TYPES OF WEIGHT BEARING PRECAUTIONS:

- Non-weight bearing: Do not apply any weight through involved leg.
- Toe touch weight bearing: Only your toe can touch the floor for balance; do not put any weight on the foot.
- Touch down weight bearing: You can put your foot down to balance yourself or to rest it on the floor.
- Partial weight bearing: You can put part of your weight on your involved leg; approximately 50% of your body weight.
- Weight bearing as tolerated: You are allowed to put as much weight on your involved leg that you can tolerate.

MEASURING THE CRUTCHEES:

1. Place the crutches next to the child while standing with the arms at the side.
2. The hand grips should be at the level of the wrist.
3. Place crutches under the armpit. There should be 2 finger widths between the arm pit and the top of the crutch pad and the elbow should be in a 20-30 degree angle while resting on the handgrips.
4. Adjust the handgrips and the crutch length appropriately.

SAFETY TIPS:

- Always leave 2 finger spaces between your underarm and the crutches. Never rest your underarms on the crutches, be sure to place your weight through your hands.
- When using the crutches, always wear supportive shoes with a back and grips on the bottom, such as sneakers.
- Remove all loose rugs.
- Have someone nearby to help you until you get used to it.
- Make sure that all hardware is tight.

USE OF CRUTCHEES:

To get up from a chair:

- Hold both crutches on your involved side
- Slide to the edge of the chair
- Push down on the arm of the chair on the involved side
- Stand up, check your balance

Put crutches under your arms and once you have your balance begin walking

To sit down in a chair:

- Back up to the chair until you feel the chair behind your legs
- Put both crutches in your hand on the involved side
- Reach back for the chair with the other hand
- Lower yourself slowly into the chair, bending at your hips
Level surfaces:

- Crutch tips should be slightly in front of you and on a diagonal from your pinky toe
- If able to bear weight on involved leg, move both crutches forward, then the involved leg, then the uninvolved leg

Stairs:

If you are unable to bear weight on the involved leg then you should sit down and scoot up and down the steps using your arms and have assistance for the involved leg. Hopping up and down the stairs could be a safety hazard. Also, if there is not a railing do not attempt to go up and down stairs with crutches.

- **Upstairs: *UP WITH THE GOOD LEG***
  - Hold the rail with one hand while the opposite hand holds both crutches
  - If able to bear weight on the involved leg, step up with the good leg, then bring the involved leg and the crutches up to the step at the same time

- **Downstairs: *DOWN WITH THE INVOLVED LEG***
  - Hold the rail with one hand while the opposite hand holds both crutches
  - Place the crutches on the lower step
  - If able to bear weight on the involved leg, step down with the involved leg and then the good leg

Thank you for taking the time to read these instructions. If you have any questions while at Steven and Alexandra Cohen Medical Center of New York do not hesitate to ask.