



## 使用拐杖行走

### 逐步說明和安全提示

本手冊給出如何安全使用拐杖的說明，藉以幫助你恢復健康。

### 調節你的拐杖

- 調節拐杖長度，使其適合你的身高。拐杖的頂部應該比你的腋窩稍低 1 至 2 英寸。
- 確保手肘稍微彎曲。行走時，壓力應該在手掌上，**而不是**在腋下。

### 醫生指示

醫生將根據你的患肢狀況勾選下面的指示，必須遵循這些指示：

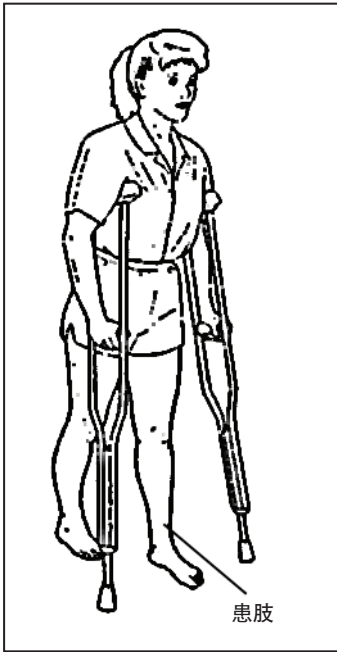
- 切勿讓患肢接觸地板。
- 可以將患肢接觸地面，但**切勿**讓身體重量壓在腳上。
- 接觸地面時，只能讓其支撐 \_\_\_\_\_ 磅，或你體重的 \_\_\_\_\_ %。你的物理治療師會教你這樣做的方法。
- 儘量讓你的患肢支撐你可以承受，即不會感到疼痛或不舒服的身體重量。

### 站立

- 將身體滑到椅子邊緣，患肢向前伸直。
- 用一隻手握住兩支拐杖，置在患肢一側。
- 站起來時，身體向前傾，將身體體重壓在兩支拐杖上和健肢上。
- 檢查是否平衡。
- 將拐杖置於腋下，逐支放置。



從坐著站起來時，**切勿**將身體重量壓在患肢上



使用拐杖行走時，將拐杖頭向旁伸出約 2 至 3 英寸，向前伸出約 1 英尺。

## 坐下

- 倒退至椅子，直到感覺到椅子邊緣碰到雙腿後側為止。
- 將兩支拐杖置於患肢一側的手中。
- 用另一隻手向後抓住椅子。
- 慢慢坐到椅子上。小心不要將太多重量壓在患肢上。

## 行走

- 遵循“醫生指示”一節中的指示，將恰當的身體重量置於你的腿上。
- 將拐杖頭向旁伸出約 2 至 3 英寸，向前伸出約 1 英尺。
- 用患肢向前邁出一步。
- 然後用健肢向前邁出一步，使其超過患肢。與此同時，向下撐住拐杖握柄。

## 爬樓梯

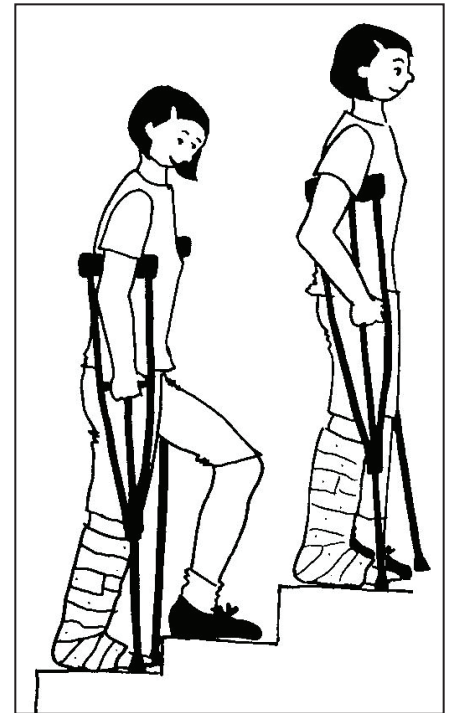
**切勿**爬樓梯，除非你已經能夠很熟練地使用拐杖。當你能夠熟練使用拐杖後，如果需要上落樓梯，你可以坐下來，移動臀部來上落樓梯。

