

# Gait Training with Crutches (NWB)

## Walking with a Device

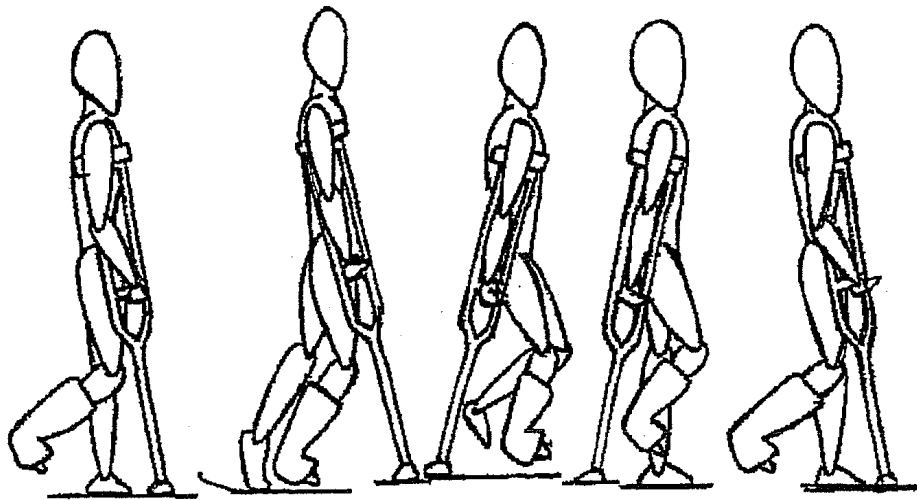
The following program has been designed to help you learn how to use your crutches.

Precautions:

- \* Paths should be clear of cords and throw rugs.
- \* Wear comfortable shoes that have rubber soles.
- \* Watch for pets who have not seen you use a device before.
- \* look for wet spots on the floor that may be slippery.

## Gait Training with Crutches (NWB)

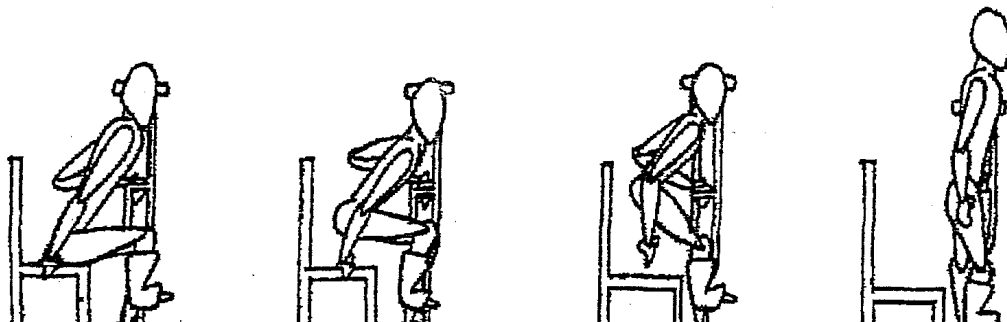
- \* With one crutch under each arm, move both crutches forward.
- \* Push down with your arms on the crutches and, with your involved leg bent behind you or in front of you, step past your crutches with the good leg.
- \* Your involved leg needs to remain OFF the floor at all times to be sure it is not bearing any weight.

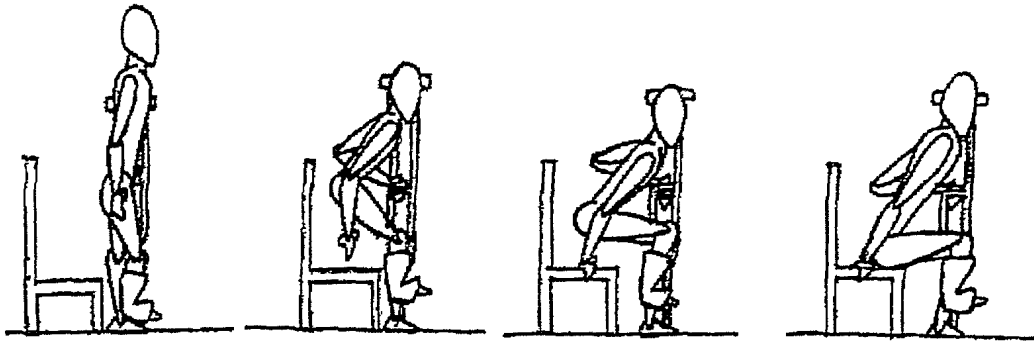


## Getting Up and Down from a Chair with Crutches (NWB)

### Getting Up:

- \* Slide forward in your chair. Slide your involved leg forward and put both crutches on one side. Lean forward and push off from the chair with one arm on the chair and the other arm on the crutches. Be sure that your involved leg remains OFF the ground at all times.





