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.
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”