

Crutch Walking Rules

1. Never lean on the top of the crutches. Always take the weight through your hands on the handgrip of the crutches.
2. Sitting
 - a) stand with the strong leg touching the chair
 - b) remove crutches from under arms and hold them by the handgrips on the affected side
 - c) bend the strong knee and using the free hand reach/hold onto the chair or armrest
 - d) sit down
 - e) reverse the process to stand up
3. Walking
 - a) advance crutches and affected leg, taking part of the body weight through the crutches -- leave enough room between the crutches to get your body through
 - b) bring the good leg through in the front of the crutches
4. Stairs
 - Up - walk up to the step, good leg up first, followed by the crutches and affected leg onto the same step
 - Down - crutches and affected leg down first, then the good leg down to the same step

