

Crutch Training Instruction



Setting yourself on Crutches

- 1 – Place crutches 3 inches in front and 6 inches out laterally from your toes
- 2 - You should be able to put 2 to 3 fingers between your armpit and crutch
- 3 - DO NOT lean on crutches because it will irritate your nerve and blood vessels in the armpit



Partial Weight Bearing with Crutches

- 1 – Crutches move forward simultaneously with your injured leg (left on picture)
- 2 – Land heel first with your knee locked straight. Control the load going through your injured leg by using your supported arms on the crutches. Transfer your weight toward your toes.
- 3 – Swing through the crutches with the other leg.

Non-Weight Bearing & Touch-Down Weight Bearing with Crutches

- 1 – Crutches move forward simultaneously with your injured leg (left on picture)
- 2 – With **non-weight bearing status**, do not put your foot on the ground. With **touch-down weight bearing status**, put toe on the ground to feel the floor but not to bear weight.
- 3 – Swing through the crutches with the other leg.



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Going UP stairs with Crutches

- 1 – “GOOD” leg goes UP first.
 - 2 – Place crutches next to “good” leg, and then injured leg follows.
 - 3 – Repeat “good” leg up first, crutches, then injured leg.
- * DO NOT try to pass steps! Go step-by-step!
“Up with the GOOD, down with the BAD”



Going DOWN stairs with Crutches

- 1 – Place crutches one step below. Then “BAD” leg goes DOWN first.
 - 2 – “Good” leg follows injured leg.
 - 3 – Repeat: Crutches, “bad” leg, and then “good” leg.
- * DO NOT try to pass steps! Go step-by-step!
“Up with the GOOD, down with the BAD”



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