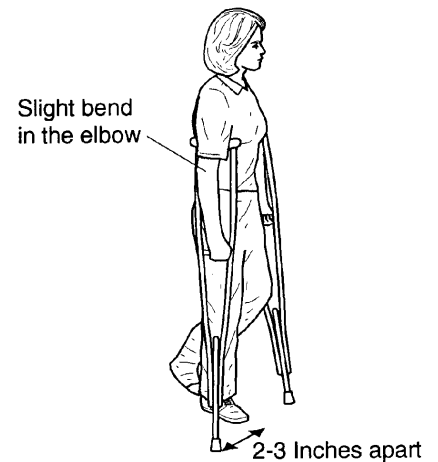
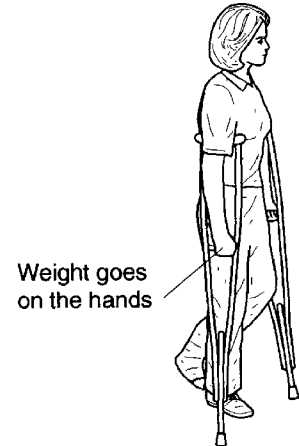


# Crutch Walking

## Using Your Crutches Safely

- Adjust the crutches for your height. The top of the crutch should be 1-2 inches below your armpit.
- Be sure that the pads and grips are in place.
- Clean the tips of the crutches to make sure that they are free of dirt and stones.
- Remove throw rugs in your home to avoid falls.
- Make sure the pressure or weight goes on your hands and not on your armpits.
- Keep your elbows close to your sides.
- Place your crutch tips 2-3 inches or 5-8 cm out to the side of your feet and 3-6 inches or 8-15 cm in front of your toes.
- Have a slight bend in your elbow when holding onto the crutches.
- Do not walk too fast.
- Keep your head up and look ahead. Do not look at your feet when walking. Check your balance often.
- You must pick up your crutches and injured leg more when you walk on carpet than when you walk on tile or smooth floors.



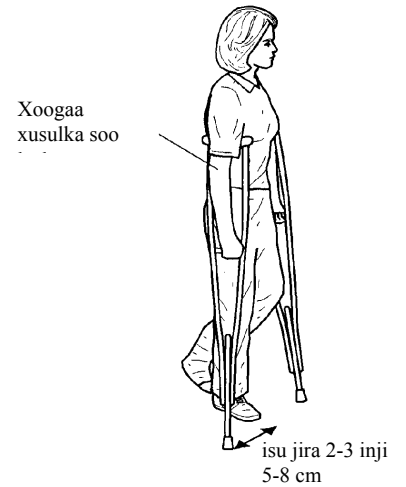
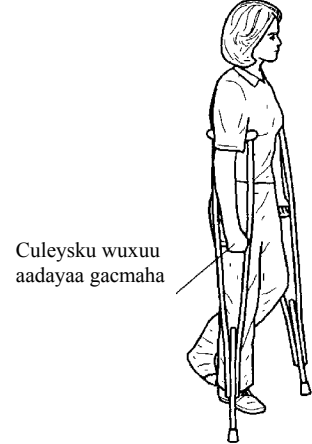
## On your injured leg, your doctor has ordered: (Do only what is marked.)

- Do not let your foot touch the floor when standing or walking.
- Touch your toe on the ground to help your balance but do not put weight on it.
- Touch your foot on the ground but do not put weight on it.

# Ku socoshada Ulaha Tukubidda

## Si Ammaan ah u Isticmaalidda Ulaha Tukubidda

- Ulaha ku hagaaji dhererkaaga. Meesha ugu sarreysa uluhu waa iney kilkiladaada ka hooseysaa 2.5-5 cm (1-2 inji).
- Xaqiiqso in cadaadka ku duuban iyo meesha la qabsanayaba ay meeshoodii ku jiraa.
- Nadiifi meelaha ugu sarreeya qoriga si aad u xaqiijisid iney ka madhan yihiin wasaq iyo dhagxaan.
- Meesha ka saar waxyaabah lagu tuuray katiifadda gurigaaga si aadan dhicin.
- Xaqiiji in cadaadiska ama culeysku uu aado gacmahaaga ee uusan aadain kilkiladaada.
- xusulladaada u dhawee dhinacyadaada.
- Meesha ugu sarreysa ee ulaha dhig meel 5-8 cm ama 2-3 inji u jirta cagahaaga iyo 8-15 cm ama 3-6 inji suulashadaada hortooda.
- Xoogaa xusulka soo god markaad qoriga qabsanayso.
- Si dhakhso leh ha u socon.
- Madaxaaga kor u qaad oo horeyna fiiri. Ha fiirin cagahaaga markaad soconayso. Badanaaba isu dheellitirankaaga iska hubi.
- Waa inaad markaad ku soconaysid katiifad ulaha iyo lugta dhaawacanba kor uga soo qaadda marka loo fiiriyo markaad ku soconaysid sibir ama sagxad siman.



