First Things First
It is important that you follow your doctor’s orders and put only the amount of weight shown below on your affected side:

( ) Full weight bearing
( ) Partial weight bearing
( ) Weight bearing as tolerated
( ) Touch down weight bearing (until sensation returns to knee)
( ) Non-weight bearing

Getting Started
1. Make sure that all pads and grips are securely in place
2. Make sure that all hardware is tight…
   (check the screws at least once per week)
3. Clean out the tips to make sure they are free of dirt and stones
4. Have someone nearby to help you until you get used to it
5. Remove all small loose rugs from your path to avoid falls
6. If your tips wear out, please visit your local pharmacy

Proper Techniques
To get up from a chair:
- Hold both crutches on your affected side
- Slide to the edge of the chair
- Push down on the arm of the chair on the good side
- Stand up, check your balance
- Put crutches under your arms, press into ribs

To walk with crutches
- Put crutches under your arms and press them into your ribs
- Move the crutches ahead of you 6 to 12 inches
- Push down on the handgrips as you step up to or slightly past the crutches
- Make sure to bear your weight on your hands, not under your arms
- Check your balance before you continue

To sit down in a chair:
- Back up to the chair until you feel the chair on your legs
- Put both crutches in your hand on the affected side, reach back for the chair with the other hand
- Lower yourself slowly in to the chair, bending at your hips
To go upstairs:
  o If a handrail is available it will make things easier for you. Simply hold both crutches on one side.
  o Start close to the bottom step, and push down through your hands
  o Step up to the first step, remembering that the good foot goes up first!
  o Next, step up to the same step with the other foot, making sure to keep the crutches with your affected limb
  o Check your balance before you proceed to the next step
  o Make sure someone is there to help if you need it

To go down the stairs:
  o If a handrail is available it will make things easier for you. Simply hold both crutches on one side.
  o Start at the edge of the step, keeping your hips beneath you
  o Slowly bring the crutches with your affected limb down to the next step (the hurt foot goes down first!)
  o Be sure to bend at the hips and knees to prevent leaning too far forward, which could cause you to fall
  o Next, push down into crutches and step down with your good foot
  o Check your balance before you continue
  o Make sure someone is there to help if you need it

Tip: When using stairs remember that...
The ‘good’ foot goes up first when going up stairs and
The ‘affected’ foot goes down first when going down stairs