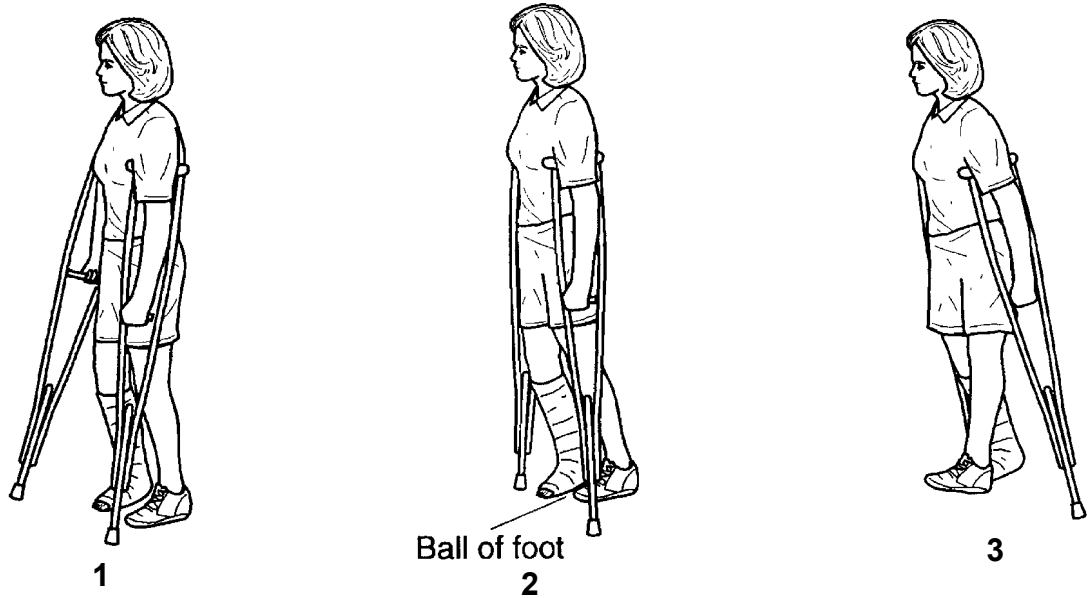
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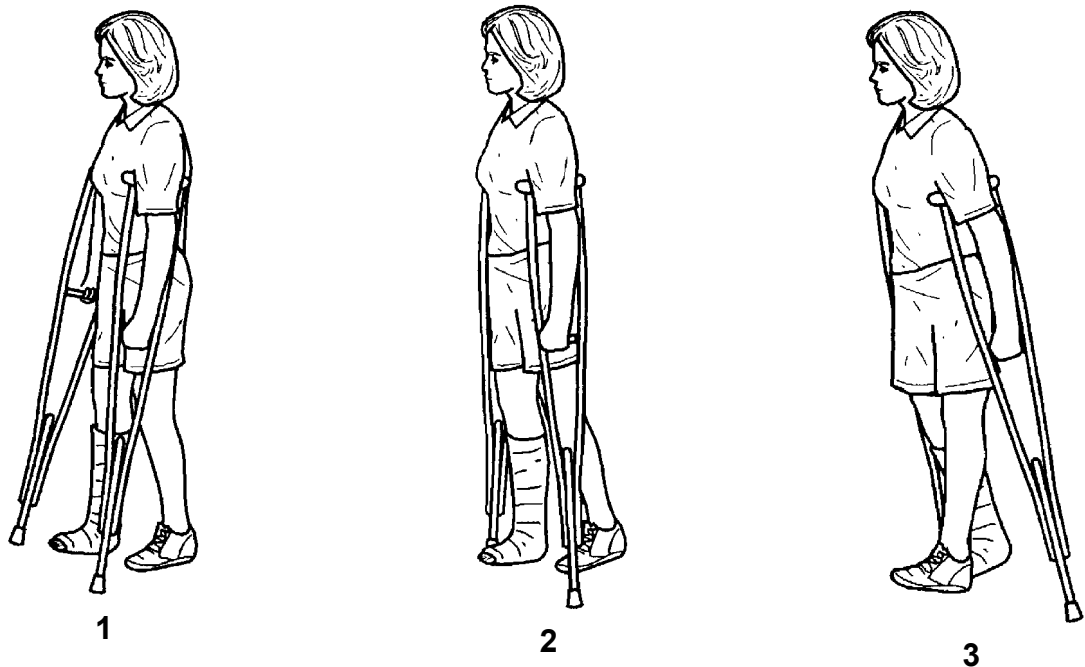
□ Touch Down Weight Bearing:

The touch down method is used when your doctor lets you only touch the ball of your injured foot on the floor. It is “like walking on eggshells.”



