

Information for patients, family and visitors

EQUIPMENT SAFE USE GUIDE – Underarm (Axilla) Crutches

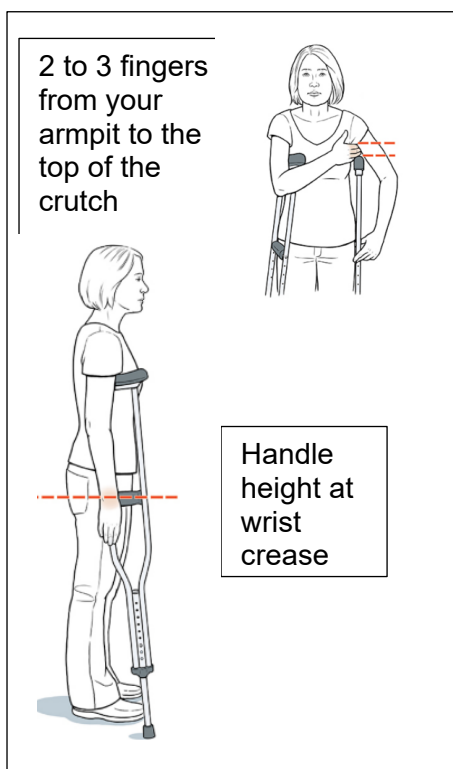
Underarm (Axilla) Crutches



This is a general guide to use with advice from a physiotherapist or health professional. Speak to your health professional for advice on how to choose the right walking aid and use it safely.

Your crutches may be different from the crutches in this picture.

How to make the crutches the right height for you:



- ◆ Stand up straight with shoes on and with your arms relaxed by your side
- ◆ To adjust the height, push in the button and slide up or down to the nearest notch
- ◆ After setting the height, check that all buttons click into place
- ◆ Set the height so that the top of the crutch is 5 centimeters, or 2 to 3 fingers, from your armpit, with your shoulders relaxed
- ◆ Adjust the handle of the crutch to the level of the crease of your wrist
- ◆ When you place your hands on the handles of the crutch, your elbows should be slightly bent

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How to use your crutches:

- ◆ As each case is different, ask your physiotherapist or health professional how to stand up and sit down, walk, and go up and down stairs with crutches.

Safety:

- ◆ Check the safe use weight limit before using the crutches.
- ◆ Have someone help you until you feel safe and ready.
- ◆ Do not stand up or sit down with the crutches under your arms, as you may become unsteady and may hurt your shoulders.
- ◆ Walk at a comfortable pace and turn slowly.
- ◆ Put weight through your hands. Do not put weight through your armpits as this can hurt nerves or skin.
- ◆ Make sure you have a clear path and remove rugs and other dangers.
- ◆ Be careful when walking over uneven or wet ground.

How to look after your crutches:

- ◆ If the crutches appear damaged, do not use them.
- ◆ Make sure screws are tight.
- ◆ Make sure rubber stoppers are firmly attached.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean, wipe with a mild soap.

Notes from health professional: