

## PROPER TECHNIQUES

### To get up from a chair:

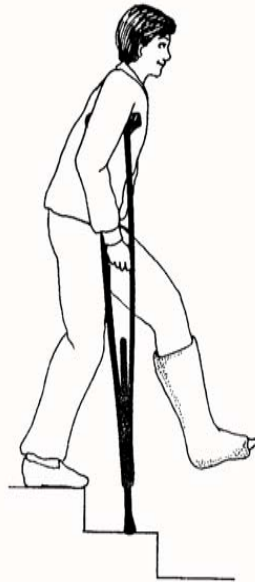
- hold both crutches on your affected side
- slide to the edge of the chair
- push down on the arm of the chair on the good side
- stand up, check your balance
- put crutches under your arms, press into ribs

### To walk with crutches:

- put crutches under your arms and press them into your ribs
- move the crutches ahead of you 6 to 12 inches
- push down on the handgrips 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

### To sit down in a chair:

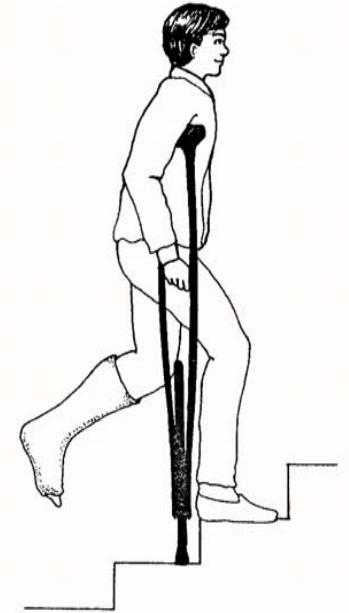
- back up to the chair until you feel the chair on your legs
- put both crutches in your hand on the affected side, reach back for the chair with the other hand
- lower yourself slowly in to the chair, bending at your hips



## HOW TO HANDLE THE STAIRS

### To go upstairs:

- start close to the bottom step, and push down through your hands
- step up to the first step, remembering that *the good foot goes up first!*
- next, step up to the same step with the other foot, making sure to *keep the crutches with your affected limb*
- check your balance before you proceed to the next step
- make sure someone is there to help if you need it



### To go down the stairs:

- start at the edge of the step, keeping your hips beneath you
- *slowly bring the crutches with your affected limb down to the next step* (the bad foot goes down first!)
- be sure to bend at the hips and knees to prevent leaning too far forward, which could cause you to fall
  - check your balance before you continue
  - have help handy
- a handrail will make things easier for you. Simply hold both crutches on one side.

Reviewed 10/06