

## CRUTCH TRAINING INSTRUCTIONS

### Crutch Fitting:

Proper fit should allow for two-finger spaces between armpit and axillary pad and a 15-degree bend at the elbow.

### Types of Weight Bearing Precautions:

- Non-weight bearing: Do not apply any weight through involved leg.
- Touch down weight bearing: Allow only the ball of the foot to touch the floor for balance purposes.
- Partial weight bearing: Allow a maximum of 50% body weight to be applied to the involved leg.
- Weight bearing as tolerated: Allow as much weight as tolerated through the involved leg.

### Use of Crutches:

#### *ON LEVEL SURFACES:*

- Crutch tips should be approximately 6" in front and 6" to the side of both legs.
- Advance both crutches, then the involved leg followed by the uninvolved leg.
- Continue this sequence applying proper weight bearing precautions.

### On Stairs with Railings:

#### *UPSTAIRS:*

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

#### *DOWNSTAIRS:*

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

### On Stairs without Railings:

#### *UPSTAIRS*

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

#### *DOWNSTAIRS.*

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

### **BE SURE TO APPLY WEIGHT-BEARING PRECAUTIONS APPROPRIATELY ON THE STAIRS JUST AS ON FLAT SURFACES.**

### **TIPS AND SAFETY:**

- When using crutches, be sure to 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).
- Remove scatter rugs from areas to be walked upon