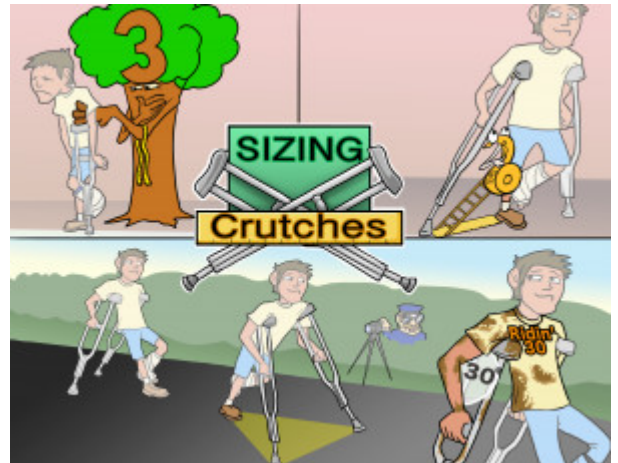


Sizing Crutches

Measuring crutches is an important action to prevent pressure on the axilla, which could lead to neurovascular problems. Key facts to know include keeping at least 3 finger widths under the axilla, pointing the crutches 6 inches lateral from the heels, keeping a 30 degree flexion at the elbows, and knowing the tripod position.



PLAY PICMONIC

3 Finger Widths

(3) [Tree using 3 Fingers](#)

To prevent pressure on the axilla, make sure that there are at least 3 finger widths under the axilla.

6 Inches Lateral From Heel

(6) [Sax Ladder at Heel](#)

When fitting the crutch, ensure that the length is measured when there are 3 finger widths under the axilla to a point 6 inches lateral from the heel.

30 Degree Flexion

(30) [Dirty Degrees of elbow Flexion](#)

Handgrips are positioned so that there is no pressure on the axilla. The 30 degree elbow flexion is measured by a goniometer, when the patient is upright supporting their weight on the handgrips.

Tripod Position

[Tripod](#)

The basic crutch stance is a tripod position, which provides a wide and stable base of support. This means that the crutches are placed 6 inches in front of and 6 inches to the side of each foot. Patients learn the tripod position before learning a specific crutch walking gait.