

How to adjust and use walking aids



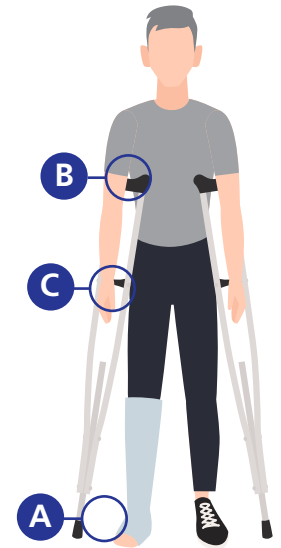


How to adjust walking aids

Crutches

To adjust crutches:

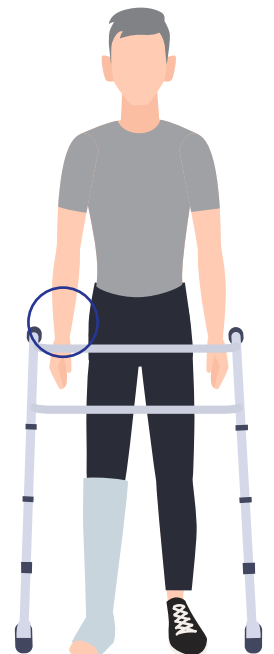
- Stand up straight;
- Have your feet slightly apart;
- Wear low-heeled shoes;
- Place your crutches approximately 15 cm (6 inches) from your feet. **(A)**
- There must be room for 2 or 3 fingers between the top of the crutches and your underarms with your shoulders relaxed. **(B)**
- The handgrips should be at wrist height with your arms hanging alongside your body. **(C)**



Cane and walker

To adjust the height of a cane or walker:

- Stand up with your arms alongside your body;
- Wear low-heeled shoes.
- The handgrip(s) must be at wrist level.



How to use crutches

Walking

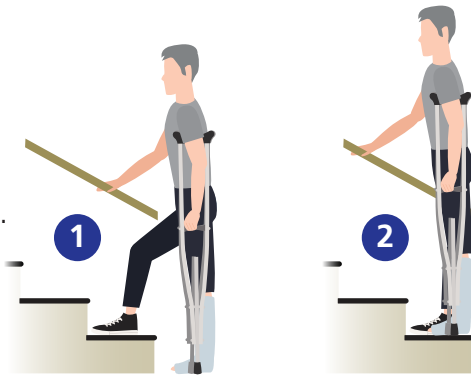
1. Advance your operated leg at the same time as your crutches.
2. Always take a normal step with your healthy leg.
3. Always be very careful on wet surfaces.



Going up stairs

For each stair:

1. Raise your healthy leg first;
2. Then raise your crutches and operated leg at the same time.



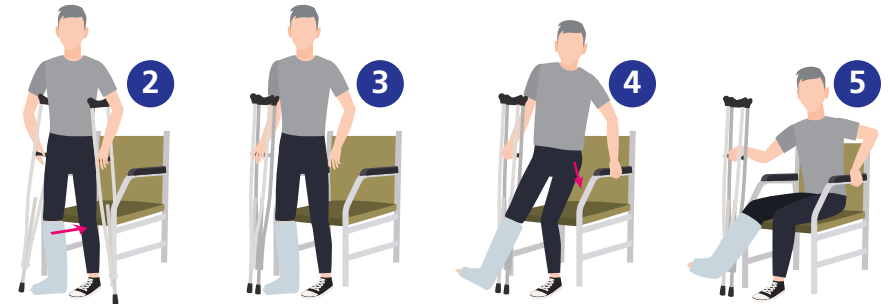
Going down stairs

1. Start with your crutches and both legs on the same stair.
2. Lower your crutches and operated leg first.
3. Then lower your healthy leg.



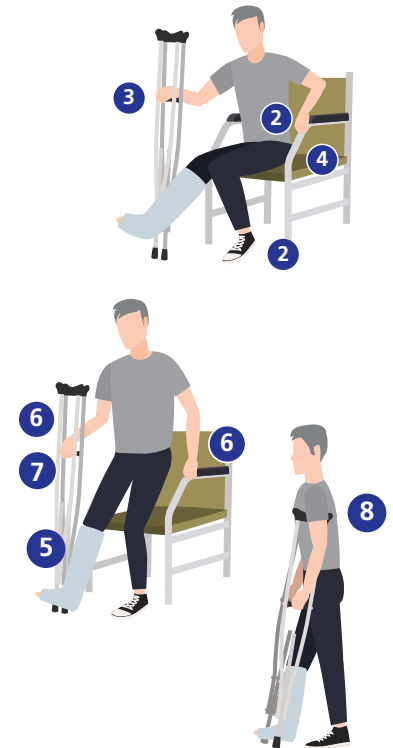
Sitting down on a chair

1. Make sure that the chair is stable.
2. Touch the chair with the back of your healthy knee.
3. Take your crutches out from under your arms and hold them on your operated side.
4. Use your hand on your healthy side to lean on the chair; use your other hand to support yourself on the crutch handgrips.
5. Stretch your operated leg forward, then sit down.



