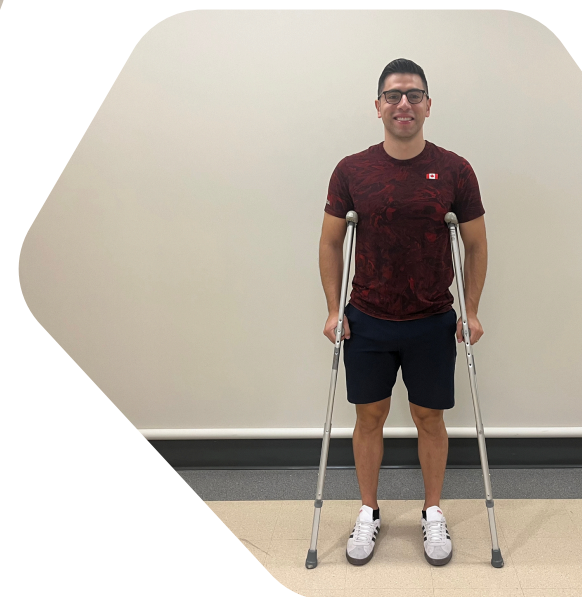
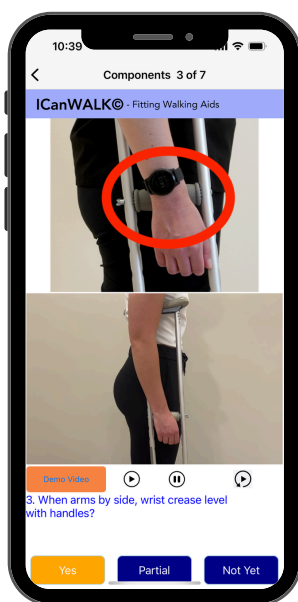


Learn More Skills With Our App!

We developed an interactive video-based app to help teach walking aid users how to fit and walk with their devices.

It's called Improving Canadians' Walking Aids Skills, Learning, and Knowledge[©] (ICanWALK[©])

ICanWALK[©] is available through downloading the MOVE Improve[®] app on the Apple App Store and the Google Play Store!



Interested in Learning More?



Web: <https://icanwalk.info>
X: @mobilitybetter
Instagram: @bettermobilitylab

References:

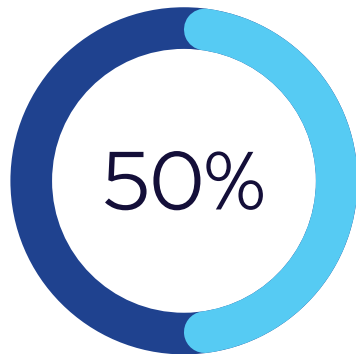
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2. Barnard *et al.* Pediatrics 2010
3. Manocha *et al.* PM&R 2020
4. Potter *et al.* Br Med J 1990

How Do I Fit My Axillary Crutches?

A resource for crutch users

Created by Jose Uriel Perez (MBT, BHSc), Ranita Manocha (MD, MSc), & the ICanWALK[©] Knowledge User Engagement Group

The Problem:



Shoulder pain is reported in nearly 50% of people with spinal cord injuries who walk with crutches or canes¹

16,000

From 1991-2008, about 16,000 youth were seen in USA Emergency Departments with an axillary crutch-related injury²

How to Fit Your Axillary Crutches:⁴

1. Wear flat-soled shoes.
2. Place the crutch tips 8-10 cm (3-4 in) to the side of your pinky toes.
3. Let your arms hang by the side and stand up straight.
 - a. Your wrist crease should be at the level of the crutch handles.
 - b. There should be 2-3 fingerbreadths between your armpit and the bar
4. Now hold the crutch handles. Your elbows should be bent to about 20°.

Please note that these are general guidelines only and do not constitute medical advice. Please speak to your healthcare provider to ensure this applies to your condition.



(Image from Creative Commons)

Many crutch users don't receive training on fitting their crutches, and this can cause pain or injury.³

"It's very easy to obtain [walking aids like crutches]... but what's not there is personalized fitting or supports for how you use [them]."

-Matt

"I want the quick and dirty on how to use [my walking aid] right so that I won't fall into dangerous habits that cause future physical problems."

-Mary

(O'Brien et al., 2024)