

# 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



- 根据您的身高调整拐杖的高度。拐杖顶端应在腋下 1 到 2 英寸处。
- 确保软垫和把手就位。
- 清洁拐杖的尖端，确保无灰尘和石头。

#### 防止跌倒

- 拐杖末端应位于脚边约 2 至 3 英寸（7.5 厘米）处，以免绊倒。
- 请穿带防滑鞋底的支撑型鞋。请勿穿拖鞋。
- 收起家里的地毯，以免跌倒。

- 相比瓷砖或光滑地板，在地毯上行走时拐杖和伤腿需要抬得更高。

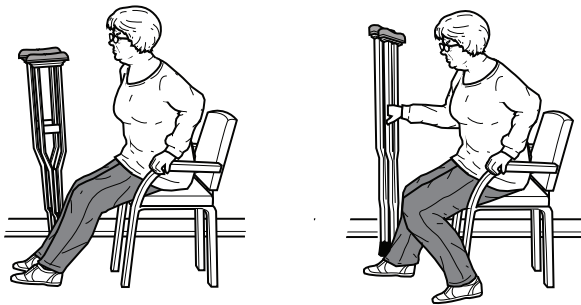
#### 安全行走

- 用双手而非腋下支撑体重。
- 肘部靠近身体两侧并略微弯曲。
- 切勿行走过快。
- 行走时抬起头向前看。不要低头看脚。
- 经常检查身体是否平衡。

## 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

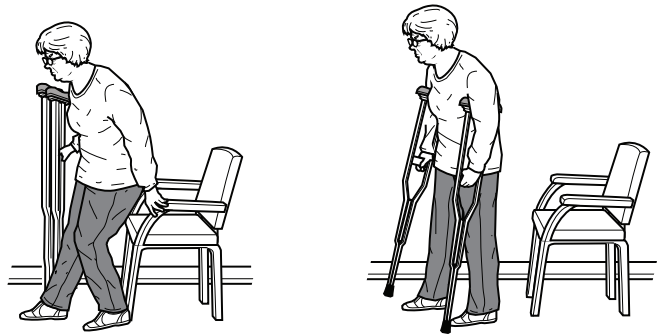


1. Hold both crutches on your injured side.
2. Slide to the edge of the chair.
3. Lean forward and push down on the arm of the chair on your good side to stand up.
4. Check your balance. Follow instructions about how much weight to put on your injured leg.
5. Put the crutches under your arms.

## 医生或理疗师对您伤腿的医嘱（只做勾选项）：

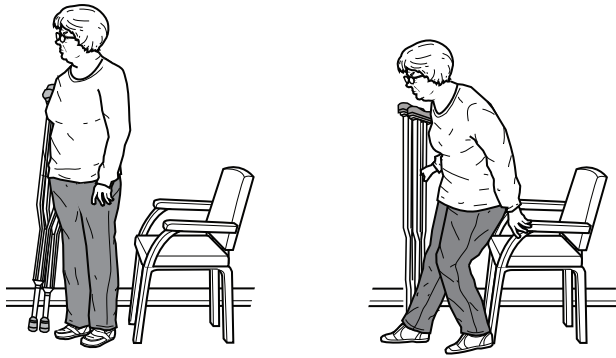
- 站立或行走时，脚不要碰触地面。
- 脚趾着地以助平衡身体，但是不要让脚趾承受体重。
- 脚可着地，但不要让脚承受体重。
- 尽量让伤腿承受体重，以自己感觉舒适为限。
- 让伤腿承受全部体重。

