Crutch Walking Instructions for Left Leg Protection

Weightbearing Instructions
Your doctor has decided how much weight you can bear on your involved leg. Please follow the checked (✓) instructions below. Remember that the harder you push down with your hands (on your crutches or walker) the less weight you will bear on the involved leg. Continue to use your walker or crutches until your doctor or therapist tells you that you don’t need them.

- **Non-weightbearing (NWB):** Do not put any weight on the involved leg. Keep that foot off the ground when walking.
- **Toe Touch weightbearing (TTWB):** Very little weight (less than 20 pounds) can be put on the leg. The entire foot of the involved leg is allowed to touch the floor.
- **Partial weightbearing (PWB):** ___ pounds can be put on the involved leg. The entire foot of the involved leg is allowed to touch the floor. You can check how many pounds you are putting on the leg by using a bathroom scale.
- **Weightbearing as tolerated (WBAT):** You may bear as much weight on the involved leg as comfortable. If you feel any pain, you’ll know you are putting too much weight on the leg.

Crutch adjustment
While standing up straight, place the crutch beneath your arm with the crutch tip 8" forward and to the side of your foot. Two fingertips should fit comfortably between the crutch pad and your underarm. Adjust accordingly.

The crutch hand grip should be level with the bend in your wrists (measured when the arm is resting at your side). There should be a gentle bend (about 30°) at the elbow while holding on to the crutch hand grip. Adjust accordingly.

Crutch walking tips
Remember to walk foot over foot using your crutches with a wide base of support.

To prevent injury to the nerves and blood vessels in your arm, never lean on your crutches. Always push with your hands and squeeze the arm pad between ribs and arm.

Use caution when walking on **wet floors, ice** or **uneven ground**. Avoid walking on throw rugs because they can slip.

You must maintain proper weight bearing and continue to use your crutches until your physician advises you otherwise.
Getting in and out of a chair
To stand up: Place both crutches in one hand. Place the other hand on the arm of the chair. Push up with your arms as you stand up on your right leg.

To sit down: Back up against the chair. Slide your left leg forward. Place both crutches in one hand. Reach back for the arm of the chair with the other hand. Slowly sit down.

Walking pattern for left leg protection
1. Crutches
2. Left leg
3. Right leg

Stair climbing pattern for left leg protection
Maintain proper weight bearing precautions.
Use a hand rail, if available, and place both crutches into the opposite hand.

Going up
1. Right leg
2. Left leg and crutches together

Going down
1. Left leg and crutches together
2. Right leg

Curb or stairs without a handrail for left leg protection
Maintain proper weight bearing precautions by using both crutches.

Going up
1. Right leg
2. Left leg
3. Both crutches

Going down
1. Both crutches
2. Left leg
3. Right leg