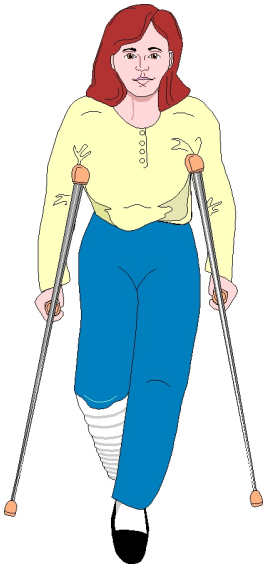
Use of Crutches

Your weight should be supported by holding your crutches. Your weight should not be supported by resting the crutches in your arm pits. Crutches should be a little below your armpits. Putting the weight on your armpits may cause damage to the nerves of your hands and arms.

HOME CARE



- Walking:
  - Step with the crutches.
  - Swing the good leg through the crutches and slightly ahead of your body.

- Going up stairs:
  - Step up with the good leg.
  - Follow with the crutches and injured leg up to the same step.

- If there is a handrail:
  - Hold both crutches in one hand.
  - Place your other hand on the handrail.
  - While placing your weight on your arms, lift your good leg to the step.
  - Bring the crutches and the injured leg up to that step.
  - Repeat for each step.

- Going down stairs:
  - Step down with the injured leg and crutches.
  - Follow down with the good leg to the same step.
  - If you feel wobbly or nervous, sit down and inch yourself down the stairs on your butt.

- Getting up from a chair:
  - Hold the injured leg out in front of you.
  - Grab the armrest with one hand and the top of the crutches with the other hand.
  - Using these supports, pull yourself up to a standing position.
  - Reverse this procedure for sitting down.

- See your doctor for follow-up care. If you are given an elastic bandage, loosen it if you have:
  - Numbness.
  - Tingling.
  - Puffiness (*swelling*).
  - More pain.

If you are told to use partial weight-bearing, put some (but not all) of your weight on the injured side. You will know if you are putting too much weight on the injured side if pain returns.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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