

## Instructions for Use, Cleaning, and Care

*These instructions  
are guidelines only.  
Use only as instructed  
by your healthcare  
provider.*




**Carex Health Brands**  
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Sioux Falls, SD 57104  
800.526.8051  
[www.carex.com](http://www.carex.com)

### What are Crutches Used For?

Crutches are used for support while walking.

### How Do I Adjust The Crutches?

- Wearing shoes, stand straight with shoulders relaxed and arms hanging loosely.
- Adjust the length of the crutches so that the crutch top is approximately 2" below the underarm.
- Next, adjust the handles:
  1. Stand with crutches placed 6" in front of and 6" to the side of your feet.
  2. Adjust handle until your elbow is bent approximately 20° to 30°. After adjusting, ensure that the spring buttons are fully engaged and screws are tightened.

 **WARNING** Make sure that you are correctly fitted, all spring buttons are fully engaged, all screws are tightened, and hand grips are attached securely.  
**WARNING** Keep your wrists straight when using crutches.

### Walking

- Bring the crutches forward at the same time, 6 inches to 12 inches, keeping your injured leg off of the ground.
- Supporting your weight with your hands (not your underarm), carefully swing your good leg forward, placing this foot just in front of the crutches.
- Keep your head and posture upright to maintain balance.

**WARNING** When using crutches, watch for possible safety hazards such as cords, water or oil on floor, floor rugs and other obstacles.

### Walking Up Stairs

- Use a handrail if available. Carry the crutch closest to the handrail in the other hand. Hold the handrail with the free hand.
- Step up with the stronger leg first, followed by crutches and the injured leg.

### Walking Down Stairs

- Place crutches down on stair first, followed by injured leg, then the stronger leg.

### Sitting Down

- Back up to the chair (or whatever you are sitting on) until you feel the back of your legs touch the chair.
- Hold both crutches by the hand grips in the hand on the injured side.
- Hold onto the chair with the other hand and lower yourself slowly, bending at the hips.
- Unless authorized by your health professional, keep your injured leg off the ground, and your weight on the good leg.

*(continued on next page)*

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### Standing Up

- Make sure that the chair is secure. If using a wheelchair, ensure that the brakes are on.
- Move forward until seated at the edge of the chair. Place the stronger foot on the floor.
- Hold the crutches by the hand grips in the hand on the injured side.
- Push up from the chair with the stronger leg, keeping the head well forward.
- When upright, place a crutch under each arm.

### How Do I Care for the Crutches?

- Clean the hand grips with a mild soap, detergent or household cleaner. Do not use solvents such as acetone, lacquer thinner, or turpentine.
- Periodically check the rubber tips for rips, tears, cracks or worn tread. If any of these conditions exist, replace.

#### Crutches (pair)

A975 A976 A976  
(250 lb weight capacity)

A965 (275 lb. weight capacity)

A418 A419 A420  
(500 lb. weight capacity)

HCPCS Code:  
E0114

#### Forearm Crutches (pair)

A985 (250 lb. weight)

HCPCS Code:  
E0110

#### Crutch Tips

A715 A717  
A925  
(250 lb.)

HCPCS Code:  
A4637

#### Crutch Pads

A701  
weight n/a

HCPCS Code:  
A4635

#### Crutch Handgrips

A951-00 A953-C0  
A925  
weight n/a

HCPCS Code:  
A4636

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