

# Safe Ambulation on crutches

## Sizing crutches

Stand with your arms relaxed at your sides. The hand grips should align with the crease in your wrist. Adjust the height of the neck of the crutches so that the collar sits 3-5cm below your elbow crease.

## Standing & sitting

**To stand up,** hold both crutches by the hand grips in one hand and push up with the other hand on the chair. Then put one crutch under each arm.

**To sit down,** place both crutches in one hand holding the hand grips together and reach for the chair with your other hand to lower yourself slowly.

## Walking

Holding the hand-grips firmly tuck your elbows in close to your body and take your weight through your hands.

Move the crutches forward to about where your next step would be. Step your strong leg so that your toes are in line with the crutches.

**Take care not to put any weight through your sore leg.**

## Stairs

**When using stairs - hold the hand rail when ever possible.**

**Going up:** step up with your strong leg first then your sore leg, and move the crutches up last.

**Going down:** Crutches down first, then your sore leg and your strong leg last.

Speak to our nursing or physiotherapy team if you have any questions.

When standing rest your cast on the top of your uninjured foot, this prevents the cast from damage.

Visit us at [starship.org.nz](http://starship.org.nz) or follow the QR-code for cast care advice and videos

