

## GOING DOWN THE STAIRS

- Start at the edge of the step, keeping your hips beneath you.
- Slowly bring your crutches and your bad limb down the next step **“...down with the bad.”** The bad limb goes down first !
- Be sure and bend at the hips and knee to prevent leaning too far forward. Leaning too far forward can cause you to fall.
- Check your balance before you continue. You should have someone with you.
- When going down stairs, if there is a handrail on the step, you may use it to help you go down the steps. Just hold both crutches under your other arm.



If you have any questions or concerns regarding your crutches, please return to or call Health Services  
 Phone: 574 - 631-7497

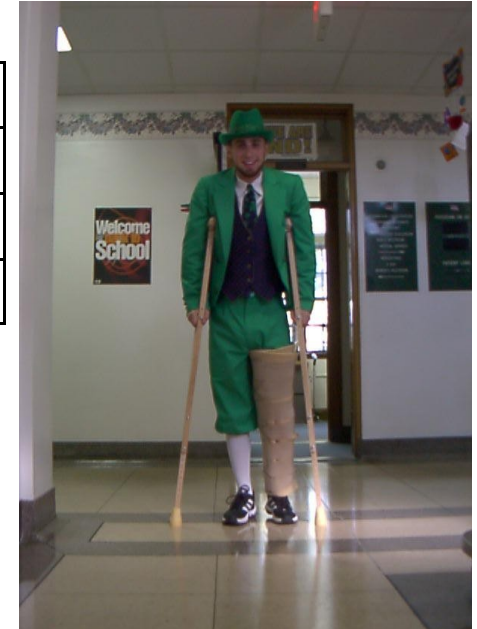
Our thanks to Michael Macaluso, the 2003-04 Notre Dame Leprechaun who graciously posed for the pictures used in these crutch-walking instructions.—UHS Staff

reviewed August 2011



## USING YOUR CRUTCHES

	Weight bearing as tolerated
	Partial weight bearing
	Non-weight bearing
	Toe-touch/weight bearing



University Health Services

University Health Center  
 Notre Dame, IN 46556

Phone: (574) 631-7497  
 (574) 631-7567

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### Crutch Safety Tips

- Make sure all pads, grips, screws and hardware are tight and in place.
- Clean the bottom of your crutches. They should be free of dirt and stones.
- Have someone with you when you are first learning to use your crutches.
- Avoid smoothly waxed floors and small loose rugs, telephone, electrical, and computer cables on the floor because they can cause you to slip and fall.



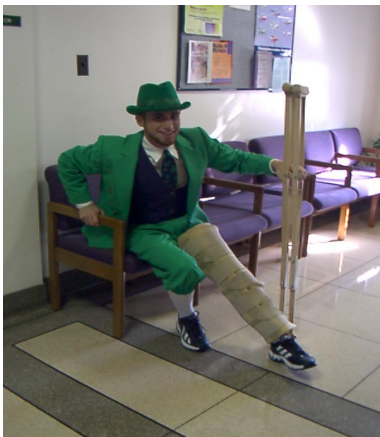
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## WALKING WITH YOUR CRUTCHES

- Put your crutches under your arms, pressing them into your ribs.
- Move the crutches ahead of you, 6-12 inches.
- Push down on the hand grips as you step up to or slightly past the crutches.
- Step forward with your bad limb first.
- Put your weight on your hands, NOT under your arms. Putting weight under your arms can cause problems with your skin and nerves.
- Check your balance before continuing. Remember to look straight ahead when walking.



## TO GET UP FROM A CHAIR



- Hold both crutches on your affected side.
- Slide your bottom to the edge of the chair,
- Using your arm, push down on the arm of the chair on the good side.
- Stand up, check your balance. Make sure you know how much weight you are supposed to put on your affected leg.
- Put crutches under your arms, pressing into your ribs.



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## TO SIT DOWN IN A CHAIR

- While you are still standing, back up to the chair until you feel the chair on your legs.
- Put both crutches in your hand on the same side as your affected leg. Reach back for the chair with your other hand.
- Lower yourself *slowly* into the chair, bending at your hips.



## GOING UP STAIRS

- Walk up to the first step. Using your hands on the hand grips, push your body up to the first step.
- *“Up with the good...”* Step up with the good foot first on the first step.
- Check your balance and proceed upward.
- Try and have someone with you when you are climbing steps. They can help you if you need it.

