

Pt Sticker or, complete the following

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

DOB: \_\_\_\_\_ Ph: (h): \_\_\_\_\_

(m): \_\_\_\_\_

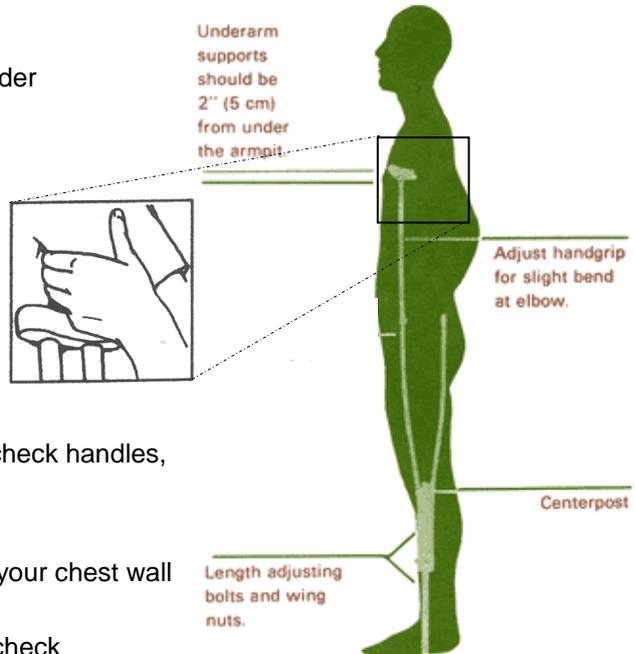
URN: \_\_\_\_\_ (w): \_\_\_\_\_

## Physiotherapy

# Fitting and Using Crutches – Non Weight Bearing

## Fitting your Crutches

1. Patient should stand up tall and place crutches under each arm pit when crutch just out to the side (i.e. position of use).
2. The top of the crutch should be 2-3 fingers below the armpit
3. The handles should be at a height which keeps the elbows slightly bent.



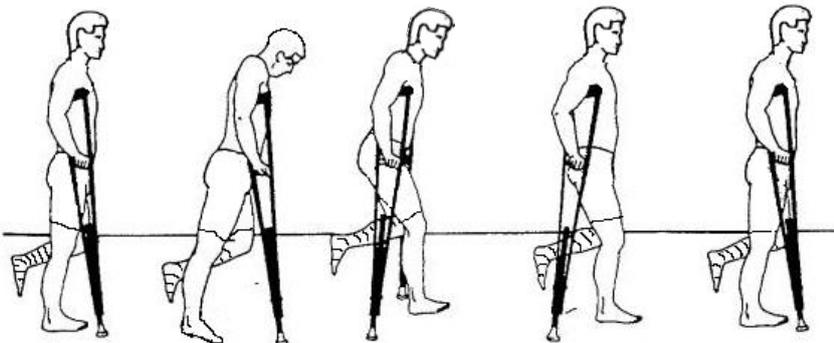
## Important Things to Remember

- Ensure all parts are tightly fixed on the crutches (check handles, rubber stoppers and adjustable legs).
- Put your weight through hands, not your armpits.
- You should squeeze the top of the crutch against your chest wall for stability.
- Before putting any weight through the injured leg check with your doctor or physiotherapist.

## Walking With Crutches

### A. Non Weight Bearing

1. Grip your crutches by squeezing the top of the crutch against you chest wall.
2. Move both of the crutches a short distance (about one foot) in front of your body.
3. Balance your weight firmly through your hands.
4. Hold your injured foot in a comfortable position.
5. Lean forward and put your weight through the ball of your good foot, then swing it through to be level with or in front of the crutches.

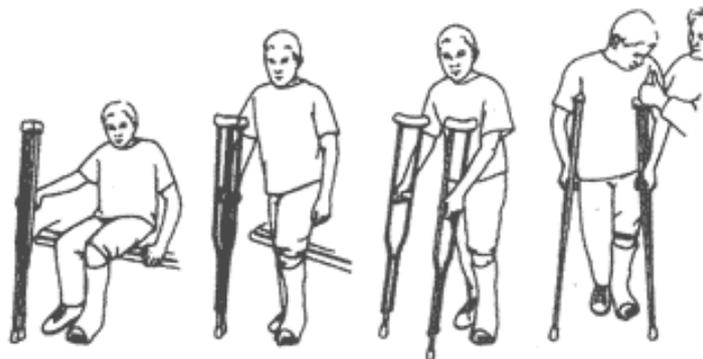


\*25110\* Advice or Information

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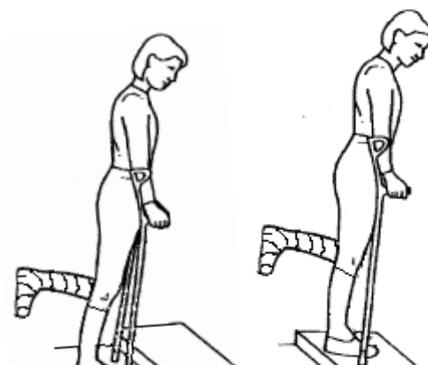
## Standing and Sitting

1. Using the handles hold both crutches in your hand on your good side.
2. Place the other hand on the seat/bed.
3. Move the injured leg forward.
4. To sit: Lean forward and using your good leg bend slowly and lower yourself to the chair.
5. To stand: Lean forward and using your good leg push up and straighten your leg.
6. Then position crutches under both armpits.



## Going Up Stairs

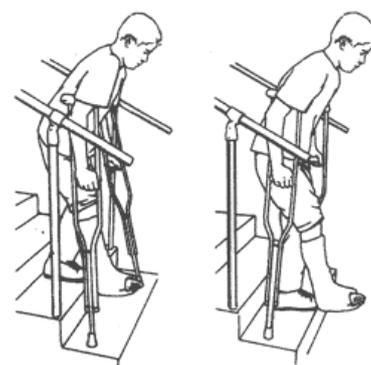
1. Place the crutch close to the step.
2. Keep the crutches out wide.
3. Push down through your hands.
4. Step up with your good leg on to the first step (remember not to touch the ground with the injured leg).
5. Push through your good leg and bring the crutches up to the first step with the injured leg.



Please note: the technique is the same for both elbow (as shown) and underarm crutches

## Going Down Stairs

1. Place the crutch toward the front of the step.
2. Keep crutches wide apart.
3. Lower crutches down the step.
4. Slowly lower your injured leg (remember not to touch the ground with the injured leg).
5. Ensure a solid grip with your hands.
6. Lower your good leg onto the next step.



*If you have any difficulties or problems using your crutches at home, please contact Community Health Intake on 62079977.*

Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)

*If you have any concerns with this advice or exercises, please contact your physiotherapist*