PERIOPERATIVE SERVICES

Crutch Walking Patient Information

**\*** Please check off type of crutch walking.

 **NON WEIGHT BEARING**

(No weight is taken through affected leg. All weight is taken by the crutches
and good leg).

1. Place crutches about 1 foot ahead of you
2. Push down on hand grips with your hands
3. Swing affected leg through
4. Hop with good leg slightly ahead of crutches

**Stairs**

|  |  |
| --- | --- |
| **Going up** (good foot goes up first) | **Going down** (bad foot goes down first) |
| 1. Approach stairs
 | 1. Place crutches on lower step
 |
| 1. Push down hard on hand grips of crutches
 | 1. Place affected leg ahead of you
2. Push down hard on hand
 |
| 1. Hop onto next stair with good foot
 | grips of crutches  |
| 1. Lift crutches up to this step bringing affected leg up
 | 4. Hop down to level of crutches |

 **PARTIAL WEIGHT BEARING “LESS THAN 50%”**

(Part of your weight goes through the affected leg and part of your weight goes through the crutches)

1. Place crutches approximately 1 foot ahead of you
2. Place affected foot between crutches
3. Place good leg AHEAD of affected leg (steps 2 & 3 can be combined)

**Stairs**

**Going up** (good foot goes up first)  **Going down** (bad foot goes down first)

1. Approach stairs 1. Place crutches on lower step

2. Lift good leg onto next step 2. Place affected leg on lower step

3. Lift affected leg on step 3. Follow with good leg

4. Follow with crutches

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

 **FEATHER WEIGHT BEARING**

 (Weight is shared between the crutches and good leg, with the affected foot **just**

 **touching** the ground).

 Proceed as for partial weight bearing, remembering to just touch the floor with the

 affected foot.

**HELPFUL HINTS**

1. Never lean over the tops of your crutches so that your armpits rest on your

 crutches. This can affect the nerves to your arms.

1. Keep crutches pressed against your rib cage.

3. Getting out of chair or getting off toilet

 a. Place both crutches in one hand and hold over hand bar.

 b. Push off chair with other hand and good leg, as well as pushing on crutches

 c. Once standing, place a crutch under each arm.

4. Getting into chair or sitting on toilet

 a. Approach chair.

 b. Turn around so that the back of good leg touches chair.

 c. Place both crutches in one hand, holding over hand grips.

 d. Lower yourself into the chair with the other hand.

5. Getting into and out of bed

 a. Swing both legs out of or into bed.

6. Sitting with a long leg cast

 a. Rest cast on a chair facing you.

 b. If no other chair is available, place crutch under the cast and rest cast on it.

7. Getting into and out of a car

 a. Lower the car window so you have something to grasp when lowering yourself.

 b. Sit down as if you are in a chair.

 c. Swing legs into car, or sit with both legs on seat (with a long cast –

 if room permits).

8. Wear good supportive shoes.