

# Lewis & Clark Specialty Hospital

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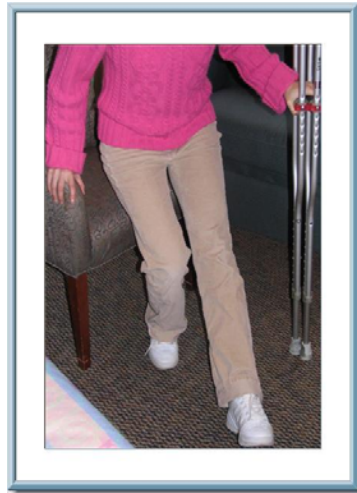
[www.lewisandclarkspecialty.com](http://www.lewisandclarkspecialty.com)

## **GAIT TRAINING INSTRUCTIONS** (non-weight bearing)

Please check with your doctor to make sure you know how much weight (if any) that you are allowed to place on your affected leg. This may affect how your leg heels. The crutches should be adjusted to your correct height. If you are unsure if they are correctly adjusted, please ask your nurse or your doctor. If you begin noticing numbness in your arm, hand, or fingers, please contact your doctor.

### **Getting up From a Chair:**

When attempting to get up from sitting with your crutches, place both crutches in one hand with other hand on arm rest of the chair. Your surgical leg should remain in front of you and off of the floor with no weight on it. Push up from the chair with your hands.



Once standing, reach with the free hand for the other crutch and place both crutches under arm pits with hands on hand grips. You are now ready to walk.



### **Non-Weight Bearing with Crutches:**

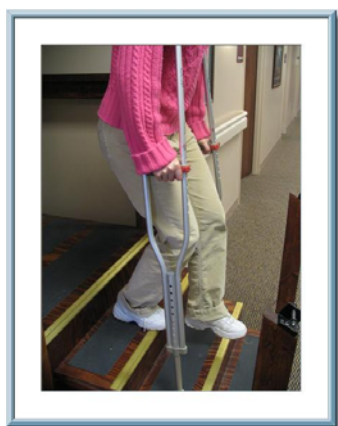
Both crutches are required to walk while not allowing any weight on your leg. Stand up straight with one crutch under each arm. Advance both crutches at the same time while balancing all of your weight on the "good" leg. Keeping the surgical foot in the air, advance it forward in front of the crutches. While putting pressure down on your crutches through your hands and balancing on the crutches, advance the "good" foot forward without placing the surgical foot down.



### **Steps using both crutches:**

Do not attempt ambulating up/down steps with crutches if you are dizzy, light-headed, or if steps are wet, icy, or snowy. In case of emergency, sit down on the steps and slide up/down on your bottom, then stand up once you have gone up/down the steps.

When attempting to walk up steps with crutches while non-weight bearing, ambulate up to the bottom step as close as you can. While putting pressure down on the crutches with your hands on the hand grips, lift your non-surgical leg up onto the first step. Follow this with the surgical leg, followed by the crutches. Repeat until you have ambulated up all of the necessary steps.



To ambulate down steps, bring feet as close to edge of step as possible. Lower both crutches to next step down, and lower surgical leg to next step without putting pressure on the leg. Lower hips and while putting pressure on crutches with arms, lower non-surgical leg down to next step.

### **Steps using one crutch:**

You can ambulate steps with one crutch if you have a sturdy hand rail on one side of the steps. Simply keep one crutch under arm opposite of rail, while placing the other crutch sideways in the opposite hand. Place non-surgical leg up to next step followed by the surgical leg, then the crutches. Repeat this until you ambulate up necessary steps. Walk down steps using rail and crutch leading with the crutch first, followed by the surgical leg, then lower the non-surgical leg. Repeat as necessary.

- Always check the tips of the crutches and clean them of dirt, snow/water.
- Always check to make sure crutch screws are tight.
- Never use crutches for anything other than their intended use.
- Never walk with crutches if dizzy, faint, or if you feel you can fall.
- Never walk with crutches if the tips are worn or absent.

Contact **Lewis & Clark Specialty Hospital** in the event of numbness in either/both arms/armpits, hands, or wrists, or if you have other questions.

If your crutches were loaned from Lewis and Clark Specialty Hospital, Please return them when you are done using them.