

Crutch Ambulation

PURPOSE: It is important for you to walk correctly with crutches. Walking as shown below will allow you to wean off the crutches sooner and will facilitate a quicker rehabilitation.



Heel Strike

Very important!!

Land on your heel as the crutches hit the ground with your injured leg. Make sure that you try to lock your knee into complete extension as your heel strikes the ground.



Mid-Stance

As you lift your other leg and place weight on the crutches and injured side, keep your knee completely extended by keeping your thigh muscle tight. If your knee is buckling or shaking, you should put more weight through the crutches.
* Make sure that you do not hike your hip up to lift your foot.



Foot Swing

Allow knee to swing freely when you lift it off the ground.

Weaning of the crutches:

- Discard the crutch that is on your injured side in about ____ days. Make sure that the one crutch and your injured leg move together.
- You can discard both crutches in about ____ days if you are able to walk normally with no pain.

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM