

拄拐行走

Crutch Walking

Using Your Crutches Safely

Crutches

- Adjust the crutches for your height. The top of the crutch should be 1 to 2 inches below your armpit.
- Be sure that the pads and grips are in place.
- Clean the tips of the crutches to make sure that they are free of dirt and stones.

Prevent Falls

- Keep your crutch tips about 2 to 3 inches (7.5 centimeters) away from the side of your feet so you don't trip.
- Wear supportive footwear that has non-slip soles. Do not wear slip on shoes.
- Remove throw rugs in your home to avoid falls.
- Pick up your crutches and injured leg higher walking on carpet than you do walking on tile or smooth floors.

Safe Walking

- Carry your weight on your hands, not on your armpits.
- Keep your elbows close to your sides and slightly bent.
- Do not walk too fast.
- Keep your head up and look forward when you are walking. Do not look at your feet.
- Check your balance often.

安全使用拐杖

拐杖



- 根據身高調整拐杖的高度。拐杖的頂部應在腋下 1 到 2 英寸處。
- 確保軟墊和把手就位。
- 清潔拐杖的尖端，確保無灰塵和石頭。

防止跌倒

- 將拐杖尖端置於距離腳邊約 2 至 3 英寸 (7.5 厘米) 處，以免絆倒。
- 穿有防滑鞋底的支撐型鞋。切勿穿拖鞋。
- 收起家中地毯，以免跌倒。
- 與在瓷磚或光滑地板上行走相比，在地毯上行走時拐杖和傷腿需要抬得更高。

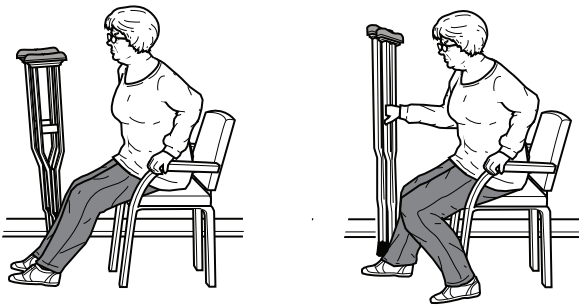
安全行走

- 用雙手而不是腋下支撐體重。
- 肘部靠近身體兩側並略微彎曲。
- 切勿行走過快。
- 行走時抬起頭向前看。切勿低頭看腳。
- 經常檢查身體是否平衡。

The order from your doctor or therapist for your injured leg is (do only what is marked):

- Do not let your foot touch the floor when standing or walking.
- Touch your toe on the ground to help your balance but do not put weight on it.
- Touch your foot on the ground but do not put weight on it.
- Put as much weight on the leg as you can comfortably.
- Put all your weight on the leg.

Standing Up

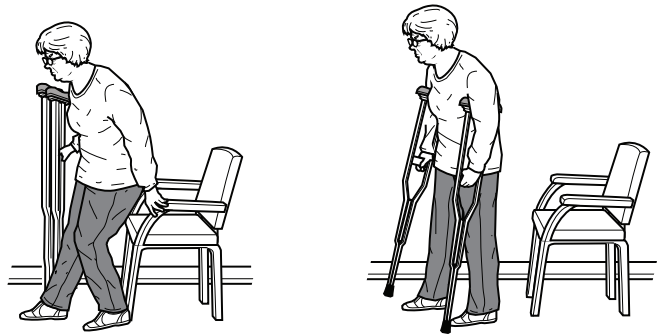


1. Hold both crutches on your injured side.
2. Slide to the edge of the chair.
3. Lean forward and push down on the arm of the chair on your good side to stand up.
4. Check your balance. Follow instructions about how much weight to put on your injured leg.
5. Put the crutches under your arms.

醫生或理療師對您傷腿的醫囑 (只做勾選項目)：

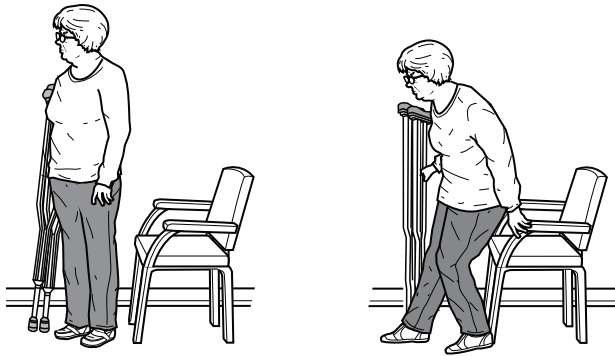
- 站立或行走時，腳不要碰觸地面。
- 腳趾接觸地板幫助平衡但勿施力於腳趾。
- 腳掌接觸地板幫助平衡但勿施力於腳掌。
- 儘量讓傷腿承受體重，以自己感覺舒適為限。
- 讓傷腿承受全部體重。

