

CRUTCH USE



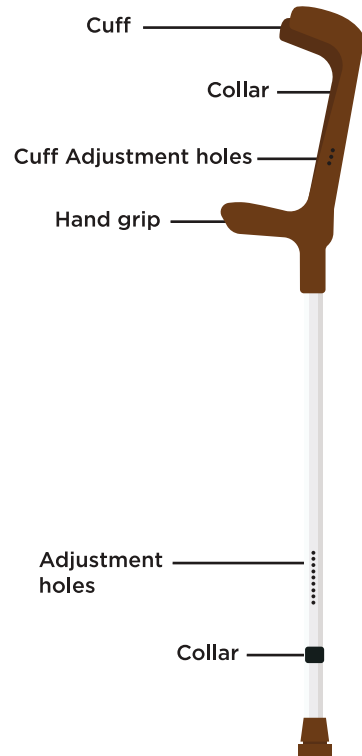
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Digital Version

ELBOW/ FOREARM CRUTCH



The Cuff should be at the bulk of your forearm, slightly below the elbow so that the elbow is bent around 15-30 degrees.

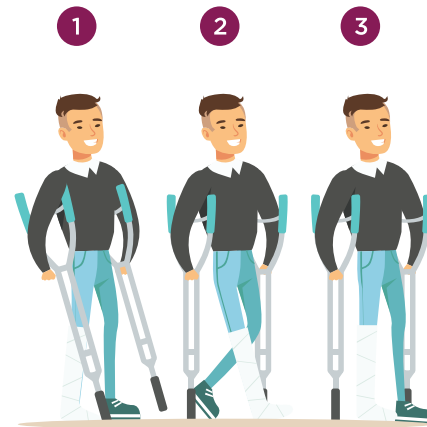
The first step is to stand with the crutches at your side and maintain your balance.

Depending on your condition, you may be advised the following:

1. Partial weight bearing (50% of your body weight is allowed)
2. Touch weight bearing (allowed only to touch your leg down, minimal weight)
3. Non-weight bearing (No weight is allowed)

TO WALK WITH CRUTCHES

1. Move the crutches together ahead of you



2. Move your operated leg
3. Move your good leg. Put your weight in the crutches as you take a step

PRECAUTIONS DURING CRUTCH USE

1. The crutch should be adjusted according to your height.
2. Blisters or bumps on your hands or arm pits may result from improper adjustment.
3. Muscle weakness or tingling sensation around your hand must be informed to the concerned health care provider.



STAIRS

Going Upstairs

1. Stay close to the step
2. Put your good foot up first
3. Put your operated leg along with the crutch
4. It's always safer to hold the railing on one side and crutch on the other side.

Going Downstairs

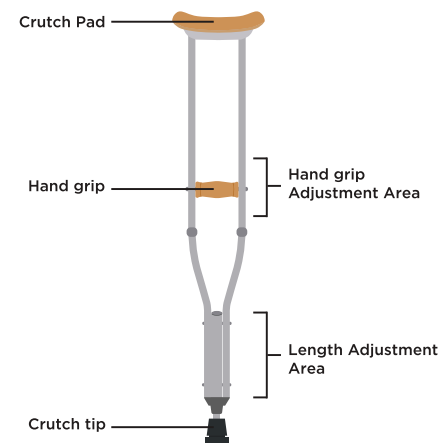
1. Put your crutch down
2. Put your bad leg down first and then the good

THE COMMONLY USED CRUTCHES ARE :

Axillary/Arm Crutch

Adjust the distance, as follows:

- Crutch pad distance from armpits: Around 2" (about two finger widths) below the armpits.
- Hand grip Place it so your elbow is slightly bent around 15-30 degrees.
- Crutch length (top to bottom): about 6" in front of a shoe. 2" below the arm pits up to the lateral malleolus.





PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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