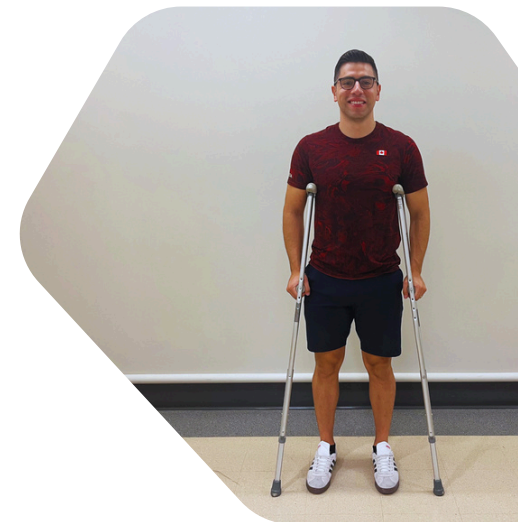
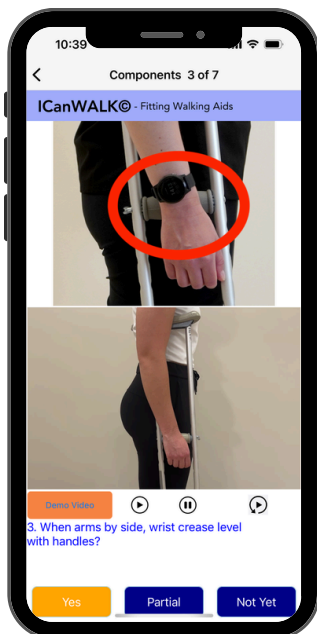


# Learn More Skills With Our App!

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>  
Youtube: @ICanWALK-BML  
Instagram: @bettermobilitylab

#### References:

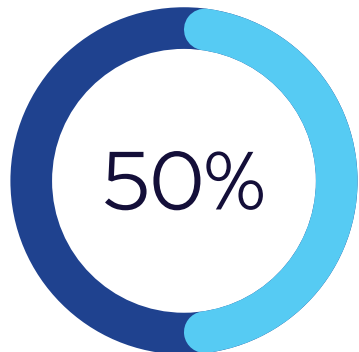
1. Jain *et al.* PM&R 2010
2. Barnard *et al.* Pediatrics 2010
3. Manocha *et al.* PM&R 2020
4. Potter *et al.* Br Med J 1990

## How Do I Fit My Axillary Crutches?

### A Resource For 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 canes.<sup>1</sup>

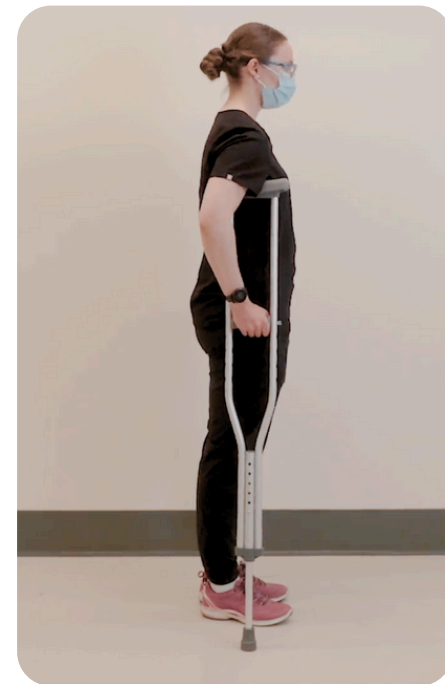
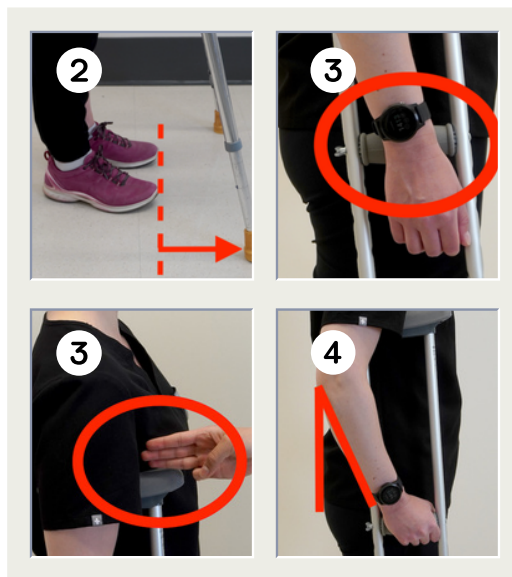
# 16,000

Between 1991 and 2008, an estimated 15,763 youth were seen in American Emergency Departments with an axillary crutch-related injury.<sup>2</sup>

## How to Fit Your Axillary Crutches:<sup>4</sup>

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 creases 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.*



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

*"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)