



Specialized care • Personalized service

CRUTCH & CANE INSTRUCTIONS

In order to let your injured foot, ankle, knee, or leg heal, please follow these directions:

Crutches

- Crutches will be measured to fit you based on your height.
- Crutches should fit so that when you stand straight, there are at least 2 fingerbreadths of space between the top of the crutch and your armpit.
- Crutches should never be "leaned on" so that there is pressure on your armpit. There are nerves that run under the arms and pressure on these nerves may cause damage. (Numbness in the hand or arm is a sign of this.)
- The crutch handgrips are adjustable and should be adjusted so that your hands carry your weight when your arms are extended. Your weight should all be on your hands/palm, and **NEVER** on your armpits.
- When walking with crutches put the crutches out in front of you first; then, carrying your weight on the crutches, swing your good foot and your body forward. Do not advance the crutches more than a normal step ahead of you.
- For going up stairs: Using your crutches, put your good foot up one step, then bring your crutches and body up to the same step. You may want to hop up stairs using both crutches in one hand and a handrail in the other hand for support. For going down stairs: Using your crutches, put the crutches down first, then advance your good foot and body. Again, you may want to hop down the stairs using the crutches and a handrail for support.
- **CAUTION:** When crutch tips get wet, or when you are walking on wet floors, the crutch tips get slippery. Great care must be taken order to keep crutches from sliding out from under you.

Canes

- A properly fitted cane should rest on the ground with your hand on it and your elbow slightly bent when you are standing up straight.
- A cane should normally be carried in the opposite hand from your injured leg (i.e., if you hurt your left foot, your cane should be in your right hand).
- Normally, you will step forward with your injured leg and swing the cane forward at the same time. Then, bearing your weight partly on the cane and partly on your injured leg, you will swing the good leg through and take another normal step with it.

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