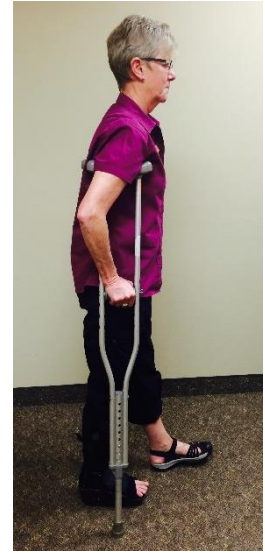
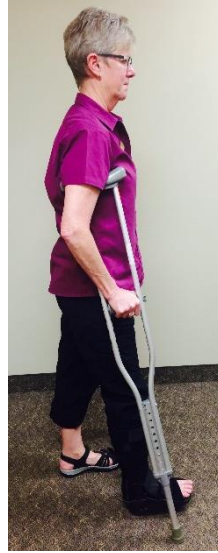


Walking with Crutches



1. Begin with crutches set to the appropriate height (the top 1-2 inches (two fingers) below armpit and the hand grip at wrists when arms are by sides).
2. Place crutches in front of where you are standing.
3. Step forward with your surgical/injured leg.
4. Bring your other foot forward past your surgical leg.
5. Move crutches forward and continue the sequence.

You are allowed _____% weight bearing.

Please contact Northwoods Therapy Associates with questions.

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