



## Using Your Crutches

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### MAKING SURE THEY FIT PROPERLY:

Crutches should be adjusted for your height and arm length. This is important so you can bear weight through your hands, not your armpits. If you compress the nerves and blood vessels under your arms, you may have tingling, numbness or loss of strength over time. The height of your crutches is measured with you in normal shoes.

- The handgrip is at wrist height allowing the elbow to bend about 20 degrees.
- There should be a two finger space between the top of the crutch and your armpit.

### STANDING UP FROM A CHAIR:

- Slide to the edge of the chair.
- Hold both crutches together in the hand on your injured side.
- Scoot yourself to the edge on the chair and stand up pushing with your good leg and both hands

### SITTING DOWN IN A CHAIR:

- Back up to the chair, until you can feel the chair on the back of your legs
- Move both crutches to the bad side, reach back for the arm of the chair and sit down.

### WALKING AND CLIMBING STAIRS

- Move your crutches forward and then step through with your good leg.
- There are two ways to hold your crutches on stairs:
  1. If you have a handrail, put both crutches under one arm and hold the railing with your other hand.
  2. If there is not handrail) leave the crutches under both arms.

## TO WALK UP THE STAIRS REMEMBER “UP WITH THE GOOD”:

- Leave the crutches on the level you are standing.
- Step up to the next step using your good leg.
- Bring the crutches and your injured leg to the same step.
- If you are not confident using your crutches sit down on the stair and scoot yourself up the stairs.

## TO WALK DOWN THE STAIRS REMEMBER “DOWN WITH THE BAD”:

- Place the crutches on the step below you.
- If you are not suppose to put weight on your injured leg keep it out in front of you
- If you are allowed to put weight on your injured leg keep your weight on your good leg and step down to the next step with your injured leg (putting only the amount of weight on that leg ordered by your doctor.)
- Now step down with your good leg.
- If you are not confident using your crutches sit down on the stairs and scoot yourself down the stairs.

## IN AND OUT OF A CAR:

- Have someone open the door and move the seat back as far as they can.
- Back up until you feel the edge of the seat.
- Grab the seat with one hand and the handgrips of the crutches with the other.
- Tip your head to avoid bumping it.
- Stand up or sit down using your good leg to bear your weight.
- Now that you are sitting down put the heel of your good leg on the care frame and push back.
- Move across the seat until you can swing your bad leg into the car.

## FOLLOW UP:

A High Pointe Surgery Center staff member will be calling you the next business day following your procedure to check on your progress. Emergency questions or situations should be referred to your surgeon.

Thank you for choosing High Pointe Surgery Center for your care. Our goal is always to provide you with excellent care and service. Feedback from our patients is one way we can continue to improve upon our services. Please take a few minutes to complete our patient satisfaction survey that you may receive after your visit with us. Thank you.