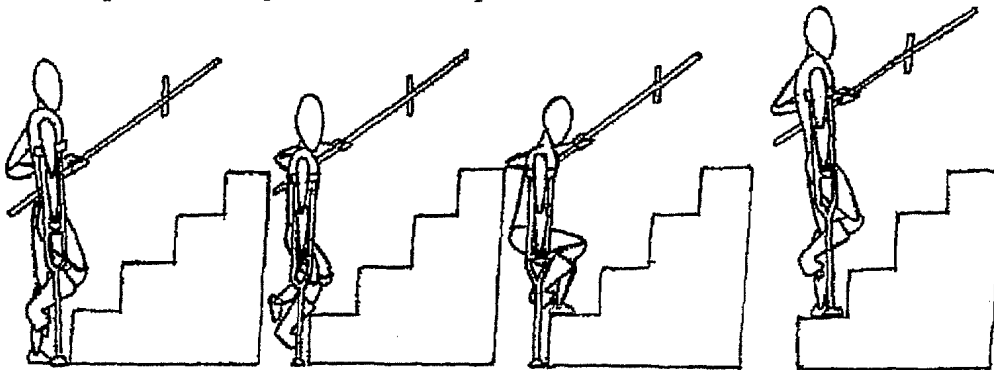
### **Sitting Down:**

\* Get close enough to the chair that you can feel it against the back of your legs. Place both crutches on one side and hold onto the hand grips with one hand. Reach back with the other hand for the armrest or edge of the chair and slowly sit down. Be sure that your involved leg remains OFF the ground at all times.

## **Going Up and Down Stairs with a Rail**

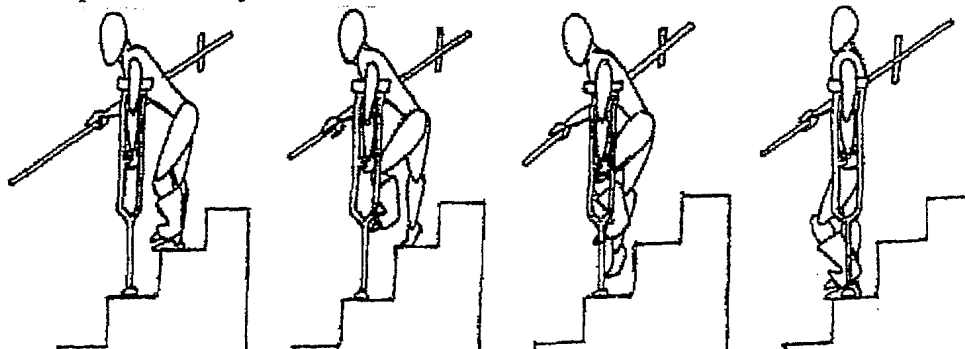
### **Going Up:**

- \* With one crutch under each arm, come up close to the stairs.
- \* Place both crutches under the arm opposite the rail on the level you are standing on.
- \* Bend your involved leg behind you.
- \* Pushing with your arms on the crutches and the rail, bring your good leg up to the next step.
- \* Bring the crutches up to the next step. Be sure that your involved leg stays OFF the ground at all times.
- \* Repeat this sequence until you are at the top of the stairs.



### **Going Down:**

- \* Come close to the edge of the stair.
- \* Place both crutches under the arm opposite the rail.
- \* Place your involved leg out in front of you.
- \* Lower both crutches to the step below you.
- \* Push on the crutches and the rail as you lower your good leg to the step below.
- \* Be sure that your involved leg stays OFF the ground at all times.
- \* Repeat this sequence until you are at the bottom of the stairs.



## Going Up and Down Stairs with Crutches without a Rail

### Going Up:

- \* With one crutch under each arm, come close to the stairs.
- \* Bend your involved leg behind you.
- \* Pushing with your arms on the crutches, bring your good leg up to the next step.
- \* Bring the crutches up to the next step. Be sure that your involved leg stays OFF the ground at all times.
- \* Repeat this sequence until you are at the top of the stairs.

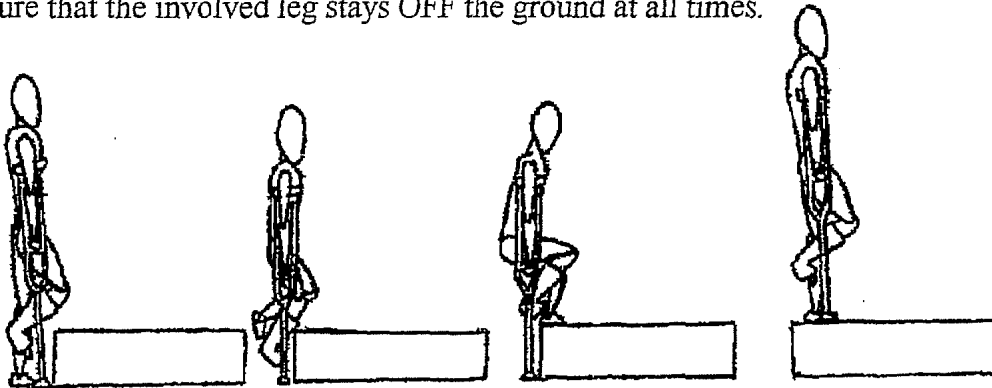
### Going Down:

- \* Come close to the edge of the stairs with one crutch under each arm.
- \* Place your involved leg out in front of you.
- \* Lower both crutches to the step below.
- \* Be sure that your involved leg stays OFF the ground at all times.
- \* Repeat this sequence until you are at the bottom of the stairs.

## Going Up and Down a Curb Step with Crutches

### Going up:

- \* With one crutch under each arm, come up close to the curb.
- \* Bend your involved leg behind you.
- \* Push with both arms on the crutches as you lift your good leg onto the crutches up to the step.
- \* Be sure that the involved leg stays OFF the ground at all times.



### Coming Down:

- \* Come forward to the edge of the step.
- \* Place the crutches down onto the ground.
- \* Place your involved leg in front of you.
- \* Push with both arms on the crutches as you lower your good leg to the ground.
- \* Be sure that the involved leg stays OFF the ground at all times.