

How to walk with crutches:

- * Place both crutches under your arms, and place your hands on the hand grips of the crutches. Place your crutches slightly in front of you.
- * The top of the crutches should be about 2 fingers side-by-side (about 1½ inches) below your armpits. Place your weight on your hands. The top of the crutches should not press into your armpits.
- * If you have one leg that is injured, keep it off the floor by bending your knee.
- * Lift the crutches and move them a step ahead of you. Put the rubber ends of the crutches firmly on the ground. Move the foot that is not injured between the crutches.
- * If the clinician allows you to put some weight on your leg, move your injured leg forward with both crutches then step through with your good leg.

How to go upstairs with crutches: (up with the good)

- * Face the stairs. Put the crutches close to the first step.
 - * Push onto the crutches and put your uninjured leg on the first step.
 - * Put your weight on your uninjured leg that is on the first step. Bring both crutches and the injured leg onto the step at the same time. * When you hold onto a railing with one arm, put both crutches under the other arm. Use the railing to help you go upstairs.
- How to go upstairs with crutches: (up with the good)
- * Face the stairs. Put the crutches close to the first step.
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How to go down stairs with crutches: (down with the bad)

- * Stand with the toes of your uninjured leg close to the edge of the step.

- * Bend the knee of your uninjured leg. Slowly lower both crutches along with the injured leg onto the next step.
- * Lean on your crutches. Slowly lower your uninjured leg onto the same step.
- * Place both crutches under one arm while you hold onto the railing with the other arm.

How to sit in a chair with crutches:

- * Turn and back up to the chair until you feel the edge of it against the back of your legs. Keep your injured leg forward.
- * Take your crutches out from under your arms. Sit while bending your uninjured knee. How to get up from a chair with crutches:
- * Sit on the edge of your chair.
- * Push up with your hands using the crutches or arms of the chair. Put your weight on your uninjured foot as you get up.
- * Keep your injured leg bent at the knee and off the floor.

How to get up from a chair with crutches:

- * Sit on the edge of your chair.
- * Push up with your hands using the crutches or arms of the chair. Put your weight on your uninjured foot as you get up.
- * Keep your injured leg bent at the knee and off the floor.

Cues for patient: Don't hang on your crutches, weight should be on your hands. Squeeze arms in like a chicken.

One crutch or cane: Don't walk like a pirate. Cane/crutch should be in the opposite hand from your injured leg.