## Lugtaada dhaawacantay, dhakhtarkaagu wuxuu amray: (Samee oo keliya waxa la calaamadeeyey.)

- Cagtaadu yaysan taaban sagxadda markaad taagan tahay ama soconaysid.
- Suulkaaga dhulka ku taabo si uu kaaga caawiyo isu dheellitiranka laakiin culeys ha dul saarin.
- Cagtaada dhulka ku taabo laakiin culeys ha saarin.

Crutch Walking. Somali.

- Your doctor or therapist will tell you how much weight you can put on the leg.
- Put as much weight on the leg as you can comfortably.
- Put all your weight on the leg.

## **Standing Up**

1. Hold both crutches on your injured side.
2. Slide to the edge of the chair.
3. Lean forward and push down on the arm of the chair on your good side to stand up.
4. Check your balance. Follow instructions about how much weight to put on your injured leg.
5. Put the crutches under your arms.



## **Sitting Down**

1. Back up to the chair until you feel the chair on the backs of your legs.
2. Put both crutches in your hand on the injured side.
3. Reach back for the chair with your other hand.
4. Lower yourself slowly into the chair, bending at the hips.

## **Walking with Crutches**

1. Put crutches under your arms and press them into your side.
2. Move the crutches ahead of you 6 to 12 inches.
3. Push down on the handgrips as you step up to the crutches with your injured leg first.

- Dhakhtarkaaga ama daaweeyaha ayaa kuu sheegi doona inta culeys ah ee aad lugta saari karaysid.
- Lugta saar inta culeys ugu badan ee aad si raaxo kuu leh u awooddid.
- Culeyskaaga oo dhan lugta saar.

## Istaagidda

1. Labada qoriba dhinacaaga dhaawacan ku hay.
2. Kursiga dhinaciisa ku siq.
3. Horey isu soo qaad oo gacanta kursiga hoos ugu riix dhinacaaga fiican si aad u istaagtid.
4. Isu dheellitirkaaga iska hubi. Raac tusaalooyinka ku saabsan inta culeys aad saarayso lugtaada dhaawacan.
5. Ulaha kilkiladaada hoos geli.



## Fadhiisashada

1. Kursiga kaalmeeyso ilaa aad ka dareento in kursigu uu lugahaaga gadaashooda hayo.
2. Labada qoriba gacantaada iskula qabo dhinaca aad ka dhaawacan tahay.
3. Dhinaca gadaale ee kursiga gacantaada kale la gaar.
4. Naftaadu si tartiib ah kursiga isugu soo gaabi, adigoo sinaha soo laabaya.

## Ku Socoshada Ulaha

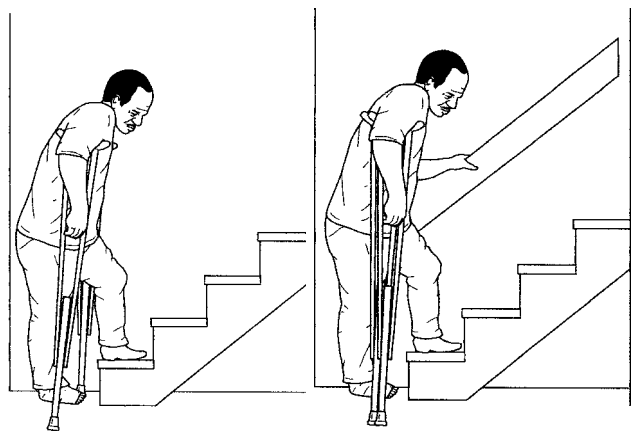
1. Ulaha geli kilkiladaada ka dibna dhinacyadaada ku riix.
2. Ulaha hortaada u dhaqaaji 15.2 ilaa 30.5 cm (6 ilaa 12 inji).
3. Hoos u riix meesha gacanta lagu qabsado markaad ulaha kula tallaabsanayso lugtaada dhaawacan marka ugu horreysa.

## Stairs

- Do not try to climb stairs or curbs until you can use the crutches well.
- For safety reasons, you can sit down and scoot up and down the steps on your bottom if needed.
- If you have a rail, put both crutches under one arm and hold onto the rail for safety.

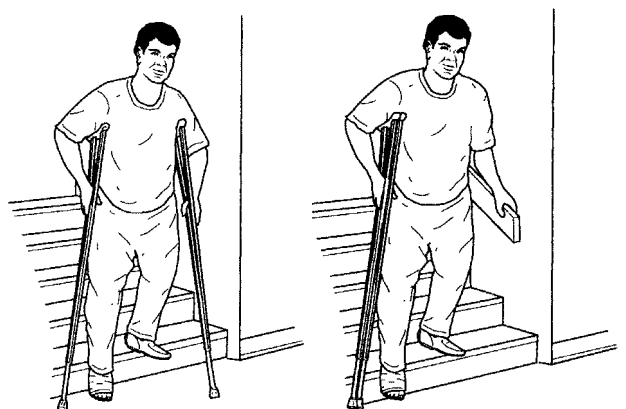
### Going Upstairs

- Have someone stand behind you to help you as needed.
- Keep the crutches on the stair you are standing.
- Support your weight between your crutches.
- Bring your good leg up to the next step. Let the injured leg trail behind.
- Straighten your good leg and bring the crutches and your injured leg up.



