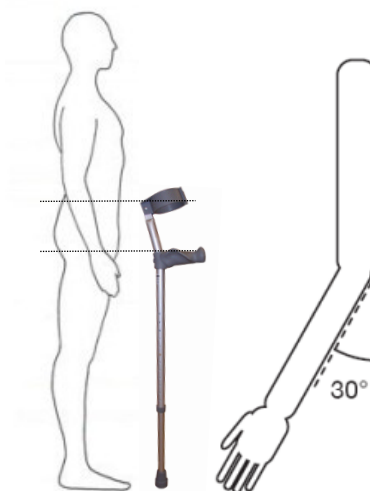


Sizing and Using Forearm/Elbow Crutches

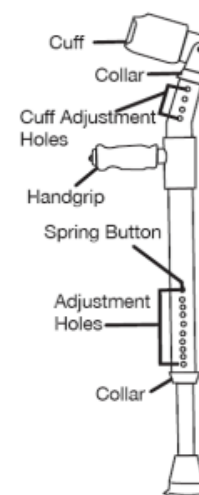
Ensuring the Correct Height

- Stand with your arms relaxed by your side wearing your usual shoes. The handgrip of the crutches should align with your wrist joint (the bottom crease of your wrist) when your arm is by your side. This should allow for your elbow to be slightly bent (about 30 degrees of flexion) when holding the handgrips (see illustrations).
- To adjust the height, loosen the collar underneath the adjustment holes. Depress the spring buttons on the crutch and lengthen or shorten accordingly. Tighten the collar to secure the adjustment.
- The cuff of the crutches should be adjusted to 1-2 inches below the bend of the elbow.



Safety

- Ensure that adjustment spring buttons are fully engaged and aligned in the proper adjustment hole of each crutch before use and ensure all collars are screwed on tightly.
- Cuffs are designed to add stability to the forearm crutch. They are not intended to support the user's weight.
- Check the rubber tip on the end of your crutches regularly as it will wear with use and need replacing in order to prevent the risk of slips and fall.



Walking Technique

- Squeeze the crutches between your upper arm and ribs. Take the weight through your hands.
- Move the crutches forward, then move your sore leg forward. Put your foot even with the crutches.
- Put as much weight as you are allowed on the sore leg, taking the rest of the weight through your arms and hands (press hard on the hand grips).
- Step past with your stronger leg.

Managing Stairs

- Whenever possible, use a handrail. Place one crutch under one arm and use the handrail with the other arm for support.
- Going up: step up with the stronger leg, then the sore leg, and lastly bring up the crutch.
- Going down: lower crutch down to the step below, move your sore leg down and then bring your stronger leg down.

Call our friendly staff at Up2date Equipment on 07 307 9101 for more information.

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