

Underarm / Elbow Crutches



Purpose

Crutches can help you recover from leg injuries such as a fracture, surgery, sprain or strain by reducing the amount of weight placed on an affected leg, allowing the injuries to heal more quickly and allow you to stay mobile.

Features

- Easy height adjustment
- Standard anti-slip rubber tip with reinforced metal insert.
- Underarm pad and hand grips are cushioned rubber.
- Aluminium construction for durability and strength.
- Available in S/M/L and Bariatric
- Underarm crutches are more stable than elbow crutches. This makes underarm crutches safer if you can only walk (weight bear) on one leg.

Adjustment

It is important that your crutches fit properly. There are two main types of crutches - underarm and elbow crutches.

Underarm Crutches - When standing with arms loosely by your side, each crutch should be two finger widths below the armpit. The heel of your hand should rest on the hand grip while keeping your wrist and elbow bent slightly.

Elbow Crutches - When standing with arms loosely by your side, the hand grip should line up with the crease of your wrist. When holding the hand grip, the elbow should be slightly bent. The top of each crutch should be about two finger widths below your elbow.

Safe Usage

Your healthcare professional will advise you when it is appropriate to use crutches and ensure your crutches are fitted and used correctly.

- Ensure screws are fully tightened and rubber stoppers are not worn through.
- Make sure your weight goes through your hands, not your armpits.
- Wear supportive, non-slip shoes such as runners.
- Avoid wet or slippery surfaces.
- Take your time, especially when using stairs.
- Crutches should be kept close to your feet, not out to the side.

Walking Pattern

1. Put your crutches out in front, push all your weight down through your hands, then hop through with the uninjured leg as far as you feel comfortable. Initially this may just be in line with the crutches. As you gain more confidence you can hop right through to in front of the crutches.
2. When you are able to put some weight through your injured leg, put your crutches out in front, step your injured leg first, push down through the crutches and then follow through with your uninjured leg.

Cleaning and Maintenance:

- Keep rubber tips in good condition and attached securely.
- The equipment should be checked monthly for signs of rust, cracks, changes in the appearance of the rubber stoppers, or damage/bending in the metal. If any of these are present, stop use and contact the supplier.
- The product should be cleaned regularly with warm soapy water (detergent)

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

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