站立



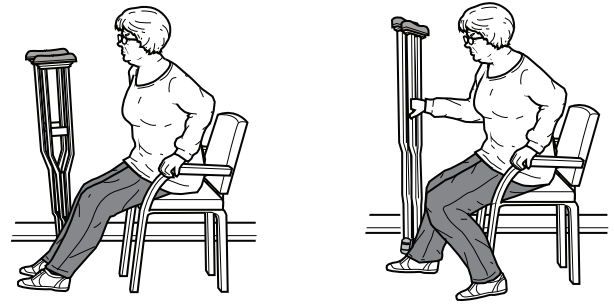
1. 兩條拐杖均置於傷腿側。
2. 滑到座椅邊緣。
3. 向前傾斜並向下按壓健腿側的座椅扶手，順勢站起。
4. 檢查身體是否平衡。請遵循有關傷腿可承受重量的指示。
5. 將拐杖置於腋下。

Sitting Down



1. Back up to the chair until you feel the chair on the backs of your legs.
2. Put both crutches in your hand on the injured side.
3. Reach back for the chair with your other hand.
4. Lower yourself slowly into the chair, bending at the hips.

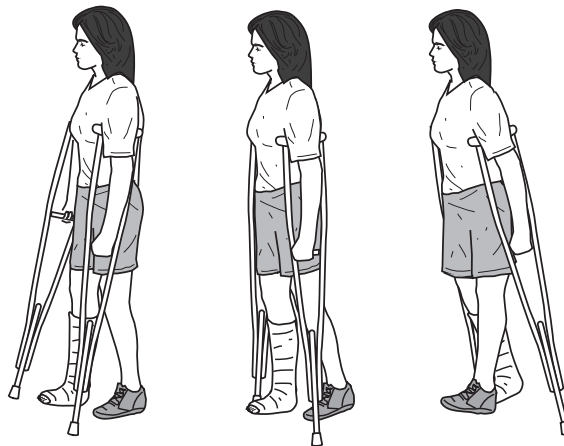
落座



1. 向後退行至座椅處，直感覺到座椅靠在腿後。
2. 將兩根拐杖置於傷腿側。
3. 另一隻手伸向座椅。
4. 彎曲臀部，慢慢落座。

Walking with Crutches

1. Put crutches under your arms and press them into your side. Do not put weight on your armpits.
2. Move the crutches ahead of you about 12 inches (30 centimeters).
3. Move your injured leg even with the crutches, pushing down on the hand grips as you step. **Only put as much weight as allowed on your injured leg.**
4. Finish the step by moving your strong leg forward.



拄拐行走

1. 將拐杖置於腋下，然後朝您的身體方向按壓。切勿將體重落於腋下。
2. 將拐杖向前移動約 12 英寸（30 厘米）。
3. 即使拄拐也應移動傷腿，並在行走時向下按壓手柄。**僅遵循允許量在傷腿上施加體重。**
4. 向前移動健腿完成一步行走。

Stairs

- Do not try to climb stairs or curbs until you can use the crutches well.
- For safety reasons, you can sit down and scoot up and down the steps on your bottom if needed.
- If you have a rail, put both crutches under one arm and hold onto the rail for safety.

Going Upstairs

1. Have someone stand behind you to help you as needed.
2. Keep the crutches on the stair you are standing.
3. Support your weight between your crutches.
4. Bring your good leg up to the next step. Let the injured leg trail behind.
5. Straighten your good leg and bring the crutches and your injured leg up.



樓梯

- 除非可以自如使用拐杖，否則切勿嘗試上下樓梯或臺階。
- 出於安全原因，如有需要，可以坐下靠臀部滑行上下臺階。
- 如果有欄杆，請將兩根拐杖置於一隻手臂下，另一隻手握住欄杆以確保安全。

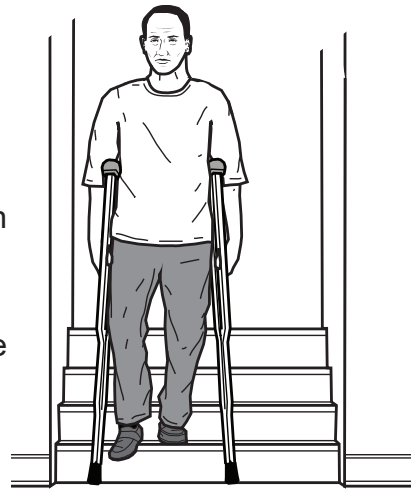
上樓



1. 請人站在後方，以便需要時提供幫助。
2. 將兩根拐杖放在您站立的樓梯上。
3. 在拐杖之間支撐體重。
4. 健腿向上邁一階。傷腿在後。
5. 拉直健腿，抬起拐杖和傷腿。

