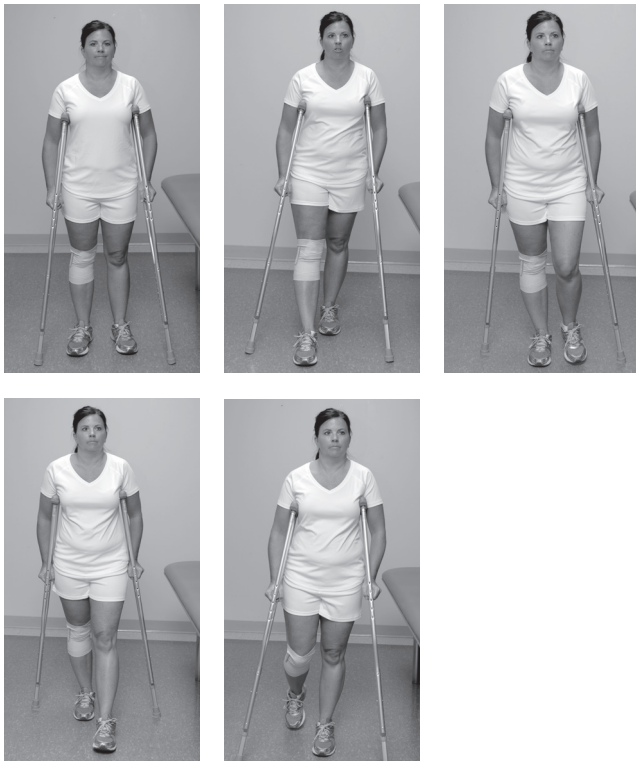


Department of Physical Therapy
Walking with Crutches

Your surgeon has decided how much weight you can safely put on your affected leg. (Remember that your affected leg is the one you had surgery on.) Be sure not to place more weight on your affected leg than instructed. Always have someone nearby to help you until you feel confident using your crutches.

If your surgeon lets you put any weight on your affected leg:

- Move crutches forward about 12 inches and 6-8 inches to the side.
- Push down on the hand grips. Squeeze the crutch pads between your arms and your ribs.
- Step forward with your affected limb. Your foot should be even with or slightly in front of the crutches.
- Support your body weight on your hands—not under your arms. Step through the crutches with your non-affected leg while not allowing your affected leg to touch the floor. NEVER lean on the arm pads of your crutches. Doing so could damage the nerves and blood vessels under your arms.



If your surgeon does NOT let you put weight on your affected leg:

- While holding your affected leg off the ground and in front of you, move your crutches forward about 12 inches and 6-8 inches to the side.
- Push down on the hand grips. Squeeze the crutch pads between your arms and your ribs.
- Support your body weight on your hands—not under your arms. Step through the crutches with your non-affected leg while not allowing your affected leg to touch the floor. NEVER lean on the arm pads of your crutches. Doing so could damage the nerves and blood vessels under your arms.

If you have any questions about this information, please call **(864) 797-1201**.

