

Deambulation by crutches

Before starting deambulation on crutches, check their length. To do this, you need to stand up, place the crutch close to your leg, and ensure that its handle is the same height as the trochanter (that is the small bone protruding from the hip).

This is a very important step to do, for two main reasons:

1. if the crutches are too low, you will tend your body forward, charging too much weight on the operated knee and walking in an incorrect way, with an always flexed tip.
2. if they are too high, the weight given to the knee is about null, and the shoulders are kept too high.

The day of the operation you have been taught how to stand in an erect position, that is to stand on the crutches concentrating the body weight on the healthy limb; this let you become familiar with the crutches.

From the day after the surgery, you are invited to take small steps. First you have to charge the healthy limb; second carry the crutches forward and then the operated limb charging the crutches, paying attention that the healthy limb rests on the ground within the crutches.

In the following days, you need to learn better and better, increasing the use of the limb. You have to progress in the level of autonomy.

For this reason, always charging part of you weight on the crutches, you have to start carrying the healthy limb a little forward of the crutches level; to do this step well, remember that the hip has to be completely extended before the limb takes off from the ground.

Next step is to equalize the length of the two steps.

Last phase is the alternated walk: proceed carrying forward together the crutch with the opposite leg, progressively charging the weight on the operated limb. This phase prepares you to abandon the first crutch.

In fact, during last days, you are suggested to walk on one crutch only: it is very important to remember to use it on the side of the healthy limb, as only in this way you can control the weight you charge on the operated limb.

Good work and good walk!