



**Dr. S. Matthew Hollenbeck, MD**  
Kansas Orthopaedic Center, PA  
7550 West Village Circle, Wichita, KS 67205  
2450 N Woodlawn, Wichita, KS 67220  
Phone: (316) 838-2020 Fax: (316) 838-7574

## ***CRUTCH SAFETY SHEET***

Your child is allowed to put the following amount of weight on the right/left leg: \_\_\_\_\_

### **Guarding your child:**

Hold onto your child until you feel your child is safe to walk alone. Do this by holding onto the waistband of your child's pants or use a large belt around the waist if needed. Stand by the side of your child, putting one hand on the waist and one on the shoulder as needed.

### **Watch out for:**

- ❖ Toys on the floor. Pick them up.
- ❖ Water on the floor. Wipe it up.
- ❖ Throw rugs. Remove.
- ❖ Uneven surfaces, such as grass, gravel and shag carpets.
- ❖ Family pets. Restrain them from jumping.
- ❖ Darkness. Use nightlights in bathrooms, bedrooms, and in the hall.

### **Caution your child to:**

- ❖ Walk slowly and carefully.
- ❖ Turn corners slowly
- ❖ Make sure that chairs will not slide when your child sits down or stands up.

### **Stairs:**

Be very careful on stairs. Stay close in case your child starts to fall. If you do not feel your child is safe on stairs, it is OK for your child to sit-scoot up and down them.

To go up stairs:

1. Place good leg up first.
2. Advance crutches and casted leg together.

To go down:

1. Put crutches down first.
2. Put casted leg down second.
3. Put other leg down third.

### **Other information:**

Do not let other people play with or readjust the crutches.  
If you receive your crutches at the hospital, they are your to keep.

Kansas Orthopaedic Physical Therapy Department  
(316) 838-2020