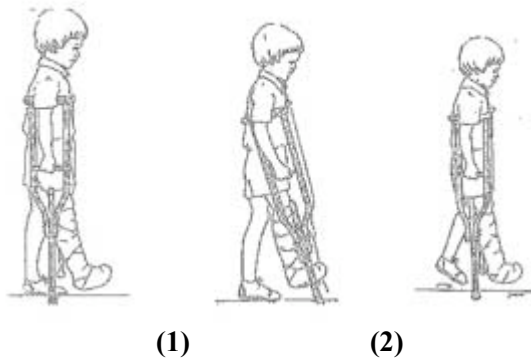


Crutch Walking



- 1- Stand straight, shoulder relaxed. Hold crutches under arms. Hold handgrips. Keep elbows slightly bent. Keep casted leg out front.
- 2- Move crutches forward on slightly ahead of good foot while keeping your balance on your good leg.
- 3- With crutches firmly on the floor, push down on hands and hop forward on good leg.

Special Tips:

Never lean on underarm pieces – this can cause nerve damage. Always push down with hands.

To go upstairs – keep casted leg and crutches on ground. Push down with hands and hop up onto step with good leg. Straighten good leg and bring casted leg and crutches up.

To go downstairs – Face stairs, put crutches and casted leg on lower step. Push down with hands. Hop down to step on good foot.

Make sure you have rubber safety caps on the bottom of the crutches. These keep you from slipping.

If you have any questions, please call 513-791-5200.