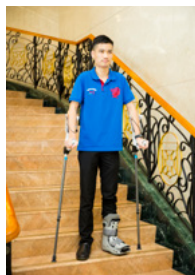
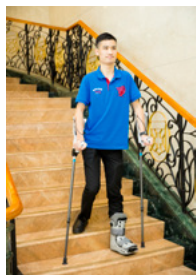


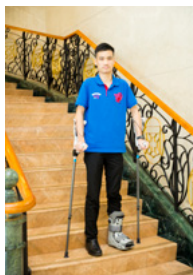
7d



7e



7f



### How to walk down the staircase?

- Stand to the edge of the step (7d)
- Step the injured leg down with the crutches (7e)
- Hold tightly the crutches with both arms. The non-injured leg steps down one step (7f)

### Points to note:

- Use the handrail of the staircase when available. It is much safer and easier
- Make sure that the crutches are firmly placed on each step of the staircase
- Do not jump step

### Maintenance and Safe Use

- Do not get the crutches moistened to avoid rusting
- Check if the walking aids are damaged
  - For example: loosened handle, cracks
- Regularly exchange the rubber tips when worn out
  - Choose the correct size of rubber tips
  - Avoid using the rubber tips for tables and chairs
- Beware of the floor surface. Slow down and take small steps on wet or uneven floors
- If the hands feel painful because of the rigid handles, wrap the handles with non-slip strap

**Walking aids improve the stability of gait of patients during rehabilitation.**

## HKSH Physiotherapy Centre

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Monday to Friday: 9:00 am – 12:30 pm  
1:30 pm – 5:00 pm

Saturday: 9:00am – 1:00 pm

Closed on Sundays and Public Holidays  
Consultation by Appointment

For enquiries and appointments,  
please contact us



## User Guide for Elbow Crutch



## Elbow Crutches

Elbow crutches are suitable for patients who have orthopaedic conditions in the lower limbs.



Put the crutches in a correct position (10 cm from the ankles)

### Height Adjustment

- Hold the crutches, one on each side
- Bend the elbows at about 30 degrees



Positioning of the crutches



### How to Use Elbow Crutches?

#### 1 How to hold the crutches?

- Stand with a straight back
- Grip the handles firmly
- Put the crutches in a correct position (10 cm from the ankles)

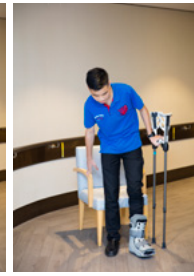
#### 2 Common Errors

- Elevate the shoulders and hold them tight
- Grip the handles incorrectly
- Stand with a bent back
- Use one crutch only, in bad posture
- The crutches placed too close to or too far from the body

3a



3b



3c



3d



#### 3 How to stand up?

- Lean forward, place the crutches in the front of the injured side. Put the opposite hand on the armrest (3a)
- Place the non-injured leg firmly on the floor. Support the body using both arms and the non-injured leg (3b)
- Put the arms through the cuffs. Place the crutches on each side (3c-d)

4a



4b



#### 4 How to sit down?

- Place the crutches on the injured side (4a-b)
- Hold the crutches with the arm of the injured side. Hold the armrest using the opposite hand (4c)
- Sit down slowly, while holding the armrest firmly (4d)

4c



4d



5a



5b



5c



5d



#### 5 Partial-weight Bearing walking

e.g on plaster

- Keep both arms close to the body with straight elbows. Press the crutches onto the floor to support the body weight (5a)
- Step the injured leg forward with the crutches (5b) Then followed by the non-injured leg
- The non-injured leg can step to the level of injured leg (5c) or to the front of the injured leg if balance is good (5d)

#### 6 How to walk without bearing weight on injured leg?

- Follow the steps as above, where the injured leg is not touching the floor.

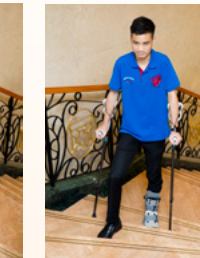
#### 7 How to climb up and down the staircase?

- Good leg steps up first; bad leg follows
- Bad leg steps down first; good leg follows

7a



7b



7c



#### How to climb up the staircase?

- Hold tightly the crutches with both arms (7a)
- The non-injured leg goes up one step (7b)
- The injured leg and the crutches follow (7c)