

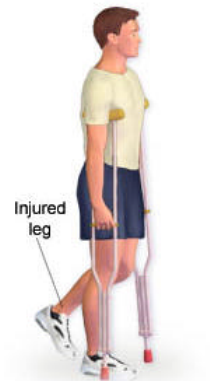
Crutch Training Instructions

Weight bearing status: _____ Non-weight bearing
_____ Toe touch weight bearing
_____ Partial weight bearing (_____%)
_____ Weight bearing to tolerance
_____ Full weight bearing

WALKING

Remember to put your weight through your arms and hands rather than through the armpits. Do not “hang” on your crutches.

- ✍ Place the crutches forward first, then swing the affected leg to or through the crutches.
- ✍ Follow through with the unaffected leg.



Walking with Crutches

STAIRS

Remember – “up with the good, down with the bad.”

- ✍ When going **up** stairs, lead up with the strong leg first, following with the affected leg and the crutches.
- ✍ When going **down** stairs, lead with the affected leg and the crutches together, then follow with the strong leg.



Going Upstairs with Crutches



Going Downstairs with Crutches

SIT TO STAND

- ✍ When getting **out** of a chair, slide forward to the front of the chair. Bring both crutches to the affected side. Bend your unaffected leg slightly behind the affected leg. Press up from the chair using the crutch hand grips and the chair arm rest.
- ✍ When getting **into** a chair, stand with your unaffected leg touching the chair. Bring both crutches to the



Standing Up With Crutches



Sitting Down With Crutches

affected side and extend your affected leg in front of you. Lower yourself into the chair using the crutches hand grips and the chair arm rest.

IN AND OUT OF A CAR

- ✍ Getting *into* the car, move the front seat all the way back. Sit down with the legs facing out of the car. Slide back as far as possible and swing legs into the car.

- ✍ Getting *out* of the car, slide the seat all the way back. Swing legs out of the car. Scoot forward as far as possible to the edge of the seat. Stand up using crutches and car door for support.