Getting up from a chair

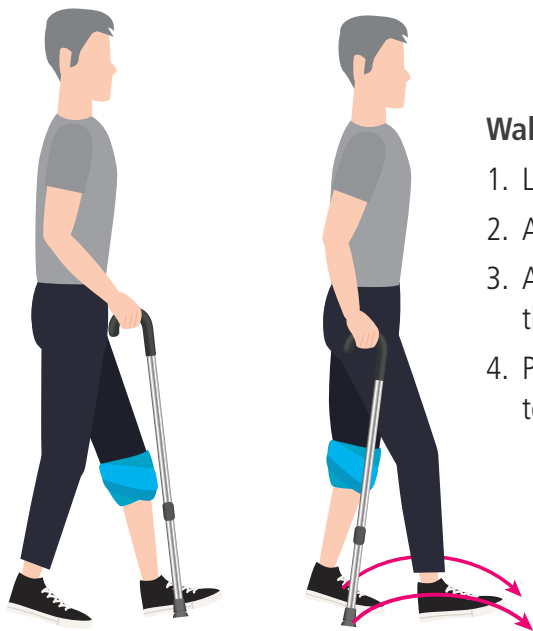
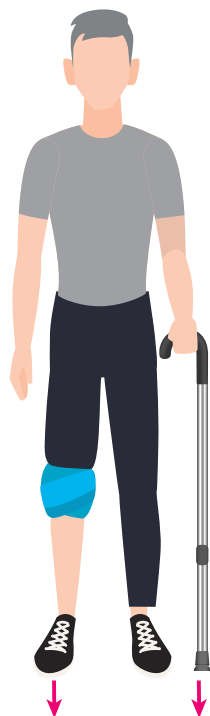
1. Slide forward to the edge of the chair.
2. Place your healthy foot a little underneath the seat.
3. Take both crutches in your hand on your operated side.
4. Use your hand on your healthy side to lean on the chair.
5. Stretch your operated leg forward.
6. Stand up with one hand on the crutch handgrip and the other on the chair.
7. Stand up with both crutches on your operated side.
8. Place one crutch under each arm, touching your rib cage.



How to use a cane (single or quad)

Using a can

1. When walking, hold your cane approximately 15 cm (6 inches) from your healthy side.
2. Always advance your cane at the same time as your operated leg. The cane must never be ahead of your foot.
3. The cane must always have good contact with the ground to prevent falls.

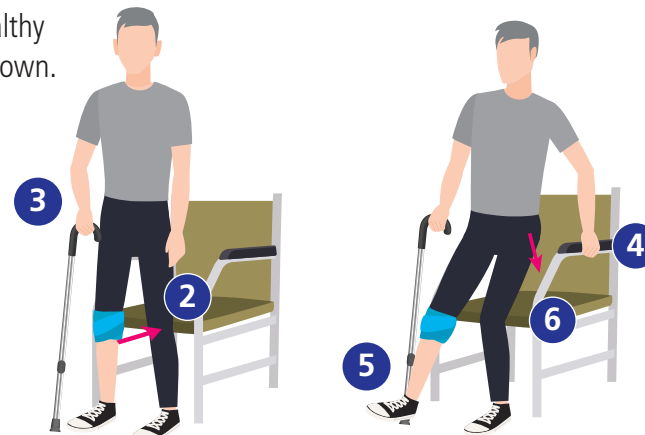


Walking with a cane

1. Look straight ahead.
2. Avoid lifting your shoulders.
3. Advance your operated leg at the same time as your cane.
4. Push down on the handle to advance your other leg.

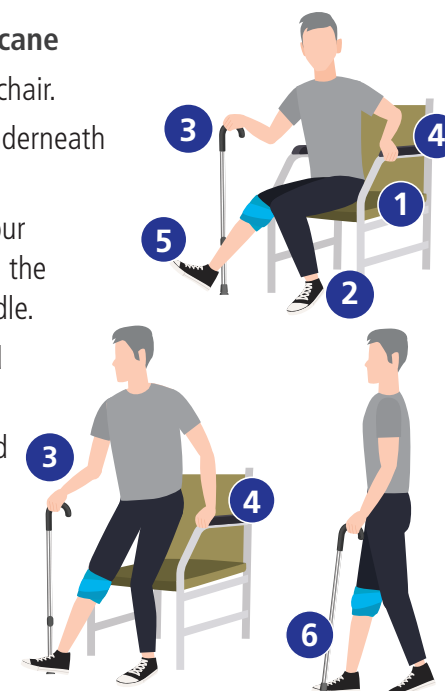
Sitting down with a cane

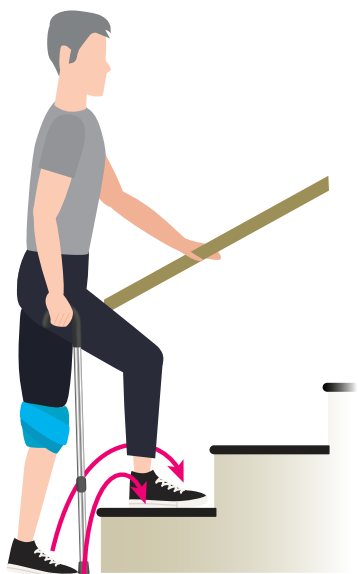
1. Make sure that the chair is stable.
2. Touch the chair with the back of your healthy knee.
3. Move your cane to your operated side.
4. Use your hand on your healthy side to lean on the chair.
5. Stretch your operated leg forward.
6. Bend your healthy knee and sit down.



