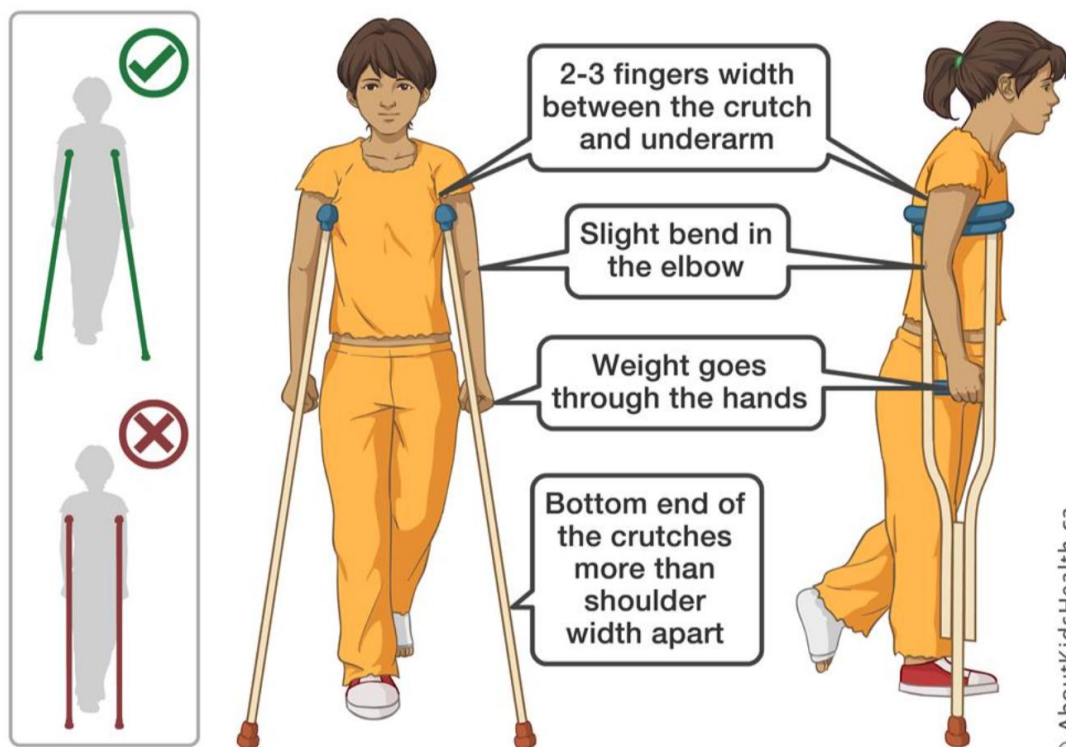


# Crutch Walking

## Adjusting your crutches:

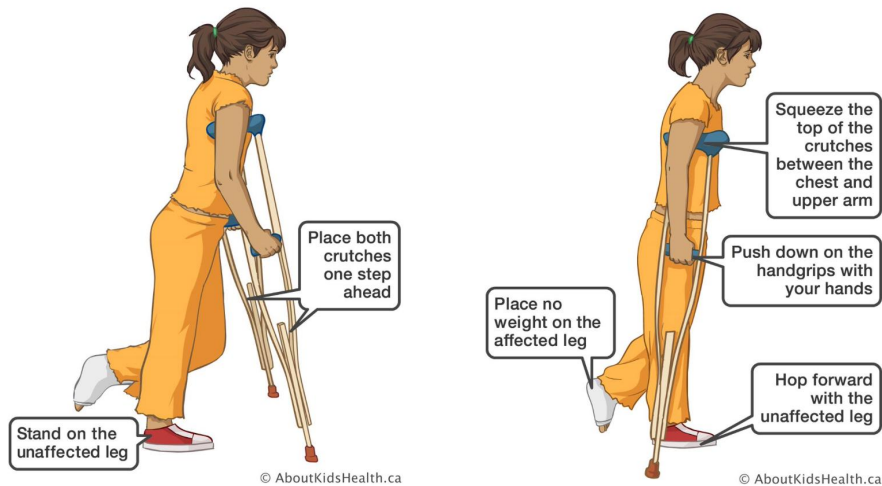
The picture provides a brief description of how the crutch should be used and adjusted. Take notes of these key points:

- There has to be 2 – 3 fingers space from the top of the crutch to your armpit to prevent nerve injury.
- The height of the handles should be at wrist level to allow for a slight bend (15° - 30°) at the elbow.
- You should be able to push down your body weight on the handles through your hands comfortably.



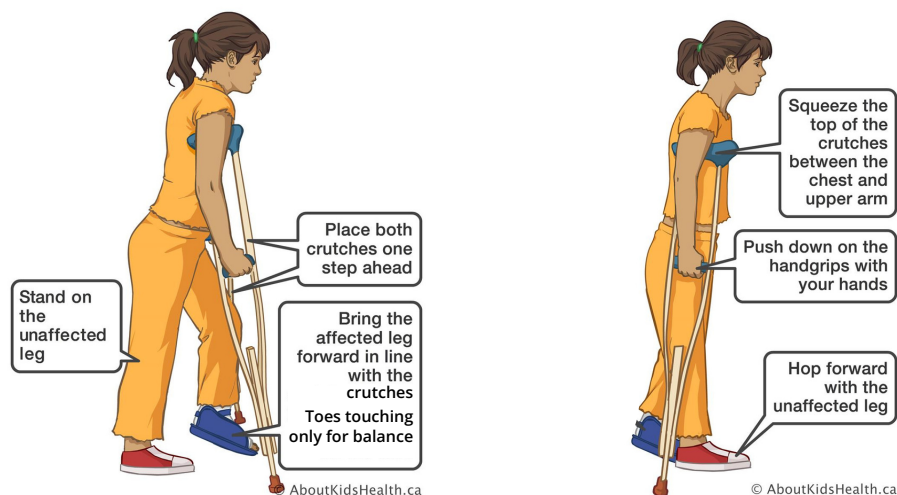
## Walking with crutches (Non-Weight Bearing)

