

Safety

- + Remove tripping hazards such as rugs, electrical cords, spills or clutter that may cause you to trip.
- + If necessary, move furniture to ensure space for mobility. Put things often used within easy reach.
- + For your bathroom, use hand rails, a raised toilet seat, and a shower chair to help prevent falling.
- + Use a backpack or fanny pack to carry things since your hands will need to be on the crutches.

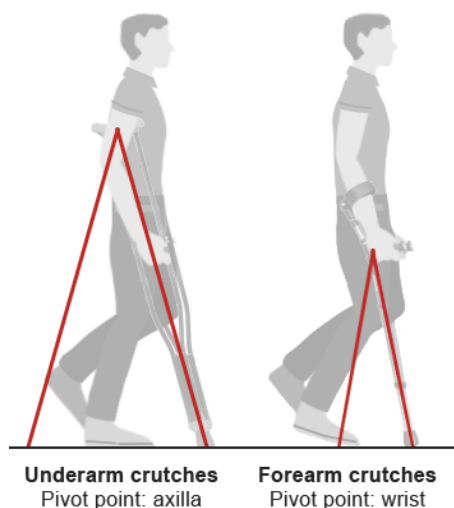
Fitting

Underarm Crutches

- + When standing up straight, the underarm supports should fit about 2 inches below your armpits.
- + Your weight should rest on your hands, not on the underarm supports.
- + Use the bolts to adjust the length of the crutches and the height of the hand grips.

Forearm Crutches

- + When standing up straight, the cuff should be about 1-2 inches below where your elbow bends.
- + The hand grip should fit about where your wrist bends.
- + Use the buttons to adjust the length of crutches.



Walking

- + Be sure to support your weight on your hands. Your weight should be supported by the crutches while moving.
- + Lean on your good leg.
- + Lean forward slightly and move both crutches about a foot in front of you.
- + Begin your step as if you were going to use your bad leg, but shift your weight to the crutches.
- + Finish the step with your good leg.

Sitting Down

- + Be sure that the chair is sturdy and at a comfortable height.
- + Back up to the chair.
- + Hold you bad leg a bit in front of you and hold both crutches in the hand on the good side of your leg.
- + Reach down with your free hand and hold the arm or seat of the chair. Slowly lower yourself.

Standing Up

- + Slide yourself to the front of the chair.
- + Hold both crutches in the hand on the good side of your leg,
- + Put all your weight on the good leg and push yourself up.

Using Stairs

- + Use 1 crutch to support yourself and hold the other in the same hand horizontally with your fingers.
- + Have someone walk behind you if you are going up stairs. If you are going down stairs, have someone walk in front of you.
- + To go up, keep the crutch on the step you're standing on and step up with your good leg. Push down on the crutch and step up with the bad leg. When both feet are on the upper step, bring your crutch up.
- + To go down, put your crutch on the lower step. Bring your bad leg down and then step down with your good leg.