

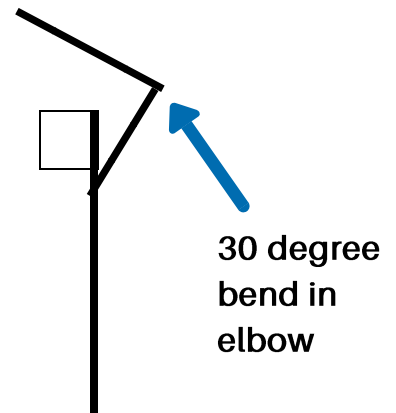
Crutches

Set Up

- Make sure crutches fit properly
- When standing straight, 2-3 fingers should fit between your armpit and the top of the crutch pad.
- The bend in your elbow should be 20-30 degrees when your hand is on the grip.

Using Your Equipment

- Crutches should be 2-3" to the outside of feet
- Weight goes on the hands, not armpits; keeping elbows in will help stabilize crutches
- When sitting, back of legs should touch chair. Do not sit with crutches underarms. Take them out, place both on your strong side while hanging onto handgrips. Use other arm to grab chair to sit down.
- When getting up, both crutches should be on strong side with the other hand on armrest to help push off.
- When climbing stairs with railing:
 - Both crutches under one arm or one crutch under the arm and the other carried horizontally in the same hand
 - When ascending, push on crutches and step up with "strong leg". Bring "weaker leg" up. Bring crutches up last.
- When climbing stairs with no railing:
 - Use process outlined above with crutches underneath each arm
- When descending stairs:
 - Bring both crutches and feet to the edge of step.
 - Lower crutches to middle of next step.
 - Lower weaker leg.
 - Step down with stronger leg.



Maintenance

- Keep tips of crutches free of debris.
- Be aware of throw rugs that may cause you to stumble and/or lose your balance.
- If grips or pads become worn, have your equipment provider replace them.
- If crutches become loose or maladjusted, call your equipment provider immediately.