Forearm Crutches (Elbow Crutches)

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

What are Forearm Crutches Used For? (Figure 1)

Forearm crutches are used for support when walking.

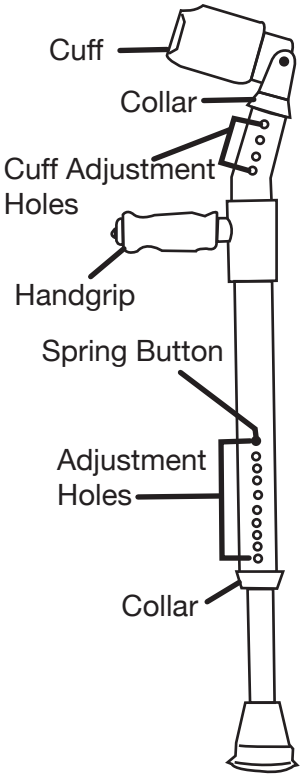

Figure 1: Forearm crutch

How Do I Adjust the Forearm Crutches?

Height

- Stand upright, with your shoulders relaxed and your arms hanging loosely at your sides.
- The height of the handgrips should be at the crease of your wrist when your arm is extended.
- To adjust the height, depress the spring buttons on the leg extensions and lengthen or shorten the extension to achieve the proper height. Ensure the spring buttons are fully engaged in the adjustment holes.
- If the height is properly adjusted, your elbow should be bent approximately 30° when you hold the handgrips (Figure 2).
- Ensure that both crutches are adjusted to an equal height and that all spring buttons are fully engaged in the adjustment holes.
- Rotate all collars to secure leg extensions.

Cuff Adjustment

- The cuff should be adjusted to 1-2 inches below the bend of the elbow.
- To adjust the cuff height, depress the spring buttons on each cuff, and lengthen or shorten the extension to achieve the proper sizing. Ensure the spring button is fully engaged in the adjustment hole.
- Rotate all collars to secure cuffs.
- Widen or narrow the crutch cuffs to help ensure a secure fit around the arms of the user.

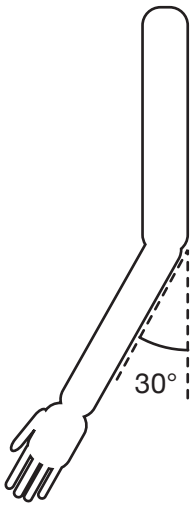

Figure 2: Correct angle of elbow on forearm crutch handle

How Do I Use the Forearm Crutches?

- A physician or therapist should instruct the user on the proper adjustment and use of the crutches.

WARNING Ensure that spring buttons are fully engaged and aligned in the proper adjustment hole of each crutch before use.

WARNING Cuffs are designed to add stability to the forearm crutch. They are not intended to support the user's weight.

WARNING Do not subject forearm crutches to sudden impacts or jolts.

How Do I Care For the Forearm Crutches?

- Clean the hand grips with a mild soap, detergent or household cleaner.
- Periodically check the rubber tips for rips, tears, cracks or worn tread. If any of these conditions are found, contact the Red Cross immediately.

Please ensure that equipment returned to the Red Cross is clean and in good condition.

CANADIAN RED CROSS

Copyright 2011