CRUTCH TRAINING INSTRUCTIONS

CRUTCH FITTING INSTRUCTIONS:
Proper fit should allow for two-finger spaces between armpit and axillary pad and a fifteen-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 RAILING)**
**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 USE OF RAILING)**
**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.