Crutches

Training, care, and safety guidance for your crutches



CRUTCH TRAINING

Partial Weight Bearing Status

- Feet even and comfortably spaced. Crutches should be about 6 inches in front of your feet and about 6 inches to the outside.
- Place both crutches and involved foot forward.
- Bearing weight on your hands, push down on crutches and bring uninvolved foot forward.

Non-Weight Bearing Status

- Injured side held off the floor. Crutches should be about 6 inches in front of your uninvolved foot and about 6 inches to the outside.
- Place both crutches forward a comfortable distance.
- Bearing weight on your hands, push down on crutches and bring uninvolved foot forward.
- Lift involved leg off the floor and swing body through crutches. Place uninvolved foot in front of crutches.

Climbing Stairs — "Up with the Good"

- Walk up close to the stairs and place uninvolved leg up one step.
- Put weight on hand grips of crutches, straighten uninvolved leg, and bring involved leg and crutches up on step.

Descending Stairs — "Down with the Bad"

- Come to the edge of the steps and place the crutches on the lower step.
- Bring the involved leg down to the step with the crutches.
- Put weight on the hand grips of crutches and bring uninvolved leg down to the step.

CARE

- Wipe clean as needed with a damp cloth.

TIPS

- Walk slowly and carefully.
- Do not rest crutches under your armpits. If there is irritation, try placing a towel around the arm rests.
- Remove throw rugs from the floors to prevent slipping.
- Have someone with you while walking the first few days until you feel steady on your feet, especially on stairs and uneven surfaces.

Note: *If you feel unsteady, dizzy, or experience increased pain while using your crutches, stop and contact your healthcare provider.*