



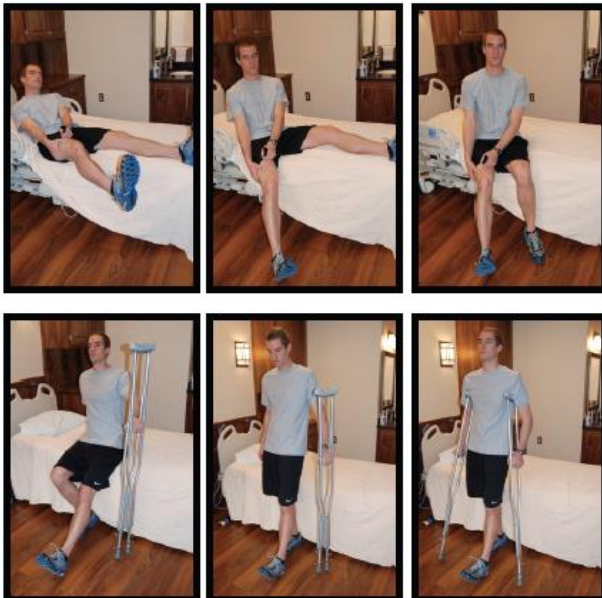
Crutch Training: Transfers

Post-Operative Care

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TRANSFERS USING YOUR CRUTCHES

TRANSFER OUT OF BED



- Slide your hips to one edge of the bed
- Using your upper body, push yourself up to a seated position
- Next use your hands or your “good” non-operative leg to support your “bad” operative leg as you lower your legs off the edge of the bed
- Continue to scoot to the edge of the bed until both your legs touch the floor. The closer to the edge of the bed you are, the easier it is to stand up.
- Before standing, place your crutches into one hand off to the side
- Bend your “good” leg back as far as you can and let the “bad” leg rest straight out in front of you.
- Push up to a stand using your “good” leg and your arms (careful not to put more weight than what you are allowed in your “bad” leg)
- Once balanced and standing, put one crutch under each armpit

TRANSFER IN TO BED



- Using your crutches, back up to bed until both your legs are touching the bed
- Place your “bad” operative leg out in front of you and remove crutches from under your armpits and place in one hand off to one side
- Reach back to bed with the opposite hand while using your “good” leg to lower yourself into a seated position. Let your “bad” leg slide out in front of you as you sit to ensure you don’t put too much weight on this leg
- Once safely seated at edge of bed, move crutches off to the side/out of the way
- Scoot your hips back onto bed as far as you can and use your arms or your “good” leg to support the “bad” leg before lifting your legs into the bed
- Once both legs are in the bed lay back and reposition your hips until you are in the center of the bed

TRANSFERS USING YOUR CRUTCHES

TRANSFER ONTO TOILET



- Back up to toilet using the crutches until both legs are touching the toilet
 - Place your “bad” operative leg out in front of you and remove crutches from under your armpits and place in one hand off to the side
 - Reach back with the opposite hand to the toilet as you use your “good” leg to lower yourself to a seated position. Let your “bad” leg slide out in front of you as you sit to ensure you don’t put too much weight on this leg
 - Transfer off of toilet reversing the above steps (scoot to edge of toilet seat, straighten “bad” leg out in front of you, use “good” leg and one hand on crutches to stand up).
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TRANSFER INTO THE TUB



- Using crutches back up to edge of tub until both legs touch the tub
 - Place “bad” operative leg out in front of you and remove crutches from under your armpits and put off to one side, reach back for tub chair with the opposite hand.
 - Use your “good” leg and your arms to lower yourself to sit on the tub chair. Legs will be outside of the tub at this point
 - Move crutches out of the way and scoot your hips back onto chair
 - Use your arms or your “good” leg to help lift your “bad” leg into the tub.
 - Transfer out of the tub in the reverse order (Pivot and lift
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