



## How to Use Forearm Crutches

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This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

While shoulder crutches are often given out for temporary injuries like breaks or sprains, forearm crutches are designed to be used over a much longer period. Arm crutches are designed to provide the maximum level of walking stabilization while minimizing the weight and strain placed on the shoulders and arms.

Instructions:

1. Adjust your handgrips and overall height of the arm crutches. The handgrips should be at the same height as your wrists when you are standing in a relaxed position. Your elbow should bend at about a 30-degree angle when holding the crutch.
2. Raise the cuffs of the arm crutches until they land about one to two inches below your elbow. Adjust the cuffs to ensure they fit snugly but are not too tight.
3. Place the right crutch in front of you and transfer some of your body weight to the arm crutch. Move your right foot up to just behind the crutch.
4. Bring the left crutch up to be even with the right and bring your left foot up to match your other foot.
5. Repeat this process until you are walking comfortably with your arm crutches.