- The injured leg is held up away from the ground by keeping the knee bent. Do not put any weight on the injured leg.
- Crutches moved forward first, one step's length in front of you.
- Push down on handgrips with your hands, while squeezing the top of the crutches between the chest and upper arm.
- Hop forward only with the good leg to meet the crutches.



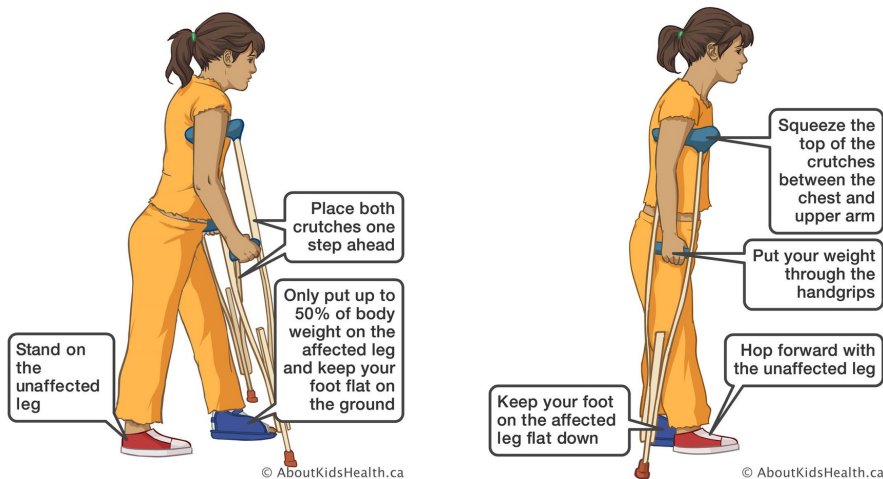
## Walking with crutches (Toe Touch-Weight Bearing)

- Crutches moved forward first, one step's length in front of you.
- Bring the injured foot forward with only the toes contacting the ground for balance.
- Push down on handgrips with your hands, while squeezing the top of the crutches between the chest and upper arm.
- Hop forward with the good leg to meet the crutches.



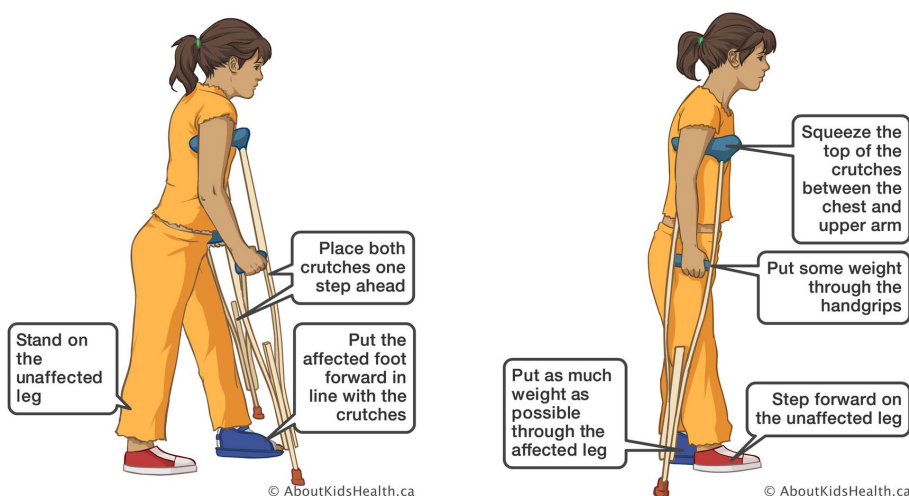
## Walking with crutches (Partial-Weight Bearing)

- Push down on handgrips with your hands, while squeezing the top of the crutches between the chest and upper arm.
- Bring the injured leg forward, so that it is in line with the crutches. Only put 50% of your body weight on the injured leg.
- Step forward with the good leg to meet the crutches.



## Walking with crutches (Weight Bearing as tolerated)

- Push down on handgrips with your hands, while squeezing the top of the crutches between the chest and upper arm.
- Bring the injured leg forward with the crutches and take as much weight as you can on the injured leg.
- Step forward with the good leg to meet the crutches.



## Going Up - Non-injured leg goes up first

- Crutches remain on the bottom step
- Step up with your non-injured leg
- Push down on crutches to propel yourself up, and bring your injured leg and crutches up to the step.
- Repeat the whole procedure, one step at a time



## Going Down - Injured leg goes down first

- Move your injured leg forward
- Put crutches down on the first step
- Push down on the crutches, lower your non-injured leg to the step
- Repeat the whole procedure, one step at a time.



Contributed by Physiotherapy, Rehabilitation, Allied Health Services

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