

INSTRUCTIONS FOR USING CRUTCHES



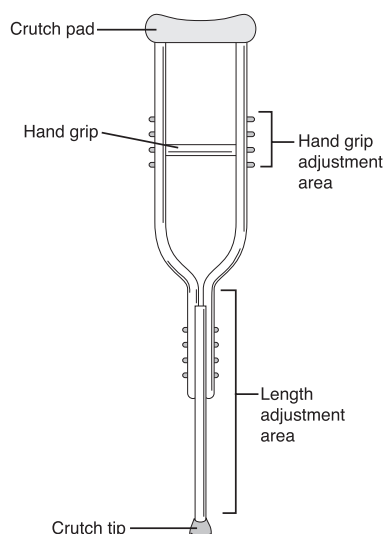
American College of
Foot and Ankle Surgeons

It takes some coordination to get around on crutches. To make sure you use your crutches correctly, please read these instructions and follow them carefully.

Sizing Your Crutches

Even if you've already been fitted for crutches, make sure your crutch pads and handgrips are set at the proper distance, as follows:

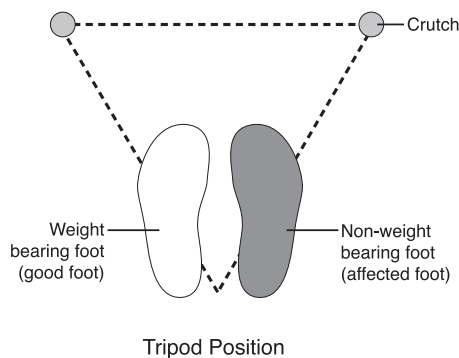
- **Crutch pad distance from armpits:** The crutch pads (tops of crutches) should be 1½" to 2" (about two finger widths) below the armpits, with the shoulders relaxed.
- **Handgrip:** Place it so your elbow is flexed about 15 to 30 degrees—enough so you can fully extend your elbow when you take a step.
- **Crutch length (top to bottom):** The total crutch length should equal the distance from your armpit to about 6" in front of a shoe.



Begin in the "Tripod Position"

The tripod position is the position you stand in when using crutches. It is also the position you begin walking in.

To get into the tripod position, place the crutch tips about 4" to 6" to the side and in front of each foot. Stand on your "good" foot (the one that is weight-bearing).



Walking with Crutches

(Non-weight-bearing)

If your podiatric foot and ankle surgeon has told you to avoid ALL weight-bearing, it is important to follow these instructions carefully. You will need sufficient upper body strength to support all your weight with just your arms and shoulders.

1. Begin in the tripod position—and remember, keep all your weight on your "good" (weight-bearing) foot.
2. Advance both crutches and the affected foot/leg.

3. Move the "good" weight-bearing foot/leg forward (beyond the crutches).
4. Advance both crutches, and then the affected foot/leg.
5. Repeat steps #3 and #4.

Managing Chairs with Crutches

To get into and out of a chair safely:

1. Make sure the chair is stable and will not roll or slide—and it must have arms and back support.
2. Stand with the backs of your legs touching the front of the seat.
3. Place both crutches in one hand, grasping them by the handgrips.
4. Hold on to the crutches (on one side) and the chair arm (on the other side) for balance and stability while lowering yourself to a seated position—or raising yourself from the chair if you're getting up.

Managing Stairs without Crutches

The safest way to go up and down stairs is to use your seat—not your crutches.

To go up stairs:

1. Seat yourself on a low step.
2. Move your crutches upstairs by one of these methods:
 - If distance and reach allow, place the crutches at the top of the staircase.

- If this isn't possible, place crutches as far up the stairs as you can—then move them to the top as you progress up the stairs.
3. In the seated position, reach behind you with both arms.
 4. Use your arms and weight-bearing foot/leg to lift yourself up one step.
 5. Repeat this process one step at a time. (Remember to move the crutches to the top of the staircase if you haven't already done so.)

To go down stairs:

1. Seat yourself on the top step.
2. Move your crutches downstairs by sliding them to the lowest possible point on the stairway—then continue to move them down as you progress down the stairs.

3. In the seated position, reach behind you with both arms.
4. Use your arms and weight-bearing foot/leg to lift yourself down one step.
5. Repeat this process one step at a time. (Remember to move the crutches to the bottom of the staircase if you haven't already done so.) ▲

IMPORTANT!

