

CRUTCH WALKING TIPS



Preparing to use crutches

1. You should be able to stand up straight using the crutches.
2. You should be able to place 2 fingers between the armpit and the top of the crutch.
3. Your handgrips should be placed to allow your elbows to bend slightly.
4. NEVER rest your armpit on the top of the crutch.

Walking

1. Move both crutches a few inches in front of you.
2. Move the weaker/injured leg forward a few inches.
3. Hold the weaker leg a few inches off the ground if you were instructed to be non-weight bearing
4. Now move the stronger leg by pushing down on the handgrips for balance and swinging the stronger leg forward.

Getting in a chair or bed

1. Stand with your back to a chair or bed.
2. The stronger leg should touch the chair or bed.
3. Then place both crutches in the hand of the weaker leg.
4. Slowly sit down onto the

chair or bed while pushing your self back into the chair or bed.

Getting out of a chair or bed

1. Place both crutches in the hand of the weaker leg.
2. Move your stronger leg back until it touches the chair or the side of the bed.
3. Now push yourself up & reposition the crutches for balance.

Going up stairs

1. Hold both crutches in one hand and place your other hand on the stair railing.
2. Put your weight on both hands and lift your stronger leg up to the next step.
3. Now move the crutches and the weaker leg to the same step as your hand slides up the railing.
4. Repeat steps 2-3.

Going down stairs

1. Hold both crutches in one hand and place your other hand on the stair railing.
2. Move the crutches and the weaker leg down to the next step.
3. Bring your stronger leg down to the same step while sliding your hand down the railing.
4. Repeat steps 2-3.

Safety Tips

1. Stand with your crutches outside your feet.
2. Always take small steps while walking.
3. Be careful on waxy or wet floors and loose carpets.
4. Do not place any weight on the weaker leg without your doctor's permission.
5. Always wear a tie shoe with a low heel that has grips on the bottom (Sneakers instead of sandals)
6. Make sure the crutches' rubber tips are clean and the bottoms are not worn down.



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