



GAIT WITH CRUTCHES - NON WEIGHT BEARING

Keep your affected leg off the ground. You can bend it behind you or hold it out in front, which every position is less painful.

Move the crutch tips forward and then push down with your arms supporting all of your body weight while you swing through with your unaffected leg.

Your unaffected foot should land on the ground past the crutch tips as it swings forward.

Your affected leg should not touch the ground the entire time.



GAIT WITH CRUTCHES - TOE-TOUCH WEIGHT BEARING

Move the crutch tips and your affected foot forward, however only allow a little pressure on your affected side leg. Your toes should lined up with the crutch tips as it moves forward.

Next, push down with your arms supporting almost all of your body weight while you swing through with your unaffected leg.

Your unaffected foot should land on the ground past the crutch tips as it swings forward.



GAIT WITH CRUTCHES - WEIGHT BEARING AS TOLERATED

Move the crutch tips and your affected foot forward. The affected side foot should lined up with the crutch tips.

Next, push down with your arms supporting some of your body weight as you step forward with your unaffected leg.

You can bear as much weight on your affected leg as you feel comfortable.



STAIRS WITH CRUTCHES - NON-WEIGHT BEARING

ASCENDING AND DESCENDING:

Hold both crutches in one hand as shown and hold the rail with the other.

Push down on the crutch and railing to support all your body weight.

Next, hop to the step with the unaffected foot. Repeat.

You should not bear any weight on the affected leg at any time.



STAIRS WITH CRUTCHES - WEIGHT BEARING AS TOLERATED

Hold both crutches in one hand as shown and hold the rail with the other.

ASCENDING STEPS:

Step up with the unaffected foot first and then raise up your body, your affected leg and crutch to the same step. Repeat.

DESCENDING STEPS:

Step down with the affected foot and the crutch first.

Use the rail and crutch for support as you lower your body and unaffected leg to the same step. Repeat.



STAIRS WITH CRUTCHES - SCOOT NON-WEIGHT BEARING

Technique when feel insecure or unstable managing the stairs with crutches

ASCENDING AND DESCENDING:

Sit down and scoot to the next step using your unaffected leg and arms. You can hold the hand rail with one hand and both crutches with the other hand as shown.

You may need someone to help you stand up at the top of the steps.

You should not bear any weight on the affected leg at any time.