

How to Walk With Crutches

Learn about how to walk with crutches & walking on crutches. Not everyone knows how to walk with crutches but we'll show you the right way.

How to Walk With Crutches & Walking On Crutches



Sometimes it may seem like everyone should know how to walk with crutches but it's not always the case. If you've never used crutches in your life and all the sudden you broke your leg, your not going to get any help from the doctors when it comes to learning how to walk with crutches. Don't worry that is why we're here to help. The Medical Product Blog knows how you feel and were going to teach you exactly how to walk with crutches & even how to select the right crutch for you. Selecting the right crutch for you is one of the most important parts in learning how to walk with crutches because if you have the wrong sized crutch this will throw everything off. If you have the wrong sized crutch you will become increasingly frustrated with your inability to walk with your crutches.

The Right Sized Standard Crutch for You

There are a few one size fit all crutches but even that need proper adjustment or the wrong setting will still not work for you. So here we will show you how to find out exactly what height your crutch needs to be.

Crutch Length Steps

- When your crutch tips are placed on the floor, both sides should be about 6 inches from your feet.
- Next you should adjust the crutches so that the top pads of the crutches are about 2 inches below your armpit.
- If you press them against your armpit, it will work but you will become very uncomfortable very quickly as there are important nerves there that get agitated easily.

Hand Grip Adjustment

Another important part is the hand grip adjustment. Many people think once the proper height is obtained, that's all they need to worry about. This is very untrue. Adjusting the hand grip is the difference between easily walking on crutches & slouching so far it may hurt your back. Here is how to do this properly.

- Stand up in the position we showed you how to adjust the height.
- Put your arms straight down, and position the hand grip at about wrist height
- This will assure your elbows are slightly bent well walking.

How to Adjust Forearm Crutches

- Like regular crutches, stand with you crutches straight up against you. When standing up straight make sure the hand grip on each crutch is right where your wrist bend's.
- (Each forearm crutch is adjusted differently but it shouldn't be hard to see where you do it or to figure that part out.)
- Adjust the cuff to about 2 inches below your elbow & make sure you secure the cuffs.

How to Walk With Forearm Crutches

Every person is in a different situation when it comes to walking on crutches. Some people can use both their feet lightly, some only there left foot, some only there right foot. The most important thing is that they are adjusted correctly. You will be able to figure out the best way to walk with crutches for you after they have been properly adjusted.

Tips for How to Walk With Crutches

Walking with crutches makes it a little bit more difficult to do daily things like carrying objects from one place to another or anything like that at all. A few tips I'd have to give are,

Get as many carrying bags as you can. Backpacks, Fanny packs, Cup holders, & even [bags that attach to your crutches](#).

Think about things before you do them; make sure you have everything you need for one trip.

Make sure you have [extra crutch tips, hand grips, & underarm pads](#) with you at all times. It's better to be safe than sorry.