

Using your Assistive Device

Crutches

Adjust height of the crutches so that the hand grip is at the level of where a wristwatch would be, and the top of the crutch should be about two finger widths away from under the armpit.

Usage: When walking, the crutches should touch the ground at the same time as the weak side. Stay up tall and walk smoothly. Pressure should be on the hand grips and not the top pads.

Cane

Adjust height of the cane so that the hand grip is at the level of where a wristwatch would be.

Usage: in general, the cane is on the opposite side of the painful area. When walking, the cane should touch the ground at the same time as the opposite foot. Stay up tall and walk smoothly.

Walker

Adjust height of the walker so that the hand grip is at the level of where a wristwatch would be.

Usage: Stand up tall with the hips positioned just inside the walker and smoothly push to move.

Types of weight bearing

Non-weight bearing: keep the involved leg off of the ground.

Partial weight bearing: some weight on your foot as indicated by your medical doctor or physical therapist.

Weight bearing as tolerated: put as much weight as you comfortably can into the leg.

