

# Safety Using Crutches

## STANDING UP

### Standing Up with Crutches:

- Hold both crutches with one hand and scoot forward in chair



- Push down with one hand holding the crutches and one hand on the seat while you stand up



**\*REMEMBER WEIGHT BEARING  
PRECAUTIONS\***

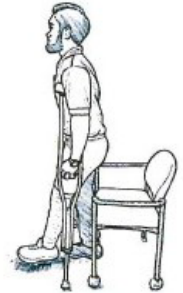
- Keep your balance and put one crutch under each arm



## SITTING DOWN

### Sitting Down with Crutches:

- Back up to the chair until you feel the seat behind your legs



- Hold both crutches in one hand
- Keep your balance while you reach back and hold the chair with your other hand



**\*REMEMBER WEIGHT BEARING  
PRECAUTIONS\***

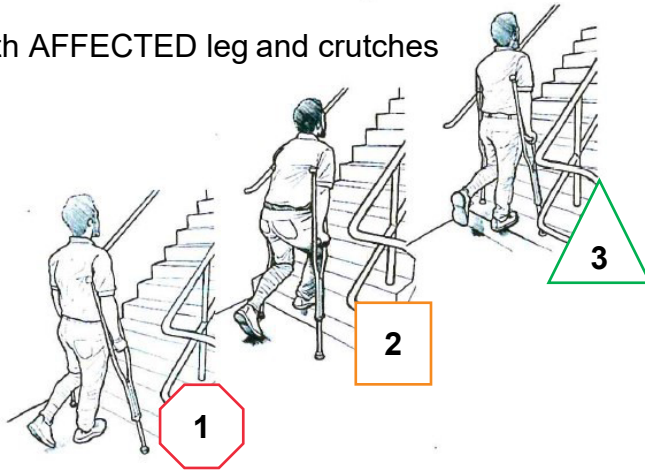
- Slowly lower yourself into the chair



## GOING UP & DOWN STAIRS

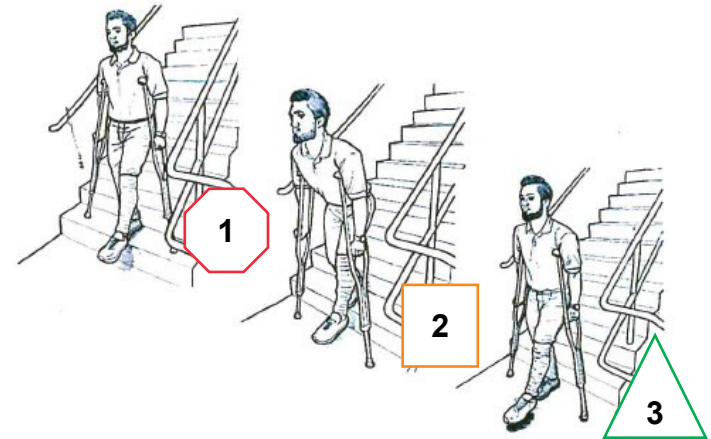
### To go UP the stairs with Crutches:

- 1 Get close to the bottom stair
- 2 Step onto the first step with your NON-AFFECTED leg
- 3 Follow with AFFECTED leg and crutches



### To go DOWN the stairs with Crutches:

- 1 Step forward to the edge of the top step
- 2 Place your crutches onto the step below, followed by your AFFECTED leg
- 3 Step down with the NON-AFFECTED leg



### Weight Bearing Precautions

- **FWB** – full weight bearing (you are allowed to fully step on your leg)
- **PWB** – partial weight bearing (you can only put 50% of your weight when you step on your leg)
- **TTWB** – toe touch weight bearing (you can only step on your toes when you put your leg down)
- **WBAT** – weight bearing as tolerated (you can put as much weight as you feel comfortable)
- **NWB** – non-weight bearing (you are not allowed to step with your leg at all)
- **AFFECTED** – leg that had surgery
- If you have questions, please consult your physician