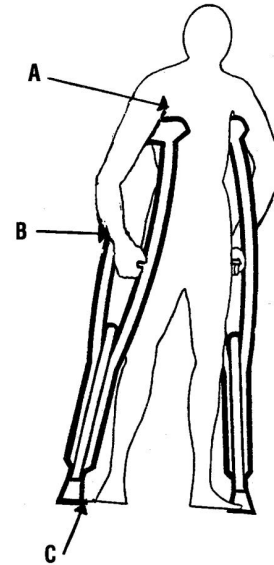


How to measure and use your crutches

Please note : Your crutches should be measured with you standing straight, legs slightly apart, wearing low heel shoes.

1. You should be able to place 2 to 3 fingers between the crutch and underarm when the shoulders are relaxed. **(see A)**
2. To position the hand grips, hang your arm straight beside your body. The grips should be at wrist level. **(see B)**
3. Crutches should be about 15 cm (6 inches) away from your foot. **(see C)**



Instructions for patients

Support your weight with your hands on the hand grips, not on your crutches under your arms.

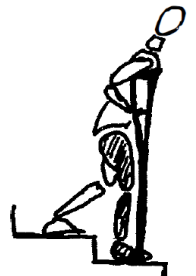
Standing up from a chair

Hold both crutches together with one hand, lean forward and push yourself off the seat with the other hand. Place the crutches under your arms, one at a time.



Going down stairs

Place the crutches and your affected leg down on the step. Follow with your good leg.



Walking

Bring the affected leg forward at the same time as the crutches. Always take a normal step with your good leg. Be extra cautions on wet surfaces.



Sitting down

Be sure the back of your legs touch the seat before sitting down. Remove crutches from under your arms one at a time and support your weight through the handgrips. Reach for the seat with your free hand, and sit down slowly.



Going up stairs

Stand close to stairs and step up with your good leg first. Then, bring the crutches and your affected leg up onto the step at the same time.