如果樓梯有欄杆，用手握住一側的欄杆，將兩支拐杖置在另一側腋下——這是比較安全的方法。

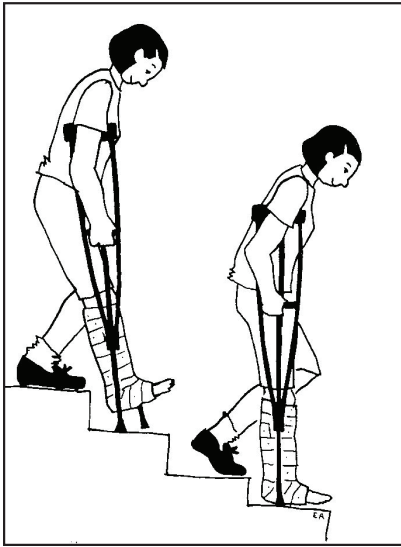
如果有人幫助你上落樓梯，當你上樓梯時，他們應該站在你的後面，當你下樓梯時，則應站在你的前面。他們應該支撐住你的軀幹和身體，**不應該**握住你的手。

## 上樓梯

- 將身體重量置於兩支拐杖上，先用健肢走上一級樓梯。
- 將患肢和拐杖帶上同一級梯級。
- 重復上述動作來上每級樓梯。



使用拐杖上樓梯時，先用健肢走上一級樓梯。



使用拐杖下樓梯時，先將拐杖頭放在下一級樓梯上。

## 下樓梯

- 將兩支拐杖的頭部放在下面一級樓梯上。
- 用患肢走下一級樓梯。
- 向下撐住拐杖，慢慢地放下健肢。
- 重復上述動作來下每級樓梯。

## 安全提示

- 行走時，不要望著你的腳。擡起頭，望著你要去的地方。要經常檢查你是否平衡。
- 切勿走得太快。
- 將家裡的小地毯拿走，清除掉行走道上的雜物，以免滑到和摔跤。
- 要經常清洗拐杖頭，確保上面沒有泥土和石頭。此外，還要檢查拐杖頭是否有磨損。
- 記住，在地毯上行走時，要將拐杖和患肢擡得高些。

## 有任何問題嗎？

你的問題非常重要。如果你有任何問題或顧慮，請致電你的醫生或醫療提供機構。

星期三上午 8 點至下午 4 點 30 分，  
請致電物理治療部，電話：206-598-4830。

周末和假節日，請致電 206-598-6190，要求傳呼周末值班的物理治療師。

## Crutch Walking

### *Step-by-step instructions and safety tips*

*This handout gives instructions on how to safely use crutches to help your recovery and healing.*

### Fitting Your Crutches

- Adjust your crutches for your height. The top of the crutch should be 1 to 2 inches below your armpit.
- Make sure your elbows are slightly bent. When you walk, the pressure should be on your hands, NOT your armpits.

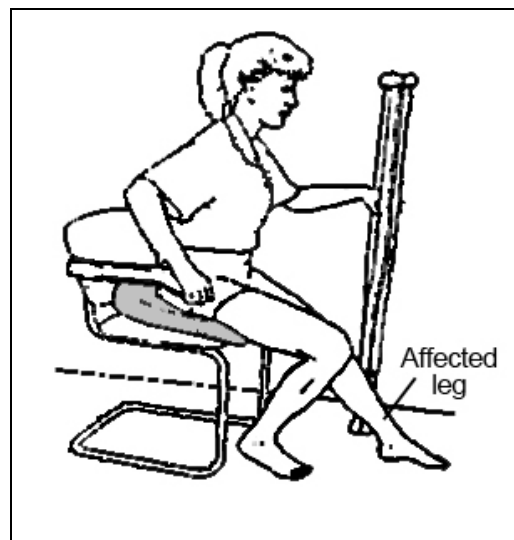
### Your Doctor's Orders

Make sure you follow the orders checked below for your affected leg:

