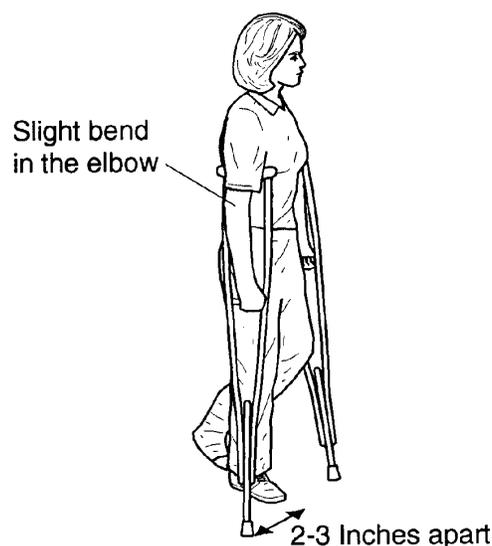
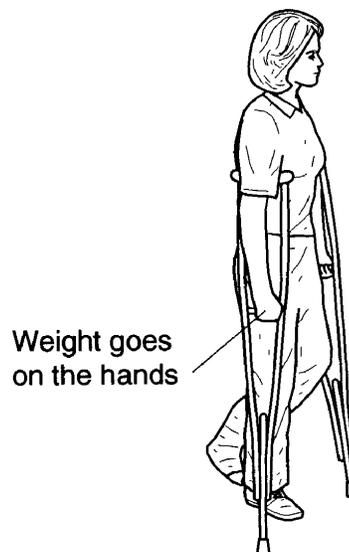


Crutch Walking

Using Your Crutches Safely

- Adjust the crutches for your height. The top of the crutch should be 1 to 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 to 3 inches or 5 to 8 centimeters (cm) out to the side of your feet and 3 to 6 inches or 8 to 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.



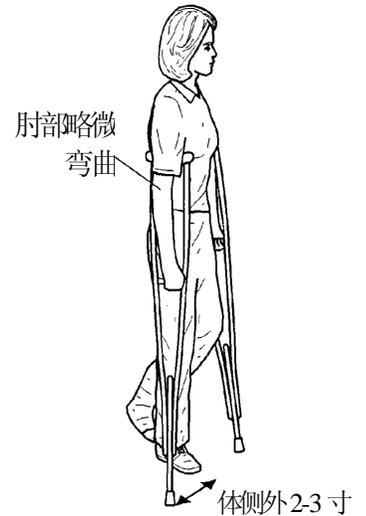
The order from your doctor or therapist for your injured leg is: (Do only what is marked.)

- 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.

拄拐杖走路

请安全使用您的拐杖

- 根据您的身高调整拐杖。拐杖的顶端应该在您的腋窝下1至2英寸。
- 请确定要有衬垫和把手。
- 清理拐杖底端，确保没有泥沙和石子。
- 移掉家里的小地毯以避免摔倒。
- 一定要让压力或重量落在您的双手上而不是腋窝下。
- 将肘部靠近您身旁。
- 将您的拐杖放在体侧外 2 至 3 英寸或 5 至 8 厘米，脚趾前方 3 至 6 英寸或 8 至 15 厘米处。
- 抓住拐杖时肘部应略微弯曲。
- 不要走太快。
- 抬头朝前看。走路时不要盯着脚。时常检查您的平衡。



- 在地毯上走路时要比在瓷砖或平滑地面将拐杖和伤腿抬得更高一点。

医生或理疗师对您伤腿的医嘱：（只做勾选项。）

- 站立或行走时，脚不要碰触地面。
- 脚趾着地以助平衡身体，但是不要让脚趾承受体重。

- ❑ Touch your foot on the ground but do not put weight on it.
- ❑ 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.

Stairs

- Do not try to climb stairs or curbs until you can use the crutches well.

- ❑ 脚可着地，但不要让脚承受体重。
- ❑ 尽量让伤腿承受体重，以自己感觉舒适为限。
- ❑ 让伤腿承受全部体重。

站起

1. 将两根拐杖撑在您受伤的一侧。
2. 挪到椅子的边缘。
3. 向前靠，用未受伤的一侧撑住椅子扶手站起来。
4. 检查您的平衡。按医嘱将适当重量加在您的伤腿上。
5. 将拐杖放于腋下。



坐下

1. 背对椅子直到您的腿后部碰到椅子。
2. 将双拐放在受伤一侧的手里。
3. 用另一只手向后摸到椅子。
4. 慢慢坐入椅子，弯下臀部。

拄拐杖走路

1. 将拐杖放在双臂下，夹在身体两则。
2. 将拐杖移到您前面 6 至 12 寸或 15 厘米至 30 厘米处。
3. 当您先拖着伤腿移向拐杖时，请向下握紧把手。

