

General Advice: These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

Forearm / Canadian Crutch Use

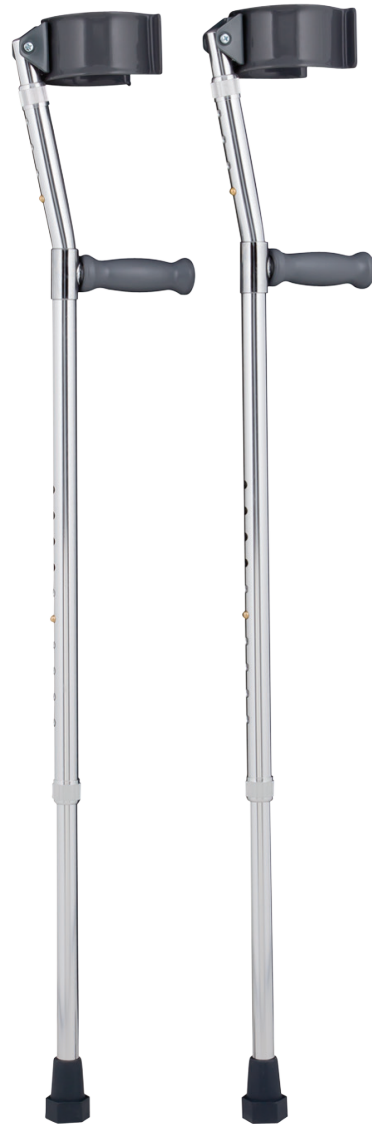
- Crutches are assistive devices used to help support weight-bearing and balance for people experiencing difficulties with walking and mobility
- They are typically used for individuals with injuries or conditions that affect the legs, feet, or ankles, such as a broken leg, sprained ankle, or hip surgery
- Crutches can help to reduce pain and improve mobility by taking pressure off of the affected limb, allowing the individual to bear weight on the unaffected limb while using the crutches for support

How to Fit Forearm/Canadian Crutches

1. Stand up straight and place your arms through the cuffs and hold on to the hand grips
2. The hand grips should be at a comfortable level for your hands, typically at wrist height, they can be adjusted using the push buttons
3. The cuff should be snug around your upper forearm, about 1-2 inches below your elbow, they can be adjusted using the push buttons
4. The tips should be on the ground, with the crutches at a slight angle (about 15°) away from your body
5. Take a few steps to make sure the crutches feel comfortable and stable. Make any necessary adjustments to the height, hand grips, cuff, or tips

General Steps for Using Forearm/Canadian Crutches:

1. Stand up straight: Make sure you are standing up straight and have good posture before using the crutches. Place your hands through the cuffs and hold the hand grips of the crutches the cuffs should fit snugly around your upper forearms—Lean forward slightly and put your crutches about one foot in front of you
 2. Begin your step as if you were going to use the injured foot or leg, but instead, shift your weight to the crutches
 3. Bring your body forward slowly between the crutches
 4. Finish the step normally with your good leg
 5. When your good leg is on the ground, move your crutches ahead in preparation for your next step
 6. Always look forward, not down at your feet
- **Note:** It's important to use the proper technique for walking with crutches, which your Healthcare Professional will teach you. It is also important to use crutches only as directed by your Healthcare Professional and not to exceed their recommendations



Precautions & Safety

- For safety, have someone help you until you have gained your balance, mobility and confidence
- Walk at a safe, comfortable pace and do not turn too quickly
- Be careful when walking over uneven or wet ground
- Wear well fitting, comfortable flat shoes with non-slip soles
- After adjusting the length, check that all adjustment buttons are fully secure

Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- Keep rubber tips in good condition and attached securely
- To clean wipe with a mild detergent
- If the equipment appears damaged, **DO NOT USE.** It may require replacing
- For further information, contact your Healthcare Professional
- **Additional options:** Replacement stoppers