

Using Crutches

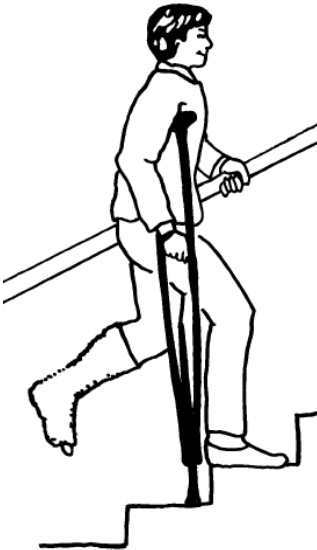
Here are some instructions for using crutches. If you are the parents of a younger child, please read the information first, and then assist your child.

How to walk with crutches

- Put the crutches under your arms and press them to your ribs.
- Move the crutches ahead of you 6 to 12 inches.
- Push down on the hand grips as you step up to or slightly past the crutches.
- Make sure to bear your weight on your hands, not under your arms.
- Check your balance before you continue.
- Have supervision nearby until you are safe and steady.

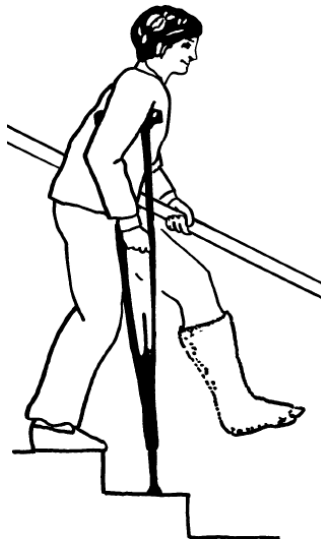
Going up stairs

- Start close to the bottom step, and push down with your hands.
- Put your good foot up on the first step, keeping your crutches back with your affected leg.
- Next, step up and transfer your weight onto your good foot, bringing the crutches up at the same time.
- Check your balance, and then repeat the procedure on the next step.
- Make sure that someone is there to help, if necessary.
- When helping your child up stairs, stand below them with your hands on their hips.
- If the stairs have a railing, it is safer to use one crutch and one railing.



Going down stairs

- Start at the edge of the step, keeping your hips beneath you.
- Slowly bring the crutches and the affected limb down to the next step.
- Be sure to bend at the hips and knees to prevent leaning too far forward, which could cause you to fall.
- Next, bring down your good foot.
- Check your balance, and repeat the procedure on the next step.
- Have help handy.
- If possible, a handrail will be safer and easier for you. Just hold both crutches on one side.
- When helping your child down stairs, stand below them with your hands on their hips.



To Learn More

- Physical Therapy
206-987-2113
- Your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers:
206-987-2280 (TTY).

Sitting down in a chair

- Back up to the chair until you feel it against your legs.
- Put both crutches in your hand on the affected side. Then reach back for the chair with the other hand.
- Bending at your hips, slowly lower yourself into the chair.

Getting up from a chair

- Hold both crutches on your affected side.
- Slide to the edge of the chair.
- Push down on the arm of the chair on the good side.
- Stand up, and check your balance.
- Put your crutches under your arms, pressing them to your ribs.

General tips

- Be aware of loose rugs or wet areas.
- Periodically check the condition of crutches for wear and tear.
- Contact us or your local pharmacy for replacement parts.