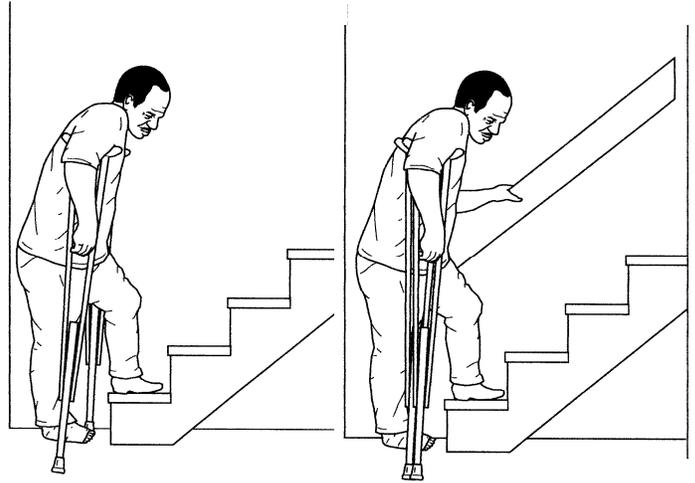
楼梯

- 直到您能把拐杖用得很好时，才可尝试爬楼梯或登上路沿。

- 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.

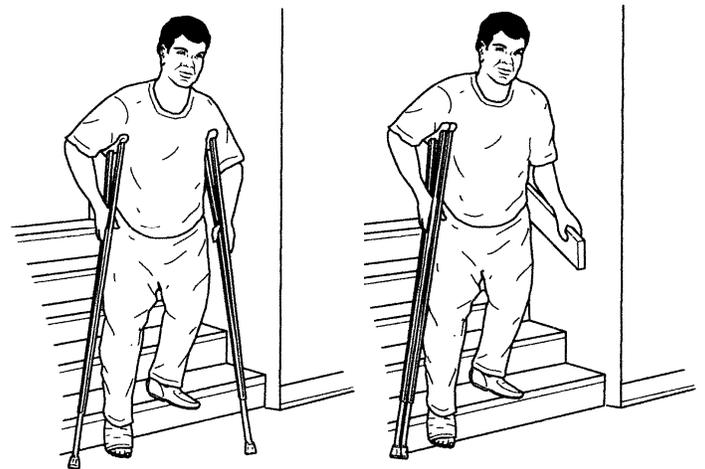
Going Upstairs

- 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

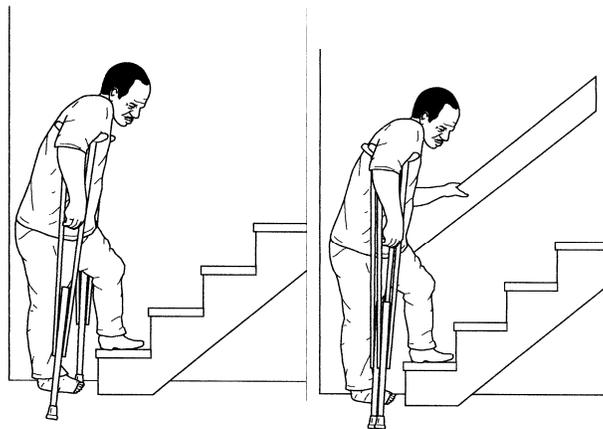
- Put the crutches on the lower step while putting your injured foot forward.
- Support your weight between your crutches.
- Move your good foot to the lower step.



- 为安全起见，需要时您可坐在楼梯处挪下挪上。
- 如果您有扶手，将两个拐杖放在一侧手臂下，握住扶手以策安全。

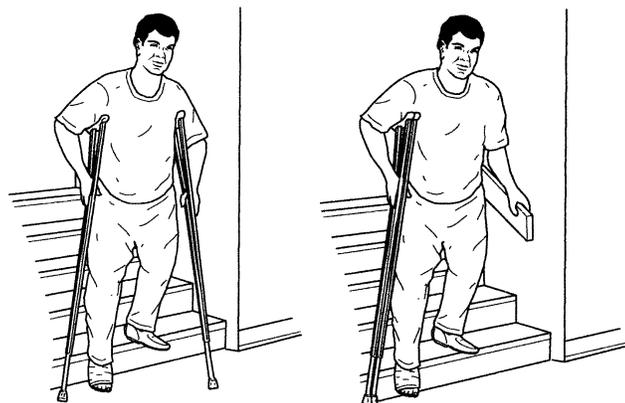
上楼梯

- 让某人站在您后面，在需要时帮您。
- 将拐杖放在您站着的阶梯上。
- 在双拐之间支撑您的重量。
- 将好腿迈上下一级阶梯。让伤腿拖在后面。
- 伸直您的好腿并将拐杖和您的伤腿抬起。



下楼梯

- 将拐杖放在下一级楼梯并将您的伤脚拖向前。
- 在双拐之间支撑您的重量。
- 将好腿迈向下一级阶梯。



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.



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进出汽车

- 让别人打开车门并将车座尽量后移。
- 背向座位直到您碰到座位边缘。用一只手抓住座位，另一只手握住拐杖的把手。
- 护住头以免碰撞。站起或坐下时用您的好腿承受您的体重。
- 坐下时，请将好腿的脚后跟靠近车门并向后移。移至超过座位的地方，直到您能将伤腿晃入车内。



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Crutch walking. Simplified Chinese