Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

AFTER SURGERY

Using crutches, a walker or a knee scooter

Use your device every time you get up. Go slowly, and keep weight off your foot as Dr. Nafal tells you.

Your weight-bearing plan (Dr. Nafal will check one)

- ☐ No weight on this foot
- ☐ Toe-touch only, for balance
- ☐ Some weight, as comfortable
- ☐ Other: _____

Fit your crutches

- The tops should sit **2 finger-widths below your armpits**.
- Handgrips at your hips, with your elbows a little bent.
- Hold your weight with your **hands**, not your armpits.

Walk with crutches

- Move both crutches about one step ahead.
- Lean on the handgrips and swing your body forward.
- Keep your hurt foot off the floor unless you were told otherwise.
- Look ahead, not at your feet.



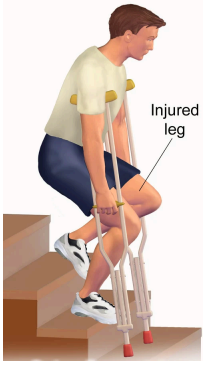
Stand up: both crutches in one hand, other hand on the chair. Push up with your good leg.



Sit down: back up until the chair touches your good leg. Reach back and lower slowly.



Upstairs: good leg first, then crutches and hurt leg.



Downstairs: crutches and hurt leg first, then good leg.

Illustrations: BruceBlaus, CC BY-SA 4.0 (Wikimedia Commons)

Easy way to remember: “Up with the good, down with the bad.” Use a handrail if there is one.

Knee scooter

- Set the knee pad so your knee bends about 90° and your hips are level.
- Set the handlebars at hip height.
- Push with your good leg. Use the brake to slow down and before you get on or off.
- Use it on flat, dry floors only. Never on stairs, curbs or wet ground.

Walker

- Move the walker one step ahead with all legs on the floor.
- Step into it, holding your weight on your hands.
- Don't lean over it or use it on stairs.
- Stand up and sit down using the chair arms, not the walker.

Make your home safe

- Remove loose rugs, cords and clutter.
- Use night lights, and keep a clear path to the bathroom.
- Put a non-slip mat in the tub or shower.
- Use a backpack or apron pockets to carry things.

Take care of yourself

- Rest when you get tired. Crutches take a lot of energy.
- Keep moving your toes, knee and hip to help blood flow.
- Wear a non-slip shoe on your good foot.

Getting in a car

- Push the seat all the way back first.
- Back up to the seat, sit down, then swing your legs in.
- Don't drive until Dr. Nafal says it's safe.

⚠ Call us right away if you have

- A fall, or you hurt your foot
- Numbness or tingling in your hands or armpits
- New pain, swelling or warmth in your calf
- Toes that turn pale, blue or cold

Call 911 for chest pain, trouble breathing or coughing up blood.