

MECHANICAL AIDS



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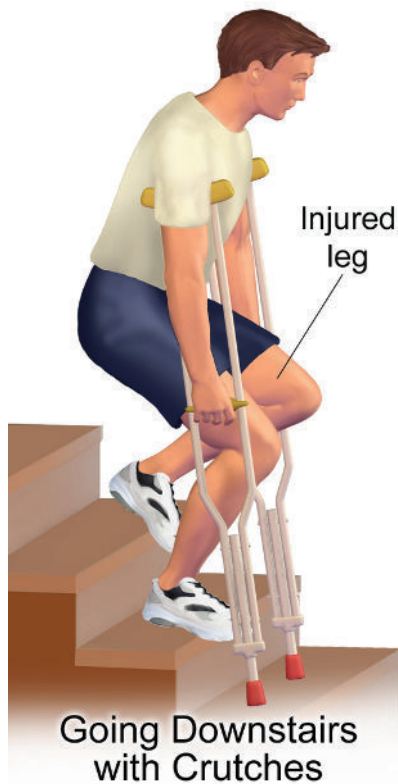
Canes

- Use on the unaffected side
- Extension of arm - bend at elbow
- Relieves load from injury by using on unaffected/strong side

Walkers

- Used for general weakness or unilateral weakness
- Advance walker, then step with affected/weak side first

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Crutches

- Extension of arms
 - Use handles for stability, don't place in armpit & brace through arms and shoulders
- Mobilizing
 - Flat surface
 - Crutches first, then strong leg, while elevating weak leg
 - Stairs
 - Going Upstairs - Strong leg first, then crutches with weakened leg
 - Going Downstairs - Crutches with weakened leg, follow with strong leg, & don't lean forward