

Crutches

Instructions

Total 3



GAIT WITH CRUTCHES - NON WEIGHT BEARING

Keep your affected leg off the ground. Move the crutch tips forward and then push down with your arms and swing through with your unaffected leg.

Your unaffected foot should land on the ground past the crutch tips as it swings forward.

Your affected leg should not touch the ground the entire time.

Video # VVVQFR8QD



STAIRS WITH CRUTCHES - NON-WEIGHT BEARING

ASCENDING AND DESCENDING:

Hold both crutches in one hand as shown and hold the rail with the other. Next, hop to the step with the unaffected foot. Repeat.

You should not bear any weight on the affected leg at any time.

Video # VVFXWAY7B



STAIRS WITH CRUTCHES - SCOOT NON-WEIGHT BEARING

ASCENDING AND DESCENDING:

Sit down and scoot to the next step using your unaffected leg and arms. You can hold the hand rail with one hand and both crutches with the other hand as shown.

You may need someone to help you stand up at the top of the steps.

You should not bear any weight on the affected leg at any time.

Video # VVN7NMUA4

