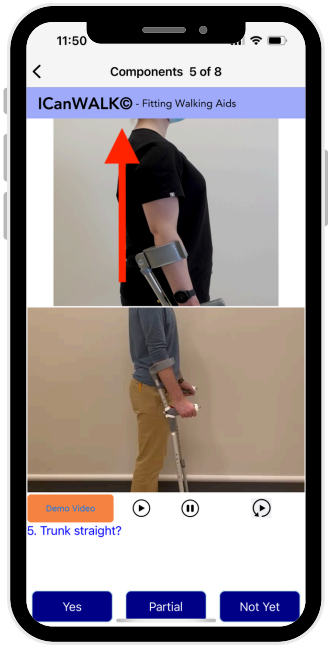
Learn More Skills With Our App!

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!



(Image from Creative Commons)

Interested in Learning More?

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

References:

1. Hügle *et al.* BMC Musculoskelet Disord 2017
2. Manocha *et al.* PM&R 2020
3. Potter *et al.* Br Med J 1990

ICanWALK©

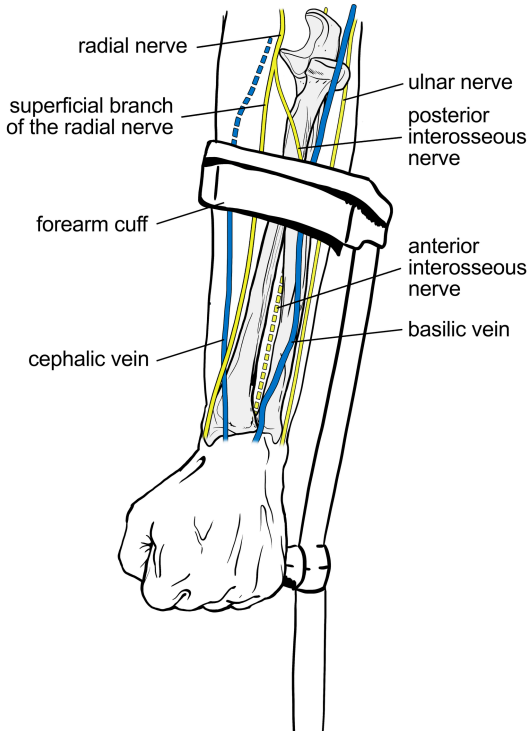
icanwalk.io

How Do I Fit My Forearm 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:



(Image from Manocha *et al.*, 2020)

Improper crutch fitting can lead to forearm pain or injury.[1]

Vulnerable structures include the radius and ulna bones and forearm nerves.[2]

How to Fit Your Forearm Crutches:[3]

1. Wear flat-soled shoes.

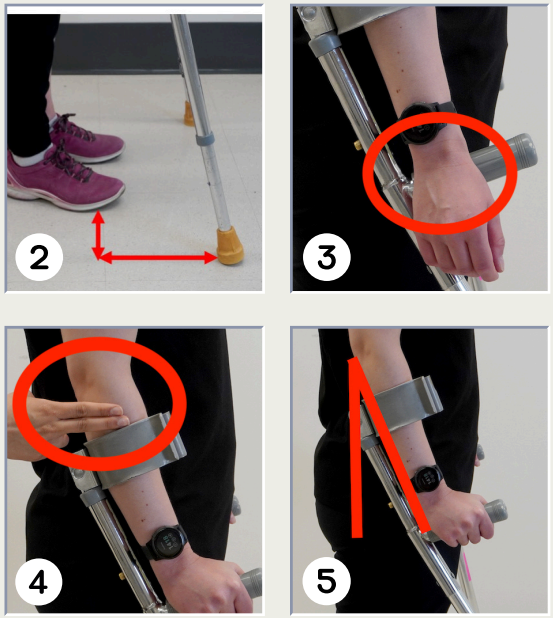
2. Place the crutch tips 8 cm (3 in) to the side of your pinky toe and 15 cm (6 in) in front of your pinky toe.

3. Let your arms hang by the side. Your wrist crease should be at the level of the crutch handles.

4. The forearm cuff should be 2-3 fingerbreadths below your elbow joint.

5. 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.[2]

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

-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)