



Walking with a walking aid for fracture patients

Equipment

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Procedure

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| 0 | Introduce yourself, ask the patient's name and surname. State the objectives, dress, attitude and polite speech no medical terminology |
| 1 | Select a walking aid sizing guide type. Choose 1 pair of axillary crutches. |
| 2 | It is recommended to adjust the length of the axillary crutches at the end of the stick, 6-6/2-6/heel distance apart from the little finger. Below the armpit (axillary fold) m2 fingers plus shoe height |
| 3 | It is recommended to adjust the hand bar, the position where the handle is straight, the greater trochanter, elbow bent 20-30 degrees. |
| 4 | It is advisable not to place the armpit on the axillary bar and give reasons not to place the armpit on the axillary bar (to prevent pressure on the radial nerve). |
| 5 | Tell the patient not to put weight on the right leg. |
| 6 | Teach walking with 3 point gait (NWB or toe touch), placing pairs of sticks at the same time. The right foot touches the ground without weight. Tell the patient to be careful not to step on the left leg beyond the stick at first. |
| 7 | Can begin to walk and lose weight only when the doctor has allowed it. It takes about 6-8 weeks after the iron splint surgery. |
| 8 | Let the patient practice to see the real Give the patient an opportunity to ask questions. |

