



## Correct Use of Crutches

There are many reasons that you could be advised to use crutches, and the correct use can vary slightly depending on your condition. The amount of weight you can put through your leg is usually determined by your doctor/surgeon; this will determine how you walk/stand/use stairs.

Below is a simplified guide only, that applies to most types of injuries that would require the use of crutches in your recovery.

Crutches should be fitted to your height and body shape by a qualified physiotherapist, or someone with specific training in fitting of mobility aids before use.

### Standing from a chair

	<p>The following can be done with some or no weight through sore leg</p> <ul style="list-style-type: none"><li>- Use your hands to push into standing: on chair or 1 on chair and other on crutch</li><li>- Crutches under arm on standing</li></ul>
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# ORANGE PHYSIOTHERAPY AND SPORTS INJURY CLINIC

## Walking with Crutches

NON WEIGHTBEARING	
	<p>This means no weight is allowed through your leg/foot</p> <p>Keep your sore leg from touching the ground</p> <ul style="list-style-type: none"><li>- Crutches first</li><li>- Good leg step in line with or past crutches</li></ul>

Partial or Full WEIGHTBEARING	
<p>This means you can put some weight through you affected leg, It is important that you clarify with your doctor/surgeon how much weight is allowed</p>	
	<ul style="list-style-type: none"><li>- Crutches first</li><li>- Sore leg</li><li>- Good leg: can step to or through</li></ul>

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## Descending/ Ascending Stairs

<p>Up Stairs</p> <ul style="list-style-type: none"><li>- Good leg up first</li><li>- Then crutches +/- sore side</li><li>- Sore leg last</li></ul>	
<p>Downstairs</p> <ul style="list-style-type: none"><li>- Crutches first</li><li>- Sore leg</li><li>- Good leg</li></ul>	

\*\*\* If you are having difficulty with the use of crutches, need these to be fitted to your size or need to undertake further rehabilitation to aid in recovery of your injury, feel free to contact our friendly staff on (02) 6363 1031. \*\*\*

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