



Crutch Training: Non-Weight Bearing Post-Operative Care

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CRUTCH USE

CRUTCH FITTING AND SAFETY



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Adjust the crutches for your height. The top of the crutch should be 1 to 2 inches below your armpit. (fig. 1)
 - With your arm relaxed the grip should be at your wrist. (fig. 2)
 - Have a slight bend in your elbow when holding onto the crutches. (fig. 3)
 - Make sure the pressure or weight goes on your hands and not on your armpits
 - Place your crutch tips 2 to 3 inches (5 to 8 cm) out to the side of your feet and 3 to 6 inches (8 to 15 cm) in front of your toes. (fig. 4)
 - Remove throw rugs at home to avoid falls
 - Do not walk too fast
 - Keep your head up and look ahead. Do NOT look at your feet when walking
 - Your therapist will make sure your crutches are fit properly to you
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CRUTCH USE FOR NON WEIGHT BEARING

STANDING UP



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Hold both crutches in one hand off to one side (fig. 1)
- Slide to the edge of the chair
- Lean forward and push down on the arm of the chair, your crutches, and with your non-operative leg to stand up (fig. 2)
- Gain your balance with crutches still in one hand making sure to keep the weight off of your operative leg (fig. 3)
- Put the crutches under your arms to prepare for walking (fig. 4)

SITTING DOWN



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Back up to the chair until you feel the chair on the backs of your legs (fig. 1)
- Put both crutches in one hand off to the side (fig. 2)
- As you lower to sitting make sure to keep weight off your operative leg by sliding it out in front of you (fig. 3)
- Reach back for the chair with your other hand (fig. 3)
- Lower yourself slowly into the chair, bending at the hips using only your arms and non operative leg to support your weight (fig. 4)

CRUTCH USE FOR NON WEIGHT BEARING

WALKING



(fig. 1)



(fig. 2)



(fig. 3)



(fig. 4)

- Ensure that operative “bad” leg is lifted off the ground and no weight is being put through it (fig. 1)
 - Advance crutches forward about 12 inches (fig. 2)
 - Putting weight through your hands, lean forward and unweight your non-operative “good” leg so that it can swing forward through the crutches and land on the other side (fig. 3 & 4)
 - Mak sure that weight is being put through your hands and NOT through your armpits
 - Regain your balance and repeat this sequence for each consecutive step
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CRUTCH USE FOR NON WEIGHT BEARING

GOING UP STAIRS (with hand railing)



(fig. 1)



(fig. 2)



(fig. 3)

GOING UP STAIRS (without hand railing)



(fig. 4)



(fig. 5)



(fig. 6)

GOING DOWN STAIRS (with hand railing)



(fig. 1)



(fig. 2)



(fig. 3)

GOING DOWN STAIRS (with hand railing)



(fig. 4)



(fig. 5)



(fig. 6)

- Have someone stand behind you to help you as needed
- If you have a rail use this instead of one of your crutches on one side for support (fig. 1)
- The non-operative “good” leg will always lead upstairs first
- Start with the crutches on the step you are standing (fig. 1)
- Support your weight through your hands using your crutches
- Push through your arms to lift your “good” leg and body up to the next step letting the injured/operated leg trail behind (fig. 2)
- Straighten and stand up on your good leg and bring the crutches and your injured/operated leg up onto the step (fig. 3)
- Repeat this sequence for each consecutive step

- Have someone stand in front or off to the side of you to help you as needed
- If you have a rail use this instead of one of your crutches on one side for support (fig. 1)
- The operative “bad” leg will always lead downstairs first
- Put the crutches on the lower step while putting your injured/operated foot forward (fig. 2)
- Support your weight through your arms and lower body and your “good” leg to the step below making sure to keep weight off of your injured leg (fig. 3)
- Repeat this sequence for each consecutive step

CRUTCH USE FOR NON WEIGHT BEARING

GETTING IN AND OUT OF A CAR



- Have someone open the door and move the seat back as far as possible, you may also recline the seat to give you as much room as possible
- Back up until you feel the edge of the seat touching the back of your legs (fig. 1)
- Grab something solid in the car (dashboard or the edge of the seat, NOT the door handle) with one hand and the handgrips of the crutches with the other (fig. 2)
- Duck your head to avoid hitting it on the door frame (fig. 3)
- Lower yourself to a sitting position using your arms and the non-operative “good” leg. Make sure to slide your operative “bad” leg out in front of you keeping weight off of it as you sit (fig. 4)
- With assistance, lift your legs into the car one at a time or use the non-operative leg to assist the operative leg (fig. 5&6)