

CANE USE

Canes are used for balance, not to reduce weight bearing. They are generally used on the side opposite from the injury. The gait pattern is to walk normally, moving the cane forward with the injured extremity.

TIPS TO CRUTCH WALKERS

DO NOT put pressure from your crutches on the axilla (armpit) because all the nerves and arteries going to the hands and arms pass through the armpit and pressure can cause damage to them.

When you come inside a building and your crutches are wet, --STOP-- wipe off the tips and make sure they are dry, so you won't slip.

CRUTCHES & CANE INSTRUCTIONS

HOW TO USE CRUTCHES

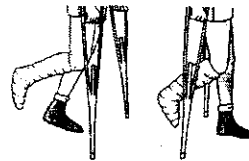
Crutches are suitable only for people who are able to support their weight on at least one leg. There are various ways of using crutches as described in the following instructions and illustrations.

NON-WEIGHT BEARING GAIT PATTERN

1. Keep injured leg up.
2. Stand on good leg.
3. Put crutches forward.
4. Swing ahead on good leg.
5. Repeat.

-OR-

THREE POINT WALKING (non-weight bearing)

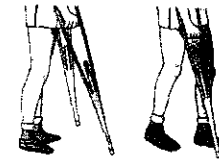


From AMA Home Medical Encyclopedia, Medical Editor Charles B. Clayman M.D.
©1989 Dorling Kindersley Limited and the AMA, Random House

PARTIAL WEIGHT BEARING GAIT PATTERN

1. Keep injured leg with crutches.
2. Stand on good leg.
3. Move injured leg and crutches forward.
4. Put weight on crutches and injured leg.
5. Bring good leg forward like normal walking.

FOUR POINT WALKING (partial weight bearing)



OR



The feet and crutch tips are well separated and one is moved at a time. There are two possible sequences--right crutch, left foot, left crutch, right foot, OR right then left crutch, right then left foot.

From AMA Home Medical Encyclopedia, Medical Editor Charles B. Clayman M.D. ©1989 Dorling Kindersley Limited and the AMA, Random House

GOING DOWN STAIRS

1. Hold injured leg in front of body without putting weight on it.
2. Balance on good leg.
3. Put crutches one step down.
4. Balance on crutches; bring good leg down.
5. Repeat.

GOING UP STAIRS

1. Put good leg on first stair going up; it does the work to bring the rest of the body up to that stair.
2. Bring injured leg and crutches up to the first stair.
3. Repeat.