

Step-by-Step: Fitting a Crutch

Fitting a Crutch. Standing up straight, place your crutch below your arm. There should be about a one to two-inch gap between your armpit and the top of the crutch. Adjust the height of the crutch at the bottom of it as needed.

While remaining standing, hang your arm over the side of your crutch. Your wrist needs to be in line with the hand grip.

To adjust the hand grip height, loosen the wing nut and fully remove the bolt. Change the height of the grip to your needed height. Re-insert the bolt and tighten the wing nut.

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