

## Crutch Training

### Post Operative Instructions

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#### 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:

- 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 should 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 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 – *going UP*
  - 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.
- On stairs with railing – *going DOWN*
  - 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 – *going UP*
  - Step upward with uninvolved leg, follow with crutches and involved leg.
- On stairs without use of railing – *going DOWN*
  - Place crutches on lower step followed by the involved leg follow with uninvolved leg.
- You may also ascend and descend stairs by sitting on your bottom.

**Apply weight-bearing precautions appropriately on the stairs just as on flat surfaces.**

#### Tips and safety:

- Place weight through hands, not armpits.
- Squeeze crutches between your arms and chest wall if a rest is needed during standing.
- If light-headed or dizziness occurs, avoid use of crutches. 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.

**If you have any questions or concerns please do not hesitate to call the office.**