

Instructions for Crutch Walking

Precautions

- Beware of slick or wet surfaces and throw rugs.
- Keep crutches near you so they are always within reach.
- Wear low heeled shoes that will not slip off (sneakers).
- Ask teachers in school to let child out of class a little early to avoid crowds on stairs and organize a buddy system.
- Keep the injured leg up on a stool when appropriate.
- Carry books and school supplies in a backpack to leave both hands free.

Measurements of crutches

- The top of the crutches should be at about 3 fingers' width from the armpit when the shoulders are relaxed.
- When the arm is hanging straight down, the hand piece should be at the level of the wrist.
- Hold the top part of the crutch firmly between the body and the inside of the upper arm.
- Support the weight with the hands on the padded hand rests.
- Do not allow the top of the crutch to push up into the armpit.
- When standing still, the crutches should be slightly ahead and apart from the body.



Walking: non weight bearing

This means placing no weight on the injured leg.

- Place the crutches forward about one step's length.
- Push down on the hand grips.
- Squeeze the top of the crutches between the body and the upper arm.
- Hold the injured leg up from the floor.
- Swing the good leg forward, but be careful not to go too far.
- Now step on the good leg and bring crutches forward to one step's length.



Walking: partial weight bearing

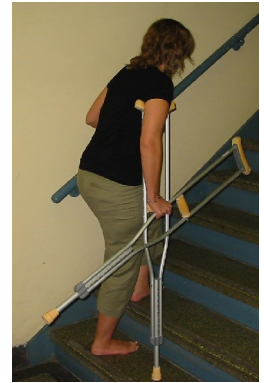
This means that you can put some weight through the injured leg.

- Place the crutches slightly ahead and apart when standing.
- Push down on the hand grips.
- Squeeze the top of the crutches between the body and the upper arm.
- Bring the crutches and injured leg forward one's step length.
- The injured leg should be level with the crutch tips.
- Take a step with the good leg.
- Try to take steps of equal length.



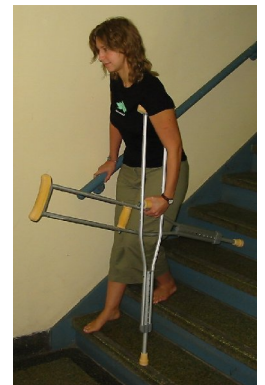
Walking up the stairs

- Walk close to the edge of the first step.
- Hold onto the rail with one hand and onto the crutches with the other hand, as illustrated.
- Use the 2 crutches only if a solid hand rail or a helper is not available.
- Push down on the hand rail and the hand grip and step up the stair with the good leg.
- Hop up with the good leg if non weight bearing on the injured leg.
- Bring the injured leg and the crutch up beside the good leg on the same step.
- Remember: the good leg goes up first and the injured leg always moves with the crutches.



Walking down the stairs

- Walk close to the edge of the first step.
- Hold onto the rail with one hand and onto the crutches with the other hand, as illustrated.
- Support weight by pushing on the hand grip and the hand rail.
- Place the injured leg and crutch down on the step below.
- Bring the good leg down to the same step.
- Remember: the injured leg goes down first and always moves with the crutches. Use the same rules when going up and down sidewalk curbs or doorsteps.



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