



## Instructions for patients using walking aids

### Crutches

- When standing upright with arms loosely by side the top of crutches should be three fingers' breadth below armpit
- The hand grip should be at the height of the wrist crease
- Remember to allow for shoes
- Crutches should not dig into armpits

### Stick

- Adjusted to waist crease – elbows are slightly bent when using aid

### Frame

- Adjusted to waist crease – elbows are slightly bent when using aid

Walking aids are to support your affected limb in order for you to achieve a normal walking pattern.

- Aids should move with the affected limb
- Sticks should be held in the opposite hand to the affected limb
- Try to maintain a wide base of support
- Move crutches/stick first, move affected limb to crutches, then step unaffected limb through past the crutches to allow a stable base for standing.

### Stairs

#### 1. Going up steps

Step up with unaffected leg, follow with affected leg, then crutches / stick.

#### 2. Going down steps

Step down with crutches first, follow with affected leg, lastly unaffected leg.

“Good” leg leads to Heaven, “bad” leg leads to hell

- Use a handrail if one is available
- Anyone assisting you should start on the downside of the steps
- Check crutch/stick tips for wear and tear regularly
- They should be replaced if worn
- Tighten all wing nuts