### Going Downstairs

1. Put the crutches on the lower step while putting your injured foot forward.
2. Support your weight between your crutches.
3. Move your good foot to the lower step.

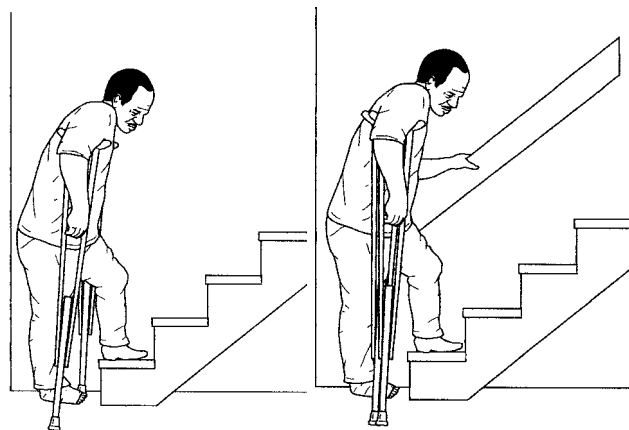


## Jaranjarooyinka

- Ha isku dayin inaad jaranjaro ama kaabad fuusho ilaa aad ulaha si wanaagsan u isticmaali karaysid.
- Sababo ammaan awgood, waxaad ku fadhiisan kartaa ka kici kartaa jaranjarada haddii loo baahdo.
- Haddii aad leedihiin jaranjarada socota, labada qoriga hal kilokilo isla geli ka dibna qabso dhinaca jaranjarada socota si aad ammaan ugu noqoto.

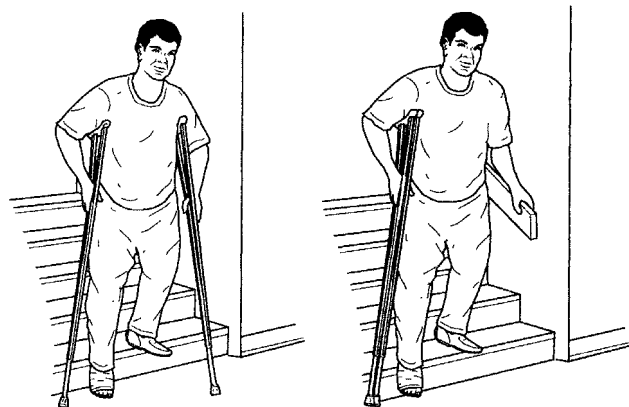
## Jarnjarada kor u Fuulid

- Qof ha ku daba istaago si uu kaaga caawiyo sidii loo baahdo.
- Ulaha jaranjarada aad ku taagan tahay ku hay.
- Culeyskaaga ku taageer ulaha.
- Lugtaada fiican kor keen tallaabada xigta. Lugta dhaawacan ka soo daba jiid.
- Toosi lugtaada fiican ka dibna ulaha iyo lugta dhaawacan ka daba keen.



## Jaranjarada Hoos uga soo degid

1. Ulaha tallaabada hoose ee jaranjarada dhig adigoo lugtaada dhaawacan horey u qaadaya.
2. Culeyskaaga ku taageer ulaha.
3. Lugtaada fiican tallaabada hoose u dhaqaaji.



## Getting Into and Out of a Car

- Have someone open the door and move the seat back as far as they can.
- Back up until you feel the edge of the seat. Grab the seat with one hand and the handgrips of the crutches with the other.
- Tip your head to avoid bumping it. Stand up or sit down using your good leg to bear your weight.
- To sit down, put the heel of your good leg on the car frame and push back. Move across the seat until your injured leg can be swung into the car.



## Gelidda iyo ka soo Bixidda Baabuurka

- Qof iridda ha kuu furo ka dibna kursiga gadaal u riix ilaa inta uu riixmi karo.
- Gadaal u gal ilaa aad ka dareento qarka kursiga. Kursiga hal gacan ka qabso gacanta kalana ulaha meesha laga qabsado.
- Madaxaaga hoos u dhig si aad isaga dhowrtid inaad ku dhufsato. Istaag ama fadhiiso adigoo lugta fiican u isticmaalaya iney culeyskaaga xammisho.
- Si aad u fadhiisatid, ciribta lugtaada fiican dhig geeska baabuurka ka dibna gadaal u siko. Ku siko kursiga ilaa lugtaada dhaawacan lagu soo jiido karayo baabuurka.



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