## 站立



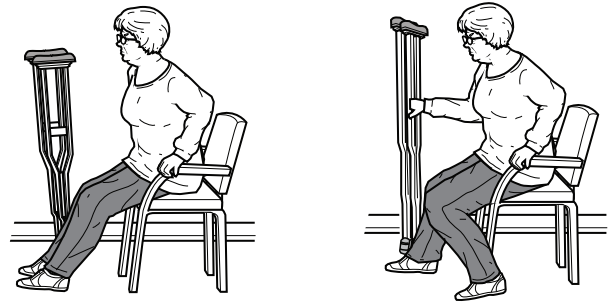
1. 将两根拐杖同时置于伤腿侧。
2. 滑到座椅边缘。
3. 身体向前倾斜，按住健腿一侧的座椅扶手，顺势站起。
4. 检查身体是否平衡。请遵循有关伤腿可承受重量的指示。
5. 将拐杖置于腋下。

## 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.

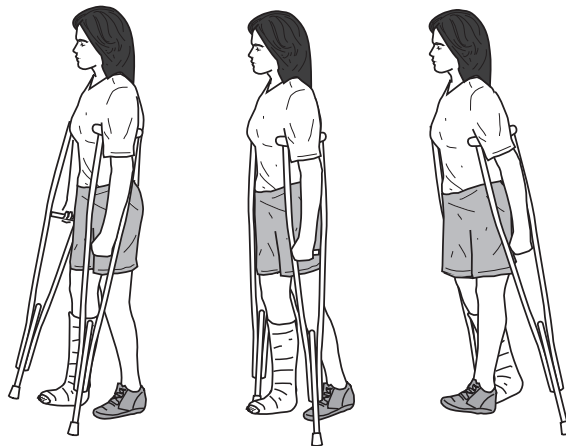
## 落座



1. 向座椅的方向后退，直到双腿感觉到座椅。
2. 将两根拐杖置于伤侧。
3. 另一只手伸向座椅。
4. 弯曲臀部，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. 将拐杖置于腋下，将其抵住体侧。切勿用腋下部位承受全部重量。
2. 将拐杖向前移动约 12 英寸（30 厘米）。
3. 即使拄拐也需要移动伤腿，迈步时向下按压手柄。伤腿可承受重量需遵循医嘱。
4. 向前移动健腿，即迈出一大步。

## 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

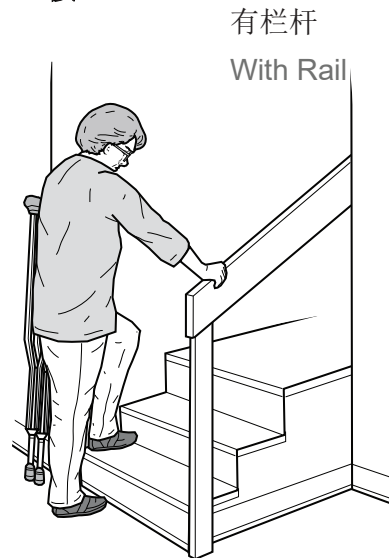
1. Have someone stand behind you to help you as needed.
2. Keep the crutches on the stair you are standing.
3. Support your weight between your crutches.
4. Bring your good leg up to the next step. Let the injured leg trail behind.
5. Straighten your good leg and bring the crutches and your injured leg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



## 楼梯

- 除非可以自如使用拐杖，否则切勿尝试上下楼梯或台阶。
- 出于安全考虑，可坐下并通过移动臀部上下台阶。
- 如果有栏杆，请将两根拐杖置于一只手臂下，握住栏杆以确保安全。

