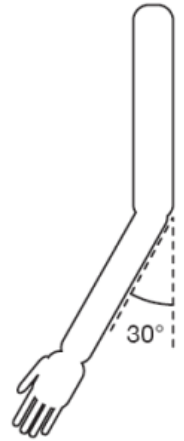




Sizing and Using Underarm Crutches

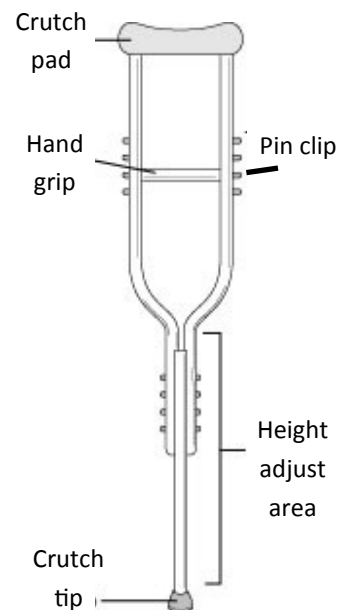
Ensuring the Correct Height

- Stand with your arms relaxed by your side wearing your usual shoes.
- First adjust the overall height of the crutch by depressing the spring buttons at the base of the crutch and lengthen or shorten until the underarm pad is about 2 –3 finger widths below your armpit.
- Adjust the hand grip (usually by pulling the pin clip—see illustration). The hand grip of the crutch should come up to the crease of your wrist when your arm is by your side. This should allow for your elbow to be slightly bent (about 30 degrees of flexion) when holding the handgrips (see illustration).



Safety

- Ensure that adjustment spring buttons are fully engaged and aligned in the proper adjustment hole of each crutch before use.
- If the crutch is too long, the pad will cause chaffing and rubbing on your skin, and you won't be able to use your shoulder and arm muscles effectively. The crutch will also press into the underarm area and cause compression of a large bundle of nerves and the blood vessels that supply your arms.
- Check the rubber crutch tip on the end of your crutches regularly as it will wear with use and need replacing. Once the base of the tip is worn, your crutches will lose their grip and you will be at risk of sliding, particularly on smooth, wet surfaces – it is like driving a car with bald tyres!



See our Sizing and Using Forearm/Elbow Crutches Fact Sheet for tips on walking technique and managing stairs.

Call our friendly staff at Up2date Equipment on 07 307 9101 for more information.