

CRUTCHES

The information in this document is used for proper understanding of what crutches are and to instruct you on how to use crutches correctly.

Axillary Crutches and Forearm Crutches:

- Forearm or axillary crutches will be prescribed by your therapist depending on your weight-bearing status
- Generally forearm crutches are prescribed for individuals that are touch or **full weight bearing**
- Generally axillary crutches are prescribed for individuals that are **non-weight bearing**
- Crutches will cost \$40.00 to purchase and take home

Forearm Crutches



Axillary Crutches



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Precautions:

- When using axillary crutches, your weight should be supported through your hands, not your armpits as this can cause nerve damage
- Take extra caution on wet and uneven surfaces
- Check that all pins are tight and in correct position as shown by your therapist prior to use
- Check that the rubber stoppers are in place and are not worn out

Correct Fit:

Axillary Crutches:

- Stand upright with your shoulders relaxed and your arms down by your sides
- The top of the crutches should sit 2-3 finger widths (approx. 5cm) below the armpit
- The hand rest should be at the height of the wrist crease when standing with arms relaxed by your side
- Ensure both crutches are at equal height
- Your crutches will be fitted by your therapist prior to use

Forearm Crutches

- Stand upright with your shoulders relaxed and your arms down by your side
- The hand rest should be at the height of the wrist crease when standing with your arms by your sides
- To adjust the height; depress the buttons on the shaft to lengthen or shorten
- Ensure the spring button is fully engaged in the adjustment holes after adjusting

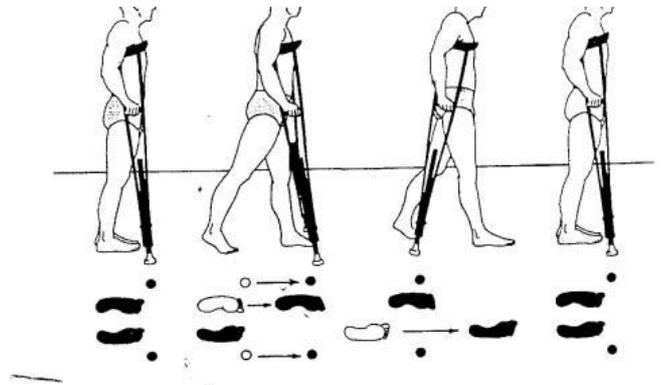
CRUTCHES

- When the crutches are at the correct height, your elbows should have a slight bend when holding the handle
- Ensure both crutches are at equal height

Walking:

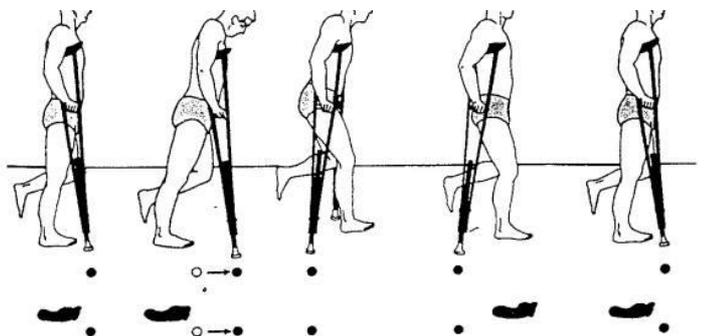
TOUCH weight bear

- Place both crutches on the ground out in front of you and slightly out to the side
- Step forward with your affect leg, following with your unaffected leg, (placing the toes down only), so that your foot is equal to or just past the crutches



NON weight bear

- Place both crutches on the ground out front of you and slightly out to the side
- Hop forward with your unaffected leg
- Ensure that your affected leg **does not** touch the ground
- Hop through the crutches to ensure good balance

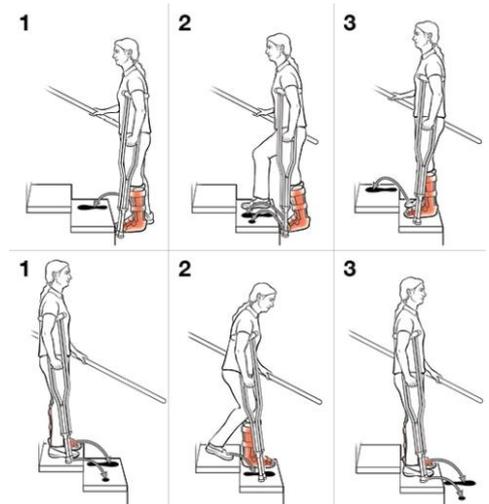


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Going Up and Down Stairs:

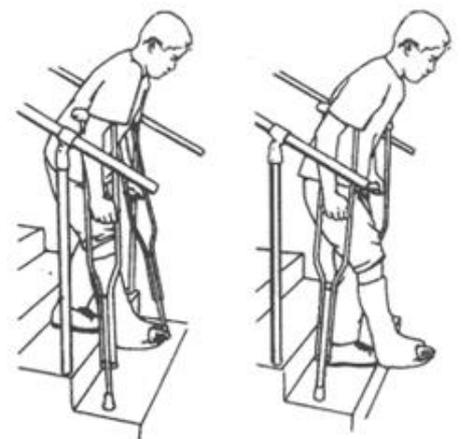
TOUCH weight bear

- Ascending
 - Step up with your unaffected leg first, followed by your affected leg, then the crutches
- Descending
 - Place the crutches down onto the step below, step down with the affected leg first (toes only), followed by your unaffected leg



NON weight bear

- Ascending
 - Place your weight through your crutches and hop your unaffected leg onto the step, bringing your crutches up to join, ensuring you **do not** let your affected leg touch the ground
- Descending
 - Place the crutches down onto the lower step and hop down the step with the unaffected leg, ensuring you **do not** let your affected leg touch the ground



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