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## crutches

**A qualified medical professional should educate and train users for appropriate use. It is your responsibility to use this device correctly.**

Underarm crutches are the most used type. Crutches are most likely to be the appropriate walking aid when a person must not bear any weight on one leg, as would be the case with a broken leg, ankle, or foot.

### Fitting under arm crutches

The proper fitting of underarm crutches requires two adjustments.

1. Overall height (from rubber tip to underarm pad).
2. The distance from the hand grip to the underarm support.

A medical professional should make these adjustments for you. Adjust the overall height of the crutch first. With the user standing erect, looking straight ahead with shoulders squared; adjust the crutch height to bring the underarm pad up to a position approximately one inch below the front of the underarm. The height adjustment should not have the crutch pressed too tightly under the arm to avoid unnecessary pressure and irritation. However, it should not be so short as to cause the user to have to stoop to obtain support.

With the overall height adjusted properly, adjust the handgrip position to provide approximately a 20to-30-degree bend in the elbow. This can usually be achieved by again having the user stand straight as described above with eyes straight ahead, shoulders squared and arms hanging relaxed at the sides. Then place the crutch vertically beside the user and adjust the handgrip to a position slightly above the wrist.

This adjustment technique will encourage the user to support most of the weight with the hands and arms, not the underarms. Prolonged and excessive pressure on the underarm may cause soreness or irritation. Follow the instructions of your medical professional. The rubber tips on your crutches should be inspected regularly. Worn or damaged tips should be replaced immediately, as should your underarm pads and hand grips. The security of all adjustment mechanisms should also be checked frequently.

**It is your responsibility to maintain and provide upkeep of this item. It is your responsibility to use this device correctly.**