

## **How to Ambulate with Crutches**

Nurse 1: Good morning Mr. Smith. This morning we're going to take a few steps with your new crutches. I've adjusted them to your height using this part of the crutch down here. I know you're about 6 feet 1 inch tall. Does this feel comfortable? I've also checked the rubber on the bottom of your crutches to make sure they aren't worn out so that they're nice and sturdy.

You don't want to put any pressure on your right leg here.

So what you're going to do is swing your crutches forward first and then bring your other leg through. That's it.