Going Downstairs

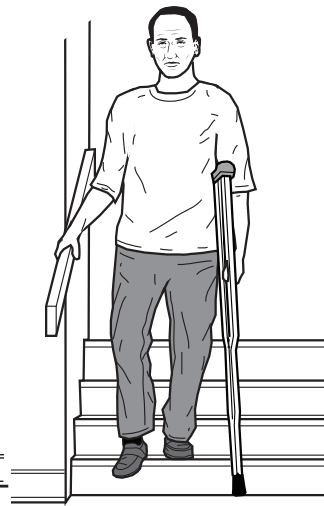
1. Put the crutches on the lower step while putting your injured foot forward.
2. Support your weight between your crutches.
3. Move your good foot to the lower step.



下樓

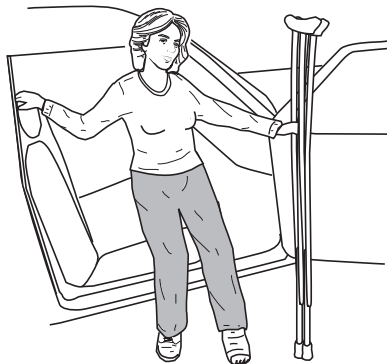
有欄杆
With Rail

1. 將拐杖放在下一級台階上，同時傷腿向前。
2. 在拐杖之間支撐體重。
3. 健腿向下邁一階。



Getting into a Car

1. Have someone open the door and move the seat back as far as they can.
2. Back up until you feel the edge of the seat. Grab the seat with one hand and the hand grips of the crutches with the other.
3. Tip your head to avoid bumping it. Stand up or sit down using your good leg to bear your weight.
4. To sit down, put the heel of your good leg on the car frame and push back. Move across the seat until your injured leg can be swung into the car.



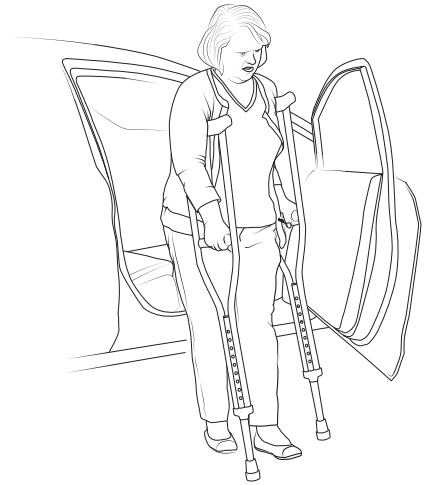
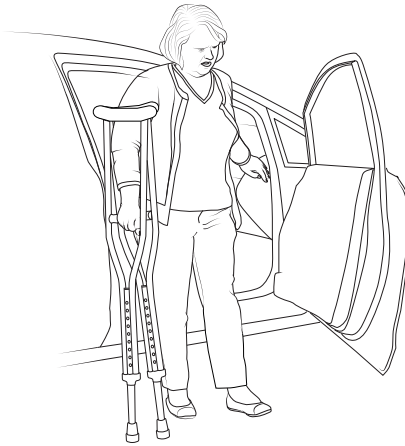
上車



1. 讓他人打開車門，將座位盡量往后移。
2. 後退直到感覺到座位的邊緣。一隻手抓住座位，另一隻手抓住拐杖的把手。
3. 傾斜頭部以避免磕碰。用健腿支撐體重站起或坐下。
4. 坐下時，請將健腿腳跟置於車架上，然後向後推。在座位上移動，直到傷腿可以放入車內。

Getting Out of a Car

下車



1. Open the door and move the seat back as far as you can. Put both crutches outside the car in one hand.
2. Hold onto the seat and slowly turn yourself toward the door.
3. Carefully take both feet out of the car. Hold onto the door frame or seat back with one hand and the hand grips of the crutches with the other hand. Tip your head to avoid bumping it.
4. Slowly stand up using your good leg to bear your weight. Move your crutches under both arms.

1. 打開車門，將座位盡量往后移。用一隻手將兩根拐杖放在車外。
2. 抓住座位，慢慢將身體轉向車門。
3. 小心地將雙腳從車上移出。一隻手握住門框或靠背，另一隻手握住拐杖的把手。傾斜頭部以避免磕碰。
4. 用健腿支撐體重緩慢站起。將拐杖移動到雙臂下方。