

PATIENT AND FAMILY EDUCATION HANDOUT

CRUTCH AMBULATION FOR STAIRS - NON-WEIGHT BEARING (NWB)

- Up Stairs Without a Railing:
 - Stand close to the step
 - Keep crutches down and hop the “good” leg up
 - Now lift the crutches
- Down Stairs Without a Railing:
 - Lower crutches and “bad” leg together, not allowing the foot to touch the ground
 - Keep crutches in contact with chest wall
 - With your weight on your hands, hop down with your “good” leg
- Up Stairs With a Railing:
 - Hold the rail with one hand and both crutches with the opposite hand
 - Keep crutches down and hop the “good” leg up
 - Now lift the crutches
- Down Stairs With a Railing:
 - Hold the rail and lower crutches and “bad” leg together, not allowing the foot to touch the ground
 - Keep crutches in contact with chest wall
 - With your weight on your hands, hop down with your “good” leg

RULES:

- Never rest your body weight on the top of the crutches; excessive pressure exerted in the armpits can cause nerve damage.
- Push with your hands for leverage.
- Do not pivot when turning; take small steps or hops.
- Keep both crutches in one hand when preparing to stand or sit. This allows a free hand to hold the surface you are coming from or going to.

REFERENCE:

O'Sullivan, Susan B., Schmitz, Thomas J., *Physical Rehabilitation*, F.A. Davis Company; Fifth Edition, 2007, p.556