
Patient Information

Things You Should Know About Crutches

Your Clinic Name

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Your City, State ZIP

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Your Logo

Crutches

Crutches help people with an injured foot, leg, or hip move around safely and without pain. When not used properly, crutches may cause additional injuries.

Axillary Crutch

These are the most commonly prescribed crutches. Usually made of wood, although some are made of aluminum, they have a support that fits in the armpit, a hand grip, and two long pieces that connect the support, the hand grip, and the leg. Most of the information in this booklet applies to this type of crutch.

Proper Fit

Crutches must be properly adjusted for your height and arm length to be used safely. If not properly fitted, you will have trouble using the crutches, will find using them quite tiring, and run the risk of falls or other injuries.

- With the crutch held snugly against the side of your leg and abdomen, the pad should be 3 finger widths below your armpit.

- With the crutches in the same position, adjust the hand grips so your arms are slightly bent at the elbows.

- Make sure the armpit support and hand grip pads are properly in place. Slide the crutch tip snugly in place.

- Tighten all the nuts and bolts. Be sure and check them regularly as they may loosen with normal use.

Proper Use Of Crutches

The crutches are replacing your injured leg. Think of the crutches as being “tied” to your injured leg. When walking, balance on your good leg and swing the crutches and your injured leg forward. Then put your weight on the crutches (supporting yourself with your arms) and swing your good leg forward. Unless told otherwise, put weight on your injured leg.

Your arms should support your weight when your good leg is off the ground.

When going up and down stairs, hold both crutches in the same hand as the uninjured leg. Hold onto the railing with the other hand. When going up stairs, lead with the good leg, and then bring the injured leg and crutches onto the same step. When going down stairs, lead with the crutches and injured leg.

Safety Pointers

- Watch out for water and wet areas on the floor.
- Be careful around thick carpets. Crutch tips can get caught in the rug.
- Watch out for throw rugs.
- Always use two crutches unless told otherwise.
- Remember, no matter how well you can get around on crutches, they don't replace walking on two legs.