Follow These Rules for Safety and Comfort

- **Don't** look down. Look straight ahead as you normally do when you walk.
- **Don't** use crutches if you feel dizzy or drowsy.
- **Don't** walk on slippery surfaces. Avoid snowy, icy, or rainy conditions.
- **Don't** put *any* weight on your foot if your doctor has so advised.
- **Do** make sure your crutches have rubber tips.
- **Do** wear well-fitting, low-heel shoes (or shoe).
- **Do** position the crutch hand grips correctly (see "Sizing Your Crutches")
- **Do** keep the crutch pads 1½" to 2" below your armpits.
- **Do** call your podiatric foot and ankle surgeon if you have any questions or difficulties.



Melissa J. Lockwood, D.P.M.

Melissa J. Lockwood, D.P.M. – As founder of Heartland Foot and Ankle Associates, P.C., Dr. Melissa J. Lockwood happily returns to central Illinois after seven years in Cleveland, Ohio. She is a graduate of Providence Catholic High School in New Lenox, Illinois. Dr. Lockwood completed her undergraduate degree from the University of Illinois (Urbana/Champaign) in 2001 with a Bachelor of Science in Biology and a minor degree in Chemistry. Dr. Lockwood has a great interest in archaeology and also received a minor degree in Anthropology from the U of I in 2001.

Dr. Lockwood went on to the Ohio College of Podiatric Medicine and matriculated with her Podiatric Medical Degree in 2005. While at OCPM, Dr. Lockwood served as both a delegate to the student branch of the APMA

as well as President of the Student Government organization (OPMSA). Dr. Lockwood was the recipient of several awards while attending OCPM, including the Ohio Podiatric Medical Association Dr. James Conforti Community Relations Award and the OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics.

Dr. Lockwood arrives in Bloomington following a three year residency in Cleveland, Ohio. Dr. Lockwood completed a 36 month Podiatric Medical and Surgical Residency Program based out of the University Hospital System/Richmond Heights Medical Center. Dr. Lockwood has extensive training in both forefoot (bunions, hammertoes, neuromas) elective surgical procedures as well as rearfoot reconstruction. She has a special interest in the treatment of chronic wounds as well as diabetic palliative care. Dr. Lockwood enjoys working with patients one on one in a clinical setting and chatting about her favorite sports teams!

Dr. Lockwood and her husband Scott are pleased to be back in their home state and rooting on the Illini, Redbirds, Chicago Bears, and White Sox! Scott is a 2000 Illinois State University Alumni with a BS degree in Accountancy. He is a CPA working in Bloomington.

EDUCATION

University of Illinois, Urbana-Champaign, BS Biology (01)
Professional: Ohio College of Podiatric Medicine, (05)
Residency: University Hospital Richmond Medical Center (05-June 08)

PROFESSIONAL ACCREDITATION

NBPME Part I (03) NBPME Boards Part II & Part III - PM Lexus (05)
State of Illinois Licensure (08)

HONORS AND AWARDS

Illinois State Scholar (1997)
OCPM Academic Scholarship (01) OCPM Dean's List (04)
OPMA Dr. James Conforti Community Relations Award (05)
OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics (05)
University Hospitals Richmond Medical Center Outstanding Podiatric Resident (08)

PROFESSIONAL ORGANIZATIONS

President, Ohio Podiatric Medical Student's Association (02-04)
Delegate, American Podiatric Medical Students Association (02-04)
Chairman, President's Committee, American Podiatric Medical Student's Association Feb. 2004
Member - OCPM Board of Trustees (02-04)
APMA/IPMA, AAAPP, AAWP member at large

RESEARCH/PUBLICATIONS

Sesamoid Pathology, coauthored with
Dr. Joseph Favazzo, D.P.M., December 2005. Compilation of forefoot pathology edited by Vincent J. Hetherington, D.P.M.



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American College of Foot and Ankle Surgeons

This information has been prepared by the Consumer Education Committee of the American College of Foot and Ankle Surgeons, a professional society of 5,800 foot and ankle surgeons. Members of the College are Doctors of Podiatric Medicine who have received additional training through surgical residency programs.

The mission of the College is to promote superior care of foot and ankle surgical patients through education, research and the promotion of the highest professional standards.

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