

## How To Use Crutches On Stairs - Partial-Weight Bearing

### Going Up Stairs:

1. Stand on floor facing stairs, hold onto handrail with one arm and crutch(es) in outside arm, close to first step.
2. Take weight through crutch(es) and handrail, put unaffected leg on first step.
3. Climb up to first step straightening good leg.

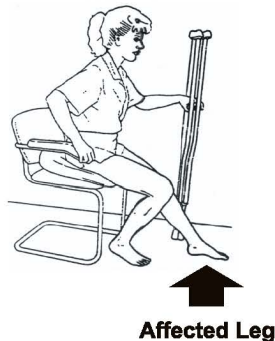
### Going Down Stairs:

1. Stand with feet close to edge of step, hold onto handrail with one arm, crutch(es) in outside arm.
2. Descend with crutch(es) and affected leg.
3. Transfer entire weight through hands on crutch(es) and handrail.
4. Bring unaffected leg onto same step.

## Getting In And Out Of A Chair

### Instructions:

1. Stand with back of unaffected leg touching front of seat.
2. Hold crutches by handgrip in one hand.
3. Secure chair with other hand.
4. Lower yourself into the chair slowly.



## Getting Up From A Chair

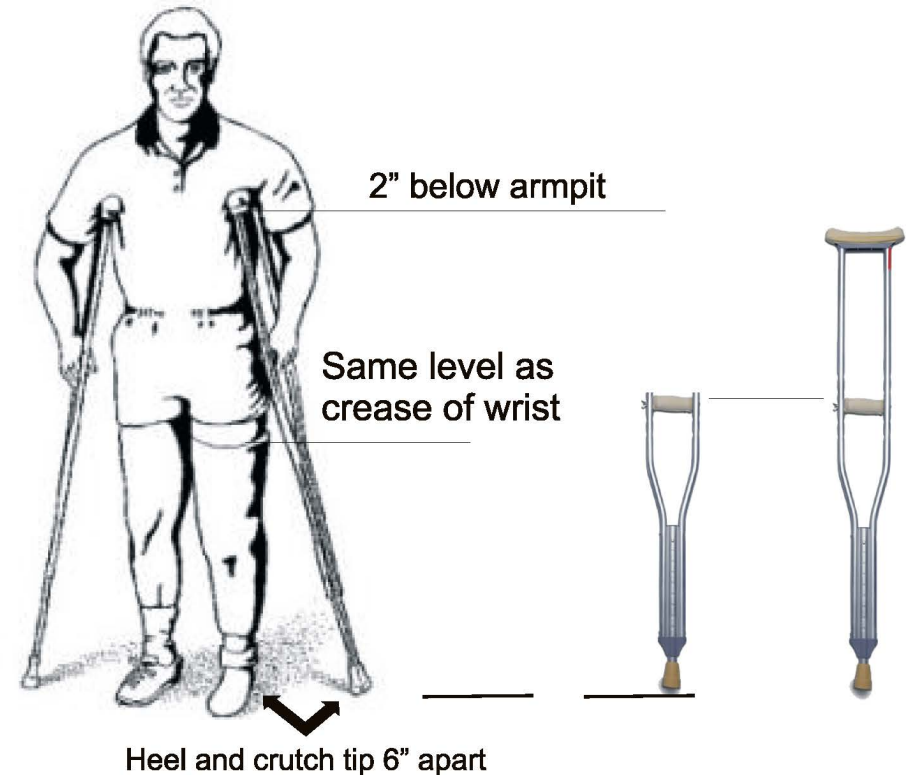
Reverse procedure described above, both crutches in one hand - push yourself up with other hand.



## Instructions for the Use of Crutches

### To Measure For Crutches:

Standing, crutch tip and heel 6" apart, top of crutch 2" below armpit, hand piece level with crease at wrist.



Body weight is transmitted through hands by straightening elbows and not leaning on armpits. Tops of crutches are kept in place by pressing arms against sides of chest.

## Types of Crutch Walking

**Non-Weight Bearing:** Method used by patients who are not allowed to take any weight on the affected leg.

### Instructions:

1. Advance crutches and affected leg together.
2. Transfer entire weight through hands on crutches
3. Bring unaffected leg in front of crutches
4. Repeat.

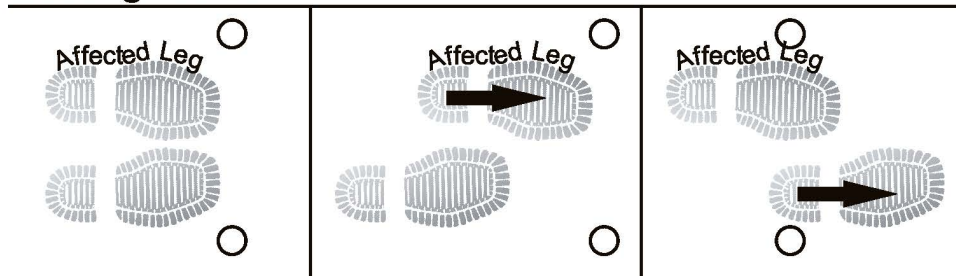
**Partial-Weight Bearing:** Method used by patients who are allowed to take only partial weight on their affected leg.

### Instructions:

1. Advance crutches and affected leg together.
2. Transfer weight through hands on crutches and affected leg together.
3. Bring unaffected leg through in front of crutches
4. Repeat.

Body weight is transmitted through hands by straightening elbows and not leaning on armpits. Tops of crutches are kept in place by pressing arms against sides of chest.

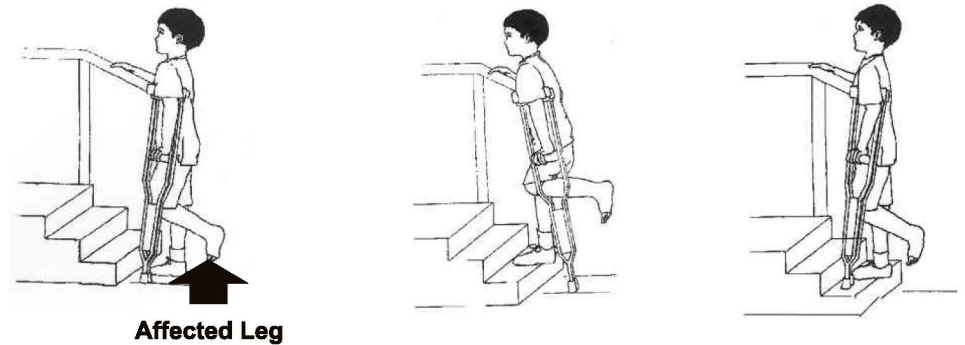
## Starting Position



## How To Use Crutches On Stairs - Non-Weight Bearing

### Going Up Stairs:

1. Standing close to base of stairs, hold crutches in one hand and reach up to grasp handrail with other hand. If there is no railing, keep crutches under each arm.
2. Take weight through hands on crutch(es) and handrail and lift unaffected leg onto first step.
3. Bring crutches and affected leg up to first step. Repeat sequence to top of stairs.



### Going Down Stairs:

1. Standing close to edge of step, hold crutches with one hand and reach down to grasp handrail with other hand. If there is no railing, keep crutches under each arm..
2. Place crutch(es) on the first step down and lower your affected leg toward step .
3. Bring unaffected leg to the same step by taking weight through hands on crutch(es) and handrail. Repeat sequence to bottom of stairs.

