



## Crutch Walking

### Walking (Touch-down weight bearing):

- Put the crutches forward about one step's length.
- Put the injured leg forward; level with the crutch tips.
- Touch the front of the foot of the involved limb to the floor. Do not bear weight into the foot, but bear the weight of the body on your crutches.
- Take a step through with the uninjured leg

### Walking (partial-weight bearing):

- Put the crutches forward about one step's length.
- Put the injured leg forward; level with the crutch tips.
- Bear some of the weight on the injured leg according to your instructions, and bear the remainder of your weight on crutches.
- Take a step through with the uninjured leg

### Walking (full-weight bearing and weight-bearing as tolerated):

- Follow the same sequence as partial-weight bearing, except you can bear the weight of the body through the injured leg, assisting with the crutches as needed.

### Walking with one crutch

- Put the injured leg forward with the crutch held on the uninjured side (opposite)
- Bear weight on the injured leg and assisted with the crutch as needed.
- Step through with the uninjured leg.

### Stairs:

- Use one crutch and the stair rail if present (only if the railing is stable and there is someone to carry the other crutch).
- Use two crutches if there is no stair rail.
- It does not matter which side the stair rail is on.
- If both crutches can be held in one hand safely, you can use both crutches on one side and the railing on the other.

### Up stairs:

- Hold onto the rail with one hand and the crutch with the other hand (or both crutches if no rail).
- Push down on the stair rail and the crutch(es) and step up with the uninjured leg
- Bring the injured leg and the crutches up beside the uninjured leg.
- Remember, the uninjured leg goes up first and the crutches move with the injured leg.



**Down stairs:**

- Walk to the edge of the stairs.
- Place the injured leg and the crutches down on the step below; support weight by leaning on the crutch(es) and the stair rail.
- Bring the uninjured leg down.
- With your weight supported by the crutches and injured leg, step down with the uninjured leg.
- Remember the injured leg goes down first and the crutches move with the injured leg.