Getting up from a chair with a cane

1. Slide forward to the edge of the chair.
2. Place your healthy foot a little underneath the seat.
3. Take the cane in your hand on your operated side; place it vertical on the floor and push down on the handle.
4. Lean on the chair with your hand on your healthy side.
5. Stretch your operated leg forward and push up with your knees.
6. Once standing, return the cane to your healthy side.



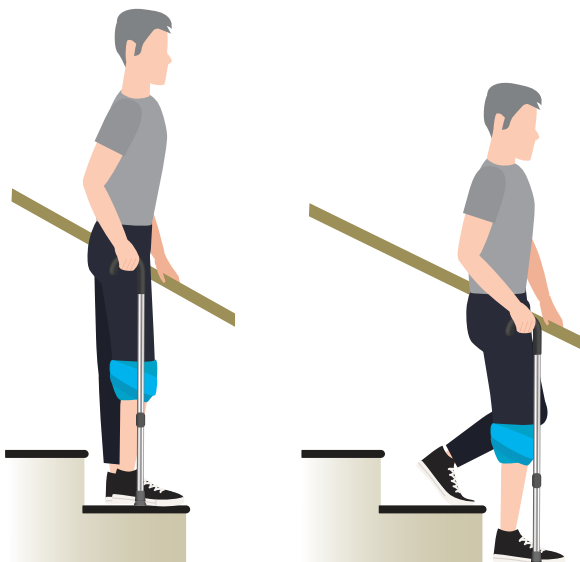


Going up stairs with a cane

1. Approach the stair.
2. Raise your healthy leg first.
3. Raise your cane and operated leg onto the same stair at the same time.
4. Repeat for each stair.

Going down stairs with a cane

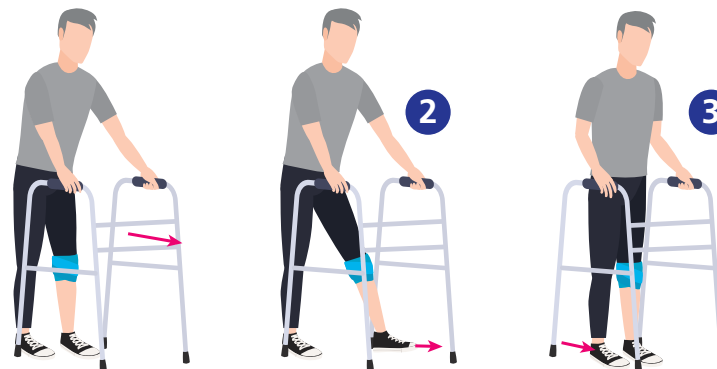
1. Start with your cane and both legs on the same stair.
2. Lower your cane and operated leg first, using your cane to support you.
3. Lower your healthy leg onto the same stair as your operated leg.
4. Repeat for each stair.



How to use a walker

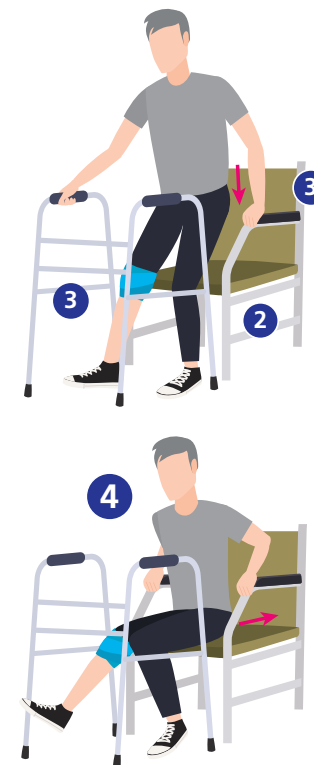
Walking with a walker

1. Always keep the four legs of your walker in contact with the ground.
2. Advance your walker first, then your operated leg.
3. Lean on your walker and advance your healthy leg next to your other one. Repeat.



Sitting down with a walker

1. Make sure that the chair is stable.
2. Back up slowly and touch the chair with the back of your healthy knee.
3. Stretch your operated leg forward first, move one hand from the walker to the chair (seat or arm) or to the bed.
4. Bend your healthy knee and sit on the edge of the chair. Slide backward.
5. If you had a hip replacement, avoid leaning forward.



Getting up from a chair with a walker

1. Avoid leaning forward at more than 90° (right angle).
2. Slide forward to the edge of the chair without leaning forward too much.
3. Place your healthy foot a little underneath the chair.
4. Stretch your operated leg forward.
5. Push down on the chair with your hands while straightening your healthy knee.
6. Once standing, lean on the walker.

