

How to Use Crutches: A Step-by-Step Guide

Using crutches correctly is essential for safe movement and to avoid further injury. Follow these steps to get comfortable and confident using your crutches.

1. Fitting Your Crutches

- **Height:** Adjust crutches so the top is about 1-2 inches (2-3 finger widths) below your armpits when standing.
 - **Handgrips:** Position handgrips so your elbows bend slightly (about 15–30 degrees) when holding them.
 - **Posture:** Keep your back straight and look ahead, not down.
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2. Walking with Crutches (Non-weight Bearing)

- Move both crutches forward about one step's length.
 - Push down on the handgrips.
 - Swing your injured leg forward and keep it off the ground.
 - Step through with your good leg.
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3. Walking with Crutches (Partial Weight Bearing)

- Move both crutches forward.
 - Step with your injured leg, putting only the allowed amount of weight on it.
 - Step through with your good leg.
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4. Sitting Down

- Back up until you feel the chair behind your legs.
 - Hold both crutches in one hand on your injured side.
 - Reach back with your free hand to grasp the chair.
 - Lower yourself slowly into the chair.
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5. Standing Up

- Hold both crutches on your injured side.

- Push up from the chair using your other hand on the armrest or seat.
 - Once balanced, place a crutch under each arm.
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6. Going Up Stairs

- Lead with your good leg.
 - Bring your injured leg and crutches up to the same step.
 - Use a handrail if available, and carry crutches in the other hand.
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7. Going Down Stairs

- Place crutches down on the step below.
 - Lower your injured leg first.
 - Follow with your good leg.
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8. Tips for Safe Use

- Wear supportive, non-slip shoes.
 - Avoid slippery or uneven surfaces.
 - Keep your crutches close to your body.
 - Take your time and don't rush.
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Important

Consult your healthcare provider for specific weight-bearing instructions and to ensure your crutches are fitted properly.