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CRUTCH TRAINING INSTRUCTIONS

CRUTCH FITTING INSTRUCTIONS:

Proper fit should allow for two-finger spaces between armpit and axillary pad and a fifteen-degree bend at the elbow.

TYPES OF WEIGHT BEARING PRECAUTIONS:

- Non-weight bearing (NWB): Do not apply any weight through involved leg.
- Toe Touch or Touch down weight bearing (TTWB): Allow only the ball of the foot to touch the floor for balance purposes.
- Partial weight bearing (PWB): Allow a maximum of 50% body weight to be applied to the involved leg.
- Weight bearing as tolerated (WBAT): Allow as much weight as tolerated through the involved leg.

USE OF CRUTCHES:

ON LEVEL SURFACES:

- Crutch tips should be approximately 6" in front and 6" to the side of both legs.
- Advance both crutches, then the involved leg followed by the uninvolved leg.
- Continue this sequence applying proper weight bearing precautions.

ON STAIRS (WITH RAILING)

UPSTAIRS:

- Hold the rail with one hand while the opposite hand holds the crutches.
- Step upward with the uninvolved leg followed by the crutches and the involved leg.

DOWNSTAIRS:

- Hold the rail while placing the crutch on the lower step.
- Place the involved leg on the step to meet the crutch followed by the uninvolved leg.

ON STAIRS (WITHOUT USE OF RAILING)

UPSTAIRS

- Step upward with uninvolved leg, follow with crutches and involved leg.

DOWNSTAIRS.

- Place crutches on lower step followed by the involved leg follow with uninvolved leg.

BE SURE TO APPLY WEIGHT-BEARING PRECAUTIONS APPROPRIATELY ON THE STAIRS JUST AS ON FLAT SURFACES.

TIPS AND SAFETY:

- Be sure to place weight through hands, not armpits.
- Squeeze crutches between your arms and chest wall if a rest is needed during standing.
- If light-headed/dizziness occurs, avoid use of crutches or if in the process of walking call for help.
- Be aware of the walking surface (i.e. indoors/outdoors).
- Remove scatter rugs from areas to be walked upon.