

Care & Maintenance of your Crutches

Regularly check that the:-

- Rubber tips are not worn to the point where no tread is showing.
- Crutches are a matching pair, do not use a mismatch pair.
- Crutches are tight and are not cracked.
- Springclip tips are located into both holes.
- Tubing is not cracked or damaged.
- Adjustment mechanism adjusts freely.
- The holes on the adjustment legs are round and not worn to an oval shape.

For trough/gutter crutches:

- Check that the handgrip angle adjustment is tight and the trough attachment bolts are tight.

Always use the crutches as advised by the issuer

- Once set up there should be no reason to adjust the crutches without consultation with the issuer.

To check the correct height of your crutches

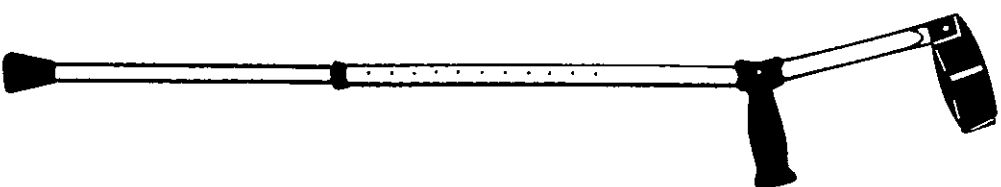
- When standing upright holding the hand grips, your elbow should be slightly bent.
- When standing upright with your hands by your side the crutch hand grips should reach just above the wrist joint.

- Always use the crutches as advised by the issuer.
- Avoid wet floors & uneven surfaces and remove obstacles such as loose rugs before using crutches.
- Do not store in subzero temperatures.
- Use the crutches in good light & wear supportive footwear.
- A mild detergent and warm water can be used for cleaning metal crutches.

Regularly inspect equipment for wear. Should any of the above be evident on your crutches, please contact the person who issued the crutches.

Walking Aids

Elbow Crutches

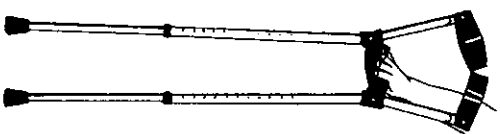


Using Crutches

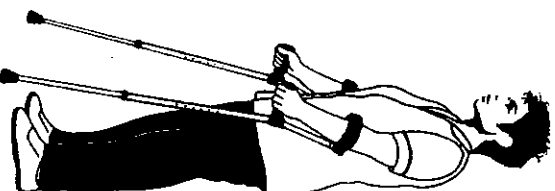
Walking

Standing

Place the crutches into the 'H' position (see diagram left). Then place one hand onto both handles and stand up. Once standing, place each hand through the cuffs of the crutches and hold the handles (handles face forward).

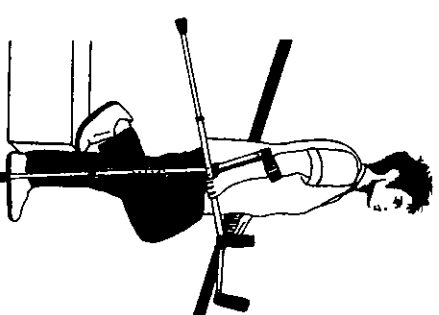


For stability in standing, each crutch should be slightly in front and out to the side of your feet.

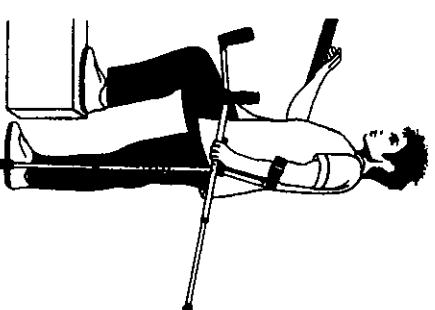


Sitting

Take each arm out of the crutches and place them in the 'H' position and hold with one hand. Once you feel balanced, reach back for the arm of the chair with your free hand. In a slow & controlled manner, lower yourself into a sitting position.



- Going Up
1. Unaffected leg
 2. Affected leg
 3. Crutch



- Going Down
1. Crutch
 2. Affected leg
 3. Unaffected leg

For non-weight bearing:
Keeping the affected leg off the ground & taking weight through the unaffected leg, place the crutches one step ahead, level with each other.
Move forwards between the crutches, swinging the unaffected leg to land just in front of the crutches.

For partial weight bearing:
Taking some weight through the affected leg, place the crutches one step ahead, level with each other.

Place the affected leg on the ground, just before the crutches. Step through with the unaffected leg.

On Stairs

Where possible use a handrail and hold both crutches in same hand (see diagram) or give spare crutch to someone else.