

CRUTCH TRAINING: WALKING

GENERAL INFORMATION

1. Support your weight on your hands, NEVER on your underarms.
2. DO NOT place crutches TOO far ahead, you may fall.
3. Wear No heel shoes that tie (tennis shoes).
4. Stand erect, secure crutches under your arms.
5. Remove All loose objects from your path (rugs, toys).
6. Put crutches under your arms and press to your ribs.
7. Move crutches ahead of you 6-12 inches.
8. Push down on handgrips as you step slightly past crutches depending on weight bearing allowance; always maintain a triangle with foot and crutches.



Weight Bearing

1. Move crutches and injured leg forward 6-12 inches squeezing your crutches against your rib cage supporting your weight on your hands and injured leg. (fg.1)
2. Straighten elbow, lifting good leg and swinging your body through the crutches. Land on heel of good foot about 12 inches in front of crutches. (fg 2.)



Non-Weight Bearing

1. Move crutches forward keeping injured foot off ground squeezing crutches against your ribs supporting your weight on your hands. (fg.3)
2. Straighten elbows, lifting good foot and swinging your body through the crutches. Land on heel of good foot about 12 inches in front of crutches. (fg. 4)