### 上楼

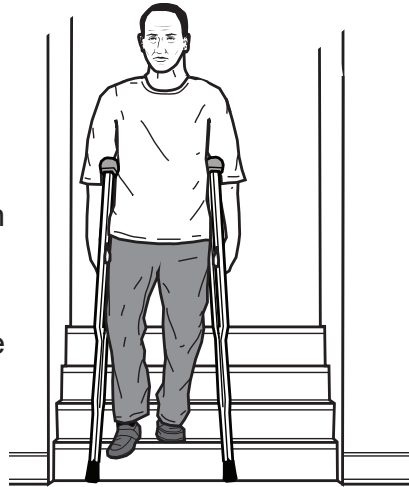


1. 请人站在您身后，以便需要时提供帮助。
2. 将两根拐杖稳定放在所站立的楼梯上。
3. 用两根拐杖平衡支撑体重。
4. 健腿向上迈一步。伤腿在后拖动。

5. 立直健腿，抬起拐杖和伤腿。

## Going Downstairs

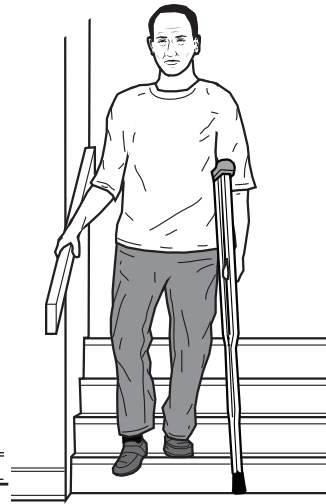
1. Put the crutches on the lower step while putting your injured foot forward.
2. Support your weight between your crutches.
3. Move your good foot to the lower step.



## 下楼

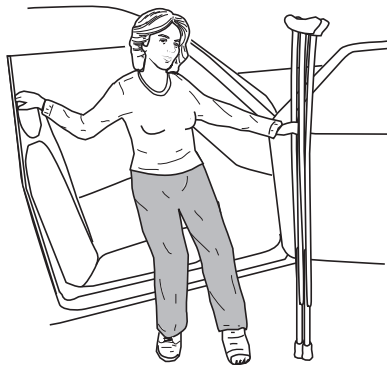
有栏杆  
With Rail

1. 将拐杖放在下一级台阶上，保持伤腿向前。
2. 用两根拐杖平衡支撑体重。
3. 健腿向下迈一步。



## 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.



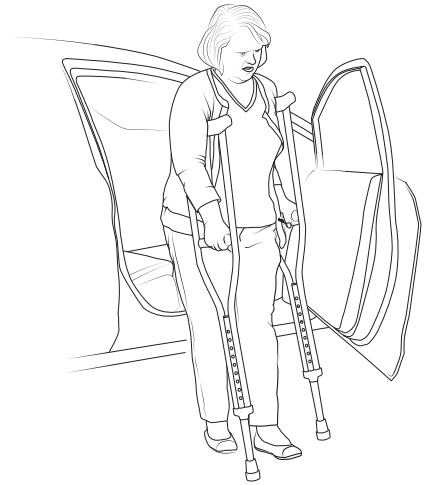
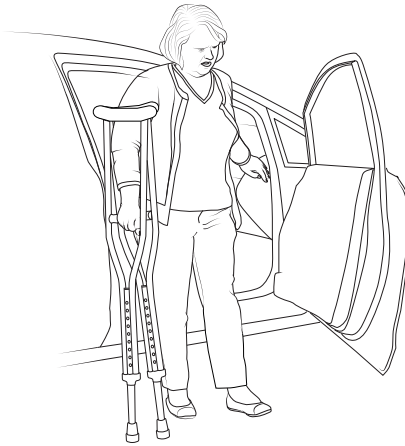
## 上车



1. 让他人打开车门，座位最大限度后移。
2. 后退直到感觉到座位的边缘。一只手抓住座位，另一只手抓住拐杖的把手。
3. 倾斜头部以避免撞到车框。用健腿支撑体重站起或坐下。
4. 坐下时，请将健腿的脚跟置于车架上，然后向后推。在座位上移动，直到伤腿可以放入车内。

## Getting Out of a Car

## 下车



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. 打开车门，座位最大限度后移。用一只手将两根拐杖放在车外。
2. 抓住座位，慢慢将身体转向车门。
3. 小心地将双脚从车上移出。一只手握住门框或靠背，另一只手握住拐杖的把手。倾斜头部以避免撞到车框。
4. 用健腿支撑体重缓慢站起来。将拐杖移动到双臂下方。