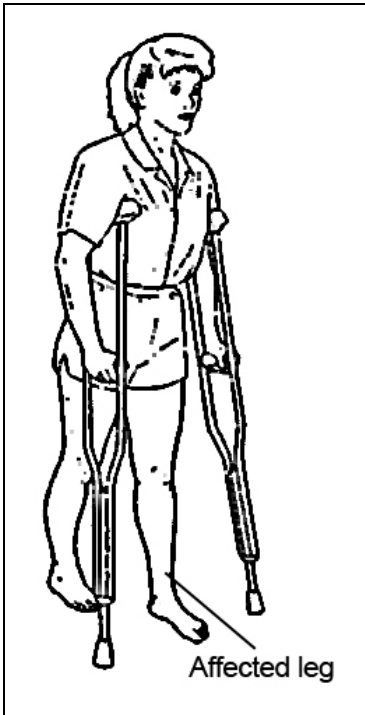
- Do **not** let your foot touch the floor.
- You may touch your foot on the ground, but do **not** put weight on it.
- Only put \_\_\_\_\_ pounds, or \_\_\_\_\_%, of your body weight on the ground. Your physical therapist will teach you how to do this.
- Put as much weight on your leg as you can without pain or discomfort.

### Standing Up

- Slide to the edge of the chair, with your affected leg straight out in front of you.
- Hold both crutches in one hand, on your affected side.
- To stand up, lean forward and push down on your crutches and your foot on your strong side.
- Check your balance.
- Put your crutches under your arms, 1 at a time.



*Do **not** put any weight on your affected leg when you stand up from sitting.*



When walking with crutches, put the crutch tips about 2 to 3 inches out to the side and about 1 foot ahead of you.

## Sitting Down

- Back up to the chair until you feel the edge of the chair seat on the back of your legs.
- Place both crutches in your hand on your affected side.
- Reach back for the chair with your other hand.
- Lower yourself slowly into the seat. Be careful not to put too much weight on your affected leg.

## Walking

- Follow the instructions under “Your Doctor’s Orders” about how much weight to put on your leg.
- Place the crutch tips about 2 to 3 inches out to the side and about 1 foot ahead of you.
- Step forward with your affected leg.
- Step forward with your strong leg, bringing it past your affected leg. At the same time, push down on the handgrips.

## Climbing Stairs

Do **not** climb stairs until you can use your crutches well. Until then, if you need to go up or down stairs, you can sit down and scoot on your bottom.

If the stairs have a railing, hold onto the railing on one side and put both crutches under the other arm – it is safer that way.

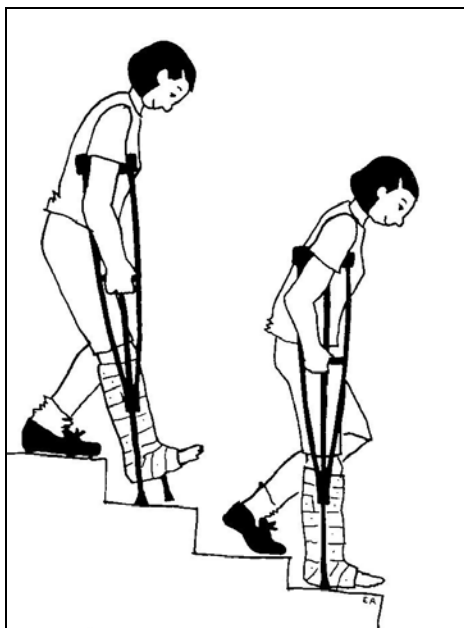
If someone is helping you on the stairs, they should stand behind you when you go up and in front of you when you come down. Your helper should support your trunk and body. They should **not** hold onto your hand.

## Going Up Stairs

- Place your weight on your crutches and step up with your strong leg.
- Bring your affected leg and your crutch tips up to the same step.
- Repeat for every stair step.



Step up with your strong leg first when going up stairs with crutches.



*Put the crutch tips on the step below first when going down stairs with crutches.*

## **Going Down Stairs**

- Put the tips of both crutches on the step below you.
- Step down with your affected leg.
- Push down on your crutches and slowly lower your strong leg.
- Repeat for every stair step.

## **Safety Tips**

- When you are walking, do not look at your feet. Keep your head up and watch where you are going. Check your balance often.
- Do not walk too fast.
- Remove throw rugs and clear walkways in your home to avoid slipping and falling.
- Clean the tips of your crutches often to make sure they are free of dirt and stones. Also check the tips for wear.
- Remember that you need to lift your crutches and your affected leg higher when you are walking on carpet.

## **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Weekdays from 8 a.m. to 4:30 p.m., call Physical Therapy at 206-598-4830.

On weekends and holidays, call 206-598-6190 and ask for the weekend Physical Therapist to be paged.