

Underarm crutches

You have been supplied with a pair of crutches to allow you to walk without placing any or a small amount of weight on your injured leg.

Please follow your doctor's instructions on how much weight you should use and for how long you should use the crutches.

It is important that the crutches are a good fit and you should feel comfortable when using them.

Fitting the crutches

They are designed to allow adjustments to be made.

When fitting, the crutches should be measured against you when you are standing upright and wearing footwear you will be wearing the most.

The top of the crutch should be two finger widths below the armpit. The hand grips should be placed so the arms are slightly flexed when holding the grips.

The rubber stoppers on the end of the crutches must have a tread, and should be exchanged if they are worn down.

Crutch walking

The crutches are used by placing them ahead of you in short steps. The leg is then moved forward to meet the crutch.

Keep the crutches ahead of you and never swing your body weight through them as this will cause a loss of stability. Short strides are safest.

The weight of the body is supported by the wrists, not under the armpit. A large nerve runs through the armpit and this can be damaged by pressure, particularly if this is sustained.

Using stairs

When going down stairs:

- Walk forward as far as possible on the step
- Advance the crutches to the lower step.
The weaker leg is advanced first then the stronger one. In this way, the stronger leg takes most of the body weight.

When going up stairs:

- Advance the stronger leg first up to the next step.
- Advance the crutches with the weaker leg.
- Note that the strong leg goes up first and comes down last. A way of remember this is "up with the good, down with the bad".

Sitting

- Grasp the crutches at the hand pieces for control.
- Bend forward slightly while assuming a sitting position.
- Place the affected leg forward to prevent weight bearing and bending of the leg.

Standing

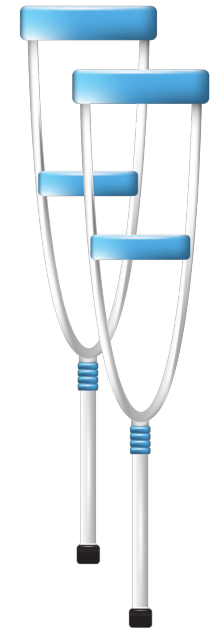
- Move forward to the end of the chair with the strong leg under the seat.
- Place both crutches in the hand on the side of the affected leg.
- Push down on the hand while raising the body to a standing position.

Crutch Fee

The cost of the crutches is \$54. There will be a refund of \$20 put back on your eftpos/credit card upon return of the crutches, or it can be credited against any outstanding invoices.

Should you require medical assistance at any time, contact the 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

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24 Hour Surgery
401 Madras Street

Urgent medical and accident care 24/7

24hoursurgery.co.nz

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