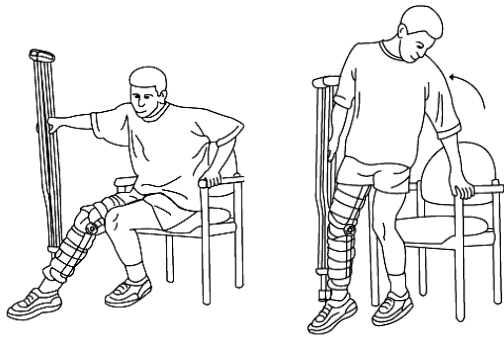

Sitting & Standing

Slide forward in the chair with your good leg slightly under the chair. Push down against the armrests and lean slightly forward as you stand on your good leg.

Steady yourself with your right hand on the right arm of the chair as you pivot to pick up the crutches with your free hand.



Put both crutches under your arm on the injured leg's side. Then shift one of the crutches to the other side. To sit, reverse this process pivoting on the good leg to sit.

Crutches are rented on a daily basis. If the crutches are not returned to the Cashier for credit when you no longer need them, you will be charged for their replacement.

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

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Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*

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UNIVERSITY of ARKANSAS

1871



University Health Services

CRUTCHES



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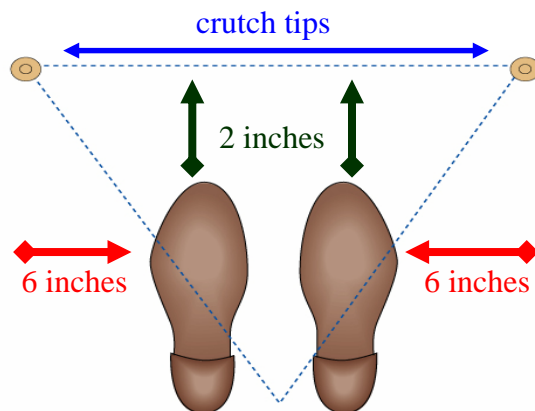
Crutch Walking

It is important to know how to use and adjust crutches. Improper fit and use can produce damaging pressure to nerves under the arms. The results of which may be temporary numbness of the hands, and/or chronic back problems.

Adjustment

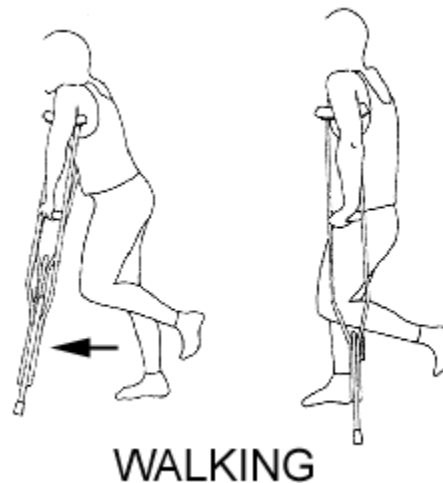
The crutch length is determined first by standing erect with good posture and feet slightly apart as shown below:

The crutch tips should be 6 inches from the outer margin and 2 inches in front of the shoes. The underarm crutch-brace is fitted 1 inch below the armpit. The hand brace is adjusted so that the elbow is flexed 30 degrees



Proper Use

The crutch walking technique commonly used is the tripod method. There are two variations of the tripod method. One allows the body to swing through the crutches without touching the injured leg to any surface. The other variation allows the injured leg to bear a small amount of weight.



A. Stand on one foot with the injured leg elevated or partially bearing weight.

B. Place crutches 12-15 inches ahead of your feet, lean forward, and straighten your elbows. While keeping the upper part of the crutches firmly against your chest, swing or step between the crutches. Repeat this process.

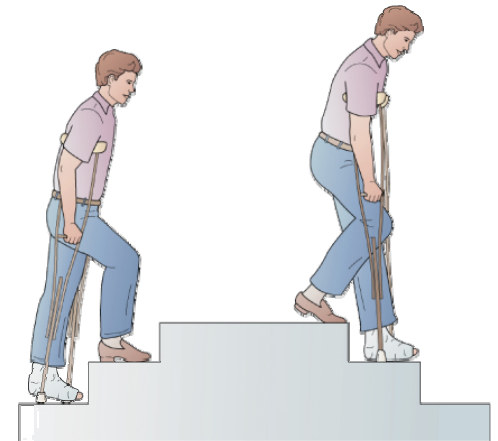
Stairs

You may use the tripod method on the stairs.

The good leg steps up while the body weight is supported by the hands. The full body weight is transferred to the good leg followed by moving the crutches and the injured leg to the step.

When going down steps the crutches and the injured leg go down first, followed by the good leg.

If a hand rail is available, both crutches are held under the arm opposite the handrail.



With the crutches under one arm, use the above tripod method to climb or descend the stairs.

PRACTICE BEFORE LEAVING THE CLINIC!

