Using Crutches

The doctor has instructed your child to use crutches:

[ ] "Non-weight bearing" – Your child should place no weight on his injured leg.

[ ] "Partial weight bearing" – Your child can put about half or _____% of his weight on his injured leg.

[ ] "Touch-down weight bearing" – Your child can put his foot down on the injured leg, but should not put any weight on the foot. Your child should place his foot down for balance only.

[ ] "Weight bearing as tolerated" – Your child can put as much weight on the injured leg as is comfortable.

Reminders for Safe Crutch Walking:

- Remind your child to move slowly while using the crutches.
- The crutches are measured only for your child. He should be the only person to use them.
- Your child should not lean his armpits on the crutches.
- Have your child wear shoes, if possible.
- Remove any objects (especially throw rugs) from the floor and keep a clear pathway for your child to walk.
- **Stairs:** "Up with the good – down with the bad"
  - "Going UP" – The non-injured leg goes up first; the crutches and injured leg follow.
  - "Going DOWN" – The injured leg and crutches go down first, followed by the non-injured leg.
- Going up and down curbs is the same as going up and down stairs.
- Remind your child to place the crutches in a safe place so no one gets hurt.
- When sitting down, your child should remember to back up to the chair until he feels the chair behind him. Then, he should remove the crutches from under his arms before sitting.