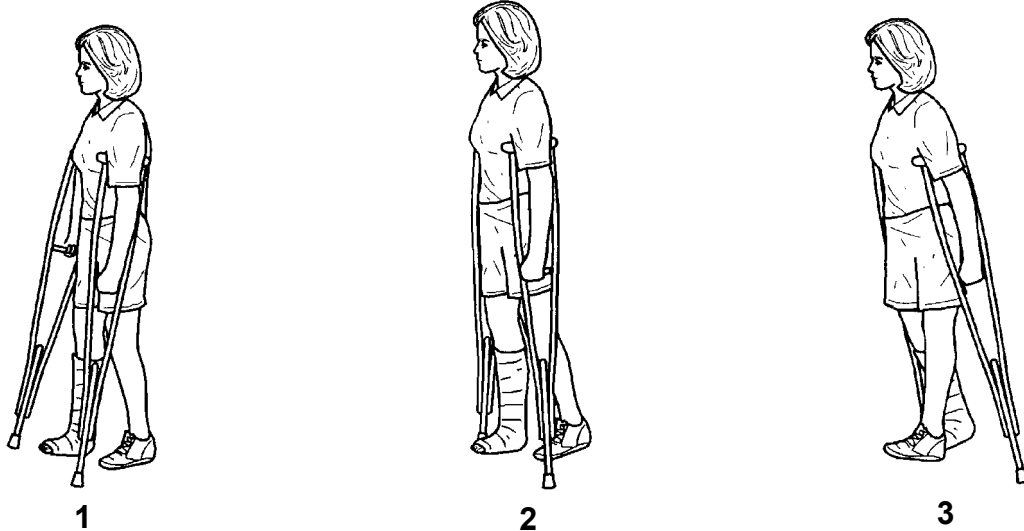
□ Partial Weight Bearing:

Partial weight bearing is to be used when your doctor lets you put 30 - 50% of your body weight on your injured leg.



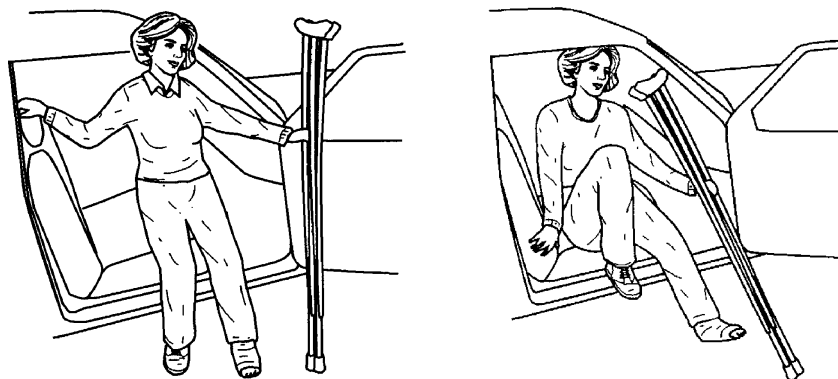
□ Weight Bearing as Tolerated:

You can put as much weight on your leg as you can tolerate while using an assistive device.



Getting Into And Out Of A Car:

- Move to the side when opening the door.
- Ask that the front seat be moved back
- Back up until you feel the edge of the seat. Grab the back rest with one hand and the hand grips of the crutches with the other.
- Tip your head to avoid bumping it and sit down. Put your heel of your good leg on the frame and push back. Move across the seat until your injured leg can be swung into the car.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision, and language needs, call (614) 293-3191.