

CRUTCH MANAGEMENT

Do's and Don'ts of Crutch Management

- Do push down with hands on crutch hand pieces
- Don't lean on crutches with your shoulders

Proper Shoes for Crutch Management

- Oxford type of shoes with laces
- Leather soles
- Rubber heels

Safety Tips

- Beware of wet floors
- Be careful of walking on throw rugs

Walking on a Flat Surface

- Place both crutches forward
- Bring the injured leg even with the crutches
- Push down with your hands on hand pieces – this will determine the amount of weight you put on your leg
 1. The more you press your hands into the hand piece, the less weight you will put on your affected leg
 2. The less you press on your hands the more weight you will put on your affected leg
- Bring injured leg through past the crutches so your affected leg and the crutches form a triangle – this provides a stable base of support.

To Walk Upstairs without a Handrail (“Up with the good”)

- Stand as close to step as possible
- Place crutch tips as close as possible to first step
- Push down on hand piece and step up onto first step with the uninjured leg (“the good”)
- Bring crutches and the injured leg up onto same step

To Walk Downstairs without a Handrail (“Down with the bad”)

- Stand as close to step as possible keeping one crutch under each arm
- Place crutches on center of step onto which you will be descending
- Lower injured leg to step with crutches
- Lower uninjured leg to same step

To Walk Upstairs with a Handrail (“Up with the good”)

- Stand as close to step as possible
- Place both crutches under one arm holding both hand pieces with that hand and with free hand hold on to handrail
- Push down on handrail and crutch hand pieces and bring uninjured leg onto first step
- Bring crutches and injured leg up to same step as uninjured leg

To Walk Downstairs with a Handrail (“Down with the bad”)

- Stand as close as possible to step
- Place both crutches under one arm holding both hand pieces with that hand and with free hand hold onto handrail
- Place crutches on step to which you are going to descend
- Lower injured leg down to the step with the crutches
- Lower uninjured legs to same step

For Those Giving Assistance to Crutch Walkers on Steps

- Stay behind individual when going up steps
- Stay in front of individual when descending steps