

物理治療
Physiotherapy

肘拐杖 使用指南

User Guide for Elbow Crutch

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肘拐杖

肘拐杖一般適合於下肢創傷而不能受力之骨科患者採用。



正確擺放肘拐杖
(距離腳踝外側約10cm)

高度的量度

- 拐杖放在身旁
- 手肘應該微曲約30度



拐杖擺放位置

肘拐杖使用方法

1. 正確握扶方法

- 保持正立姿勢
- 握緊拐杖
- 正確擺放肘拐杖
(距離腳踝外側約10cm)

2. 常見錯誤

- 肩膊向上收緊
- 錯誤握扶拐杖手柄
- 身體站立時腰背彎曲
- 用單一拐杖，可致姿勢不良
- 拐杖擺放太接近或太遠離身體



(a)



(b)



3. 起立方法

- 身體移前
- 拐杖放於患腳側前方，另一隻手按椅邊(a)
- 好腳先著地，用雙手及好腳撐起(b)
- 將手穿進拐杖環，並將拐杖分置於兩側前方(c1, c2)

(c1)



(c2)



(a1)



(a2)



4. 坐下方法

- 將拐杖放於患腳側(a1, a2)
- 用患側手按著雙拐杖，另一隻手扶著椅邊(b)
- 手按穩椅子，慢慢坐下(c)

(b)



(c)



(a)



(b)



(c1)



(c2)



5. 患腳可著力步行法

例如石膏腳

- 雙手緊貼身體，手肘撐直，拐杖壓向地面，承受身體重量(a)
- 患腳及手肘拐杖踏前，好腳跟隨(b)
- 好腳可踏在患腳旁邊(c1)，如平衡力較佳者，可踏至患腳前方(c2)

6. 患腳不著力步行法

步法和上述相似，但患腳不可著地

7. 上落樓梯

口訣：好腳先上，患腳跟隨

患腳先落，好腳跟隨

(a)



(b)



(c)



上樓梯

- 雙手緊握拐杖(a)
- 好腳先上(b)
- 患腳及拐杖跟隨(c)

(a)



(b)



(c)



落樓梯

- 站穩在梯級旁邊(a)
- 患腳跟著拐杖放下一級(b)
- 雙手緊握拐杖，然後好腳踏下(c)

注意事項：

- 利用梯邊的扶手是比較安全和省力的
- 必須確保拐杖放妥在每級樓梯上
- 切勿跳級

保養及安全使用守則

- 請勿沾水，以防生鏽
- 留意助行器的損壞情況
 - 例如手柄鬆脫，裂紋
- 定期更換已磨損的膠塞
 - 應選用適合大小的膠塞
 - 避免使用供檯椅用之膠塞
- 留意地面情況，在濕滑或不平坦地面應減低步速及步距
- 若握扶位置太硬，引起手痛，可利用防滑膠布包裹

在整個康復過程中，助行器具大大提高了患者步行的穩定性。

Elbow Crutches

Elbow crutches are suitable for patients who have orthopaedic conditions in the lower limbs.



Put the crutches in a correct position (10 cm from the ankles)

Height Adjustment

- Hold the crutches, one on each side
- Bend the elbows at about 30 degrees



Positioning of the crutches

How to Use Elbow Crutches?

1. How to hold the crutches?

- Stand with a straight back
- Grip the handles firmly
- Put the crutches in a correct position (10 cm from the ankles)

2. Common Errors

- Elevate the shoulders and hold them tight.
- Grip the handles incorrectly
- Stand with a bent back
- Use one crutch only, in bad posture
- The crutches placed too close to or too far from the body



3. How to stand up?

(a)



(b)



(c1)



(c2)



- Lean forward, place the crutches in the front of the injured side. Put the opposite hand on the armrest(a)
- Place the non-injured leg firmly on the floor. Support the body using both arms and the non-injured leg(b)
- Put the arms through the cuffs. Place the crutches on each side(c1,c2)

(a1)



(a2)



(b)



(c)



4. How to sit down?

- Place the crutches on the injured side (a1, a2)
- Hold the crutches with the arm of the injured side. Hold the armrest using the opposite hand(b)
- Sit down slowly, while holding the armrest firmly (c)

5. Partial-weight Bearing walking

(a)



(b)



(c1)



(c2)



e.g on plaster

- Keep both arms close to the body with straight elbows. Press the crutches onto the floor to support the body weight. (a)
- Step the injured leg forward with the crutches (b)

Then followed by the non-injured leg

- The non-injured leg can step to the level of injured leg (c1) or to the front of the injured leg if balance is good. (c2)

6. How to walk without bearing weight on injured leg?

Follow the steps as above, where the injured leg is not touching the floor.

7. How to climb up and down the staircase?

- Good leg steps up first; bad leg follows
- Bad leg steps down first; good leg follows

(a)



(b)



(c)



How to climb up the staircase?

- Hold tightly the crutches with both arms. (a)
- The non-injured leg goes up one step. (b)
- The injured leg and the crutches follow. (c)

(a)



(b)



(c)



How to walk down the staircase?

- Stand