

PATIENT MOBILITY

GENERAL HOME SAFETY GUIDELINES

- Remove hazards that might cause a fall (rugs, cords, furniture, clutter)
 - Install lighting/nightlights
- Use nonslip mats, grab bars, and raised toilet seats



CRUTCHES

Standing up: scoot to front of chair, hold both crutches in hand of injured side, push up on good foot.

Stairs:

Up

- Unaffected/strong leg first
- Affected/weak leg and crutches second

Down

- Affected/weak leg and crutches first
- Unaffected/strong leg second



WALKERS

Adjust so that the patient's elbows are slightly flexed when using

How to ambulate

- Push forward about 6" (or whatever is comfortable for the patient)
- Advance weak leg, then strong leg
- As patients get stronger, they can advance the walker and weak leg together at once, then move the stronger leg forward

Types

- Standard: patient needs to have the strength to lift the walker
- Wheeled: patient needs to be able to push the walker forward



CANES

- Use on STRONG SIDE
- Elbow should be flexed slightly
- Tip of nearest point of the cane should be about 6" in front of and 6" to the side of that strong leg

How to ambulate

- Position as stated above
- Advance the cane about 1 foot forward (or whatever is comfortable for the patient)
- Move the WEAK SIDE while the cane and the strong leg are supporting the patient
- Then move the strong leg ahead, while the weaker leg is supported by the cane
- Continue

Types

- Straight or regular
- Tripod
- Quad

Sources: American Academy of Orthopaedic Surgeons. How to Use Crutches, Canes, and Walkers-OrthoInfo - AAOS. (n.d.). Retrieved February 23, 2017, from <http://orthoinfo.aaos.org/topic.cfm?topic=a00181>