

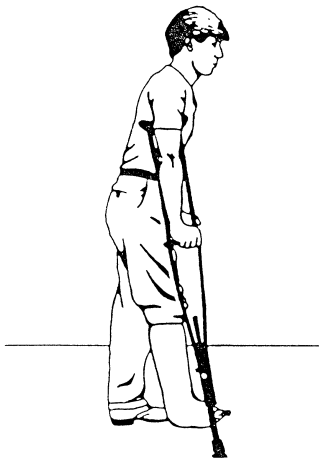


## Crutch Walking Points to Remember

Crutches are an aid to help you get around. They also help you rest your leg and cast. Crutches are not toys and should not be used for racing, or by anyone other than yourself.

### DO

- Stand straight.
- Take weight on your hands not under your arms.
- Hug the crutches in to your sides when walking.

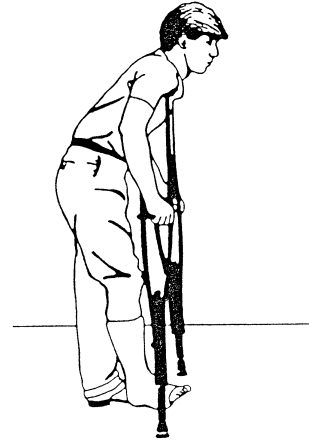


When standing still, rest the crutches slightly in front of you and slightly out to the side.

Depending on the type of injury, you may be allowed to put a little weight on your injured leg. Check with your doctor or physiotherapist first.

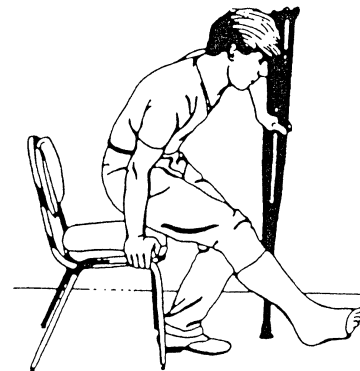
### DON'T

- Lean on the tops of your crutches!



### SITTING DOWN

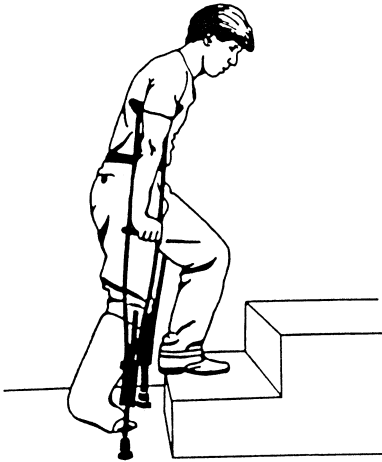
- Approach the chair.
- Turn around and make sure the chair is close behind you.
- Remove the crutches from under your arms and hold them in one hand.
- Place one hand on the chair to make sure it doesn't move.
- Holding the hand grip of the crutches, lower yourself down to sit.





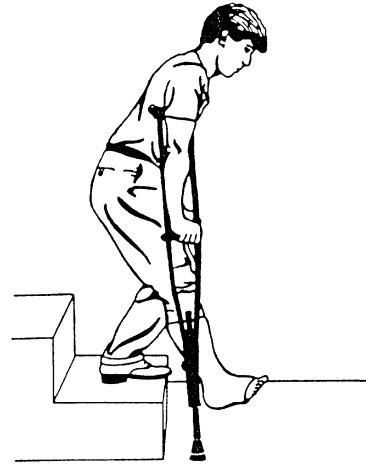
## GOING UP STAIRS

- Get close to stairs.
- Put weight on your crutches and step up with your good leg.
- Stand up straight, bringing your injured leg and crutches up last.
- Make sure you place the crutches in the center of the step.



## GOING DOWN STAIRS

- Lower crutches and injured leg down.
- Make sure crutches are in the center of the step.
- Put your weight on the crutches.
- Step down with your good leg.



## SAFETY TIPS

1. Check and tighten all screws on the crutches daily.
2. Dry crutch tips if they are wet when you come in from outside.
3. Use elevators and avoid stairs as much as possible.
4. Get a ride to school if possible.
5. TAKE IT EASY!

Next Review: June 2023



**Health Sciences Centre**

Winnipeg

A Shared Health facility