

## Instructions on how to walk with crutches

The physician will give you the permission for weight bearing.

**Bearing the weight of the leg:** Stand with the crutches next to your body, your weight on the healthy leg and the crutches, and the fractured leg resting lightly on the floor. When you walk, transfer your weight from the fractured leg to the crutches. When you sit, the fractured leg can rest against the floor. You must not step on the fractured foot.

**50% partial weight bearing:** When you stand, your weight is distributed evenly on the fractured and the healthy leg. When you walk, reduce the weight on the fractured leg by bearing weight on the crutches. You can use scales to practice 50% partial weight bearing concretely by moving half of your weight onto the fractured leg.

**Full weight bearing:** You can begin to practice walking without forearm crutches and bear weight on the fractured leg. The aim is to gradually give up the crutches.

### Height of the crutch



Stand with good posture and your arm relaxed next to your body. The handle of the crutches is at the right height when it is approximately at the same level as your wrist.

## Walking



Move both crutches forward and bring the affected leg between the crutches, the heel leading. Put your weight on your hands and step on the affected leg according to the physician's instructions. Move some weight on the crutches and step forward beyond the crutches with your healthy leg.

## Going up stairs with crutches



Move your weight to your hands and step up with your healthy leg. The crutches stay supporting the affected leg. Then move the crutches and the affected leg next to the healthy leg.

## Going down stairs with crutches



First move the crutches and the leg in the cast to a lower step. Then move your healthy leg next to the affected leg. Maintain good posture and keep your gaze forward.

## Contact information

Pediatric Surgery Outpatient Clinic, New Children's Hospital, helpline 09 471 73006 (select 3),  
Mon–Fri 8–11 and 13–14.