

Information on crutches

Adjust the length of the crutch so that the handle is at the height of your wrist.

Perform the adjustment while standing straight, with your arms hanging down along your sides. Remember that your shoes influence your height.

Proper Use

Crutches are used especially when one leg is to be non-weight bearing. You will receive information about this when the crutches are delivered. If you need only one crutch, it should be used on the healthy side.

- **Completely non-weight bearing**

This means you should not be putting ANY pressure on the injured leg. You must walk using small jumps or hops: place both crutches a short distance in front of you, put your weight on the crutches, and take a controlled hop forward using only the healthy leg.

- **Partially weight-bearing**

In this case you can carefully place the foot of the injured leg on the floor, while using the crutches to support yourself and bear your weight.

Follow-up and Maintenance

- Check you crutches regularly. In particular, check that the lock mechanism and the rubber stoppers are ok.

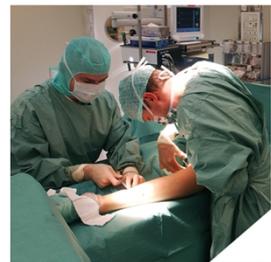
When used over time, rubber stoppers wear down and must be replaced.

- The latches for length regulation can be oiled if they stick.

If the crutch becomes very unsteady, it should be replaced.

- In the case of icy weather during the winter, you should use crampons (ice spikes) on your crutches.

Crampons can be purchased in the emergency room along with the crutches.



trygghet når du trenger det mest