

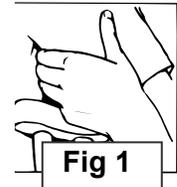
## Crutch Walking: Toe Touch/Partial Weight bearing

### How to use your crutches

#### Fitting crutches.

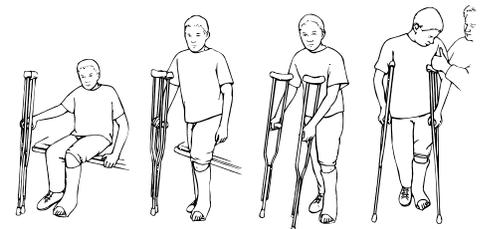
The top of the crutch should be 3 fingers width below the armpit. (See Fig 1).

- **Carry your weight on your hands.** Your armpits should **not** rest on top of the crutches.



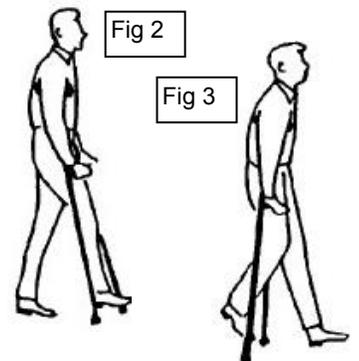
**Standing from a sit:** Put the crutches on your good side.

1. Put one hand on the handgrip of the crutches.  
Put your other hand on the seat or arm of the chair.
2. Push up to stand using your good leg and your arms while resting your bad leg on the floor lightly; like stepping on an egg you don't want to crack.
3. Get your balance and place the crutches below each arm so that you carry your weight on your hands. Keep only a light amount of pressure through your bad leg. You are ready to walk.



#### Walking with crutches Toe Touch/ Partial weight bearing (3-point gait):

1. Move both crutches forward at the same time.
2. Push down on both crutches with full weight through hands.
3. Move bad leg forward. (See Fig 2) The toe on the bad leg can touch the ground between the crutches for **balance only-like stepping on an egg you don't want to crack.**
4. Hop forward with your good leg past the crutches (see Fig 3).
5. **DO NOT STEP FULLY** on the bad leg. Use the toes of the bad leg only for balance.
6. Repeat steps 1 to 5.

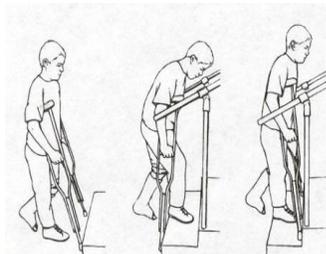


#### Going up and down stairs using crutches

Always take one step at a time. If the stairs have a railing, you may hold onto the rail with one hand and use the crutches or cane with your opposite arm.

#### Going up stairs:

1. Step up with the good foot.
2. Step up with the bad foot. Just place toes on step; use **very little weight** through toes.
3. Bring the crutches up.



Photos courtesy of VHI

### **Going down stairs:**

1. Place the crutches on the step down.
2. Step down gently with the bad foot; only touch toes to step with very little weight through toes.
3. Step down with the good foot.

### **Going up and down stairs without using crutches**

Use this method when the stairs are unsafe or if you are afraid to use your crutches.

- **To go up stairs:** Sit on the stairs and bend your good leg. Put your hands on the next step higher. Push with your hands and good leg to lift your bottom up to the next step.
- **To go down stairs:** Sit on the stairs. Put your good foot on the next step down. Keep your hands on the same step as your bottom. Push with your hands and good leg and slide your bottom down to the next step.

### **Safety Tips**

- Watch out for slippery floors, water puddles, ice, snow and other slippery places.
- Throw rugs are unsafe. They easily catch on the tips of your crutches or cane.
- Be careful when walking on gravel and grass.
- Wear a good tie shoe with a flat sole or tennis shoes when using crutches or a cane.
- Check the rubber tip of the crutches for cracks or excessive wear. A new one can normally be bought at a drug store, discount store, or medical supply company.

**ALERT:** Call your child's therapist, doctor, or nurse if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**