

# Crutch Discharge Instructions

## How to use crutches safely

- Support your weight with your arms and hands.
- Do not support your weight with your armpits.
- Keep your elbow bent when the crutch is in place under your arm.
- Walk slowly and carefully with crutches.

## WALKING with crutches

- Place crutches under your arms.
- Place hands on hand grips.
- Place your crutches slightly in front of you.
- The top of the crutches should be about 2 fingers side-by-side (about 1½ inches) below your armpits. Place your weight on your hands.
- If you have one leg that is injured, keep it off the floor by bending your knee.
- Lift crutches and move them a step ahead. Put the rubber ends of the crutches firmly on the ground. Move the foot that is not injured between the crutches.

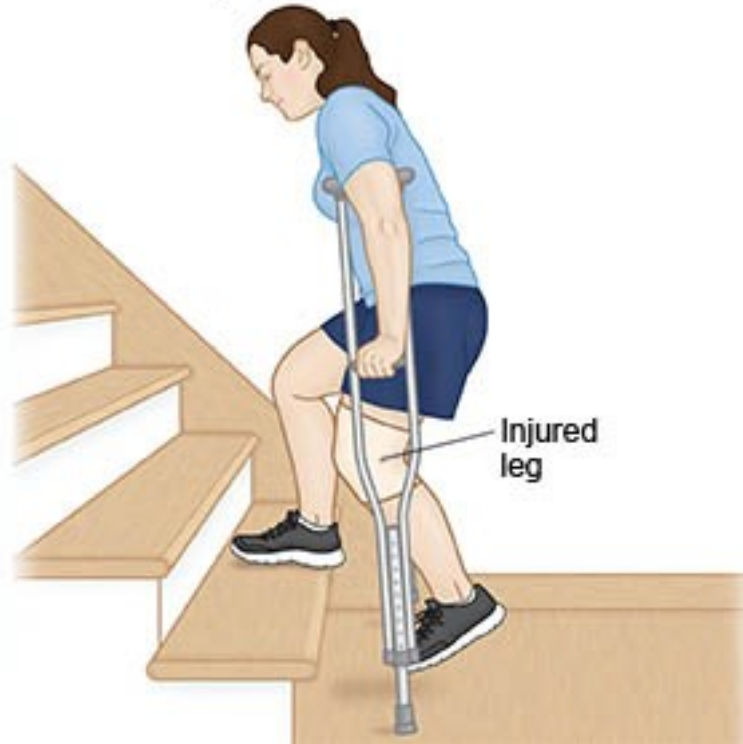
### Walking with Crutches



### How to go UP stairs with crutches:

- Push onto the crutches and put uninjured leg on the first step.
- Put your weight on your uninjured leg that is on the first step. Bring both crutches and the injured leg onto the step at the same time.

#### Going Upstairs with Crutches



**How to go DOWN stairs with crutches:**

- Bend the knee of your uninjured leg.
- Slowly lower both crutches with the injured leg onto the next step.
- Lean on your crutches. Slowly lower your uninjured leg onto the same step.

**Going Downstairs with Crutches**



### How to SIT DOWN using crutches:

- Back up to chair until you feel the edge against the back of your legs.
- Keep your injured leg forward.
- Take crutches out from under arms and sit while bending your uninjured knee.

#### Sitting Down with Crutches



### How to **STAND UP** using crutches:

- Sit on the edge of your chair.
- Push up with hands using arms of chair. Put weight on uninjured foot.
- Keep your injured leg bent at the knee and off the floor.

#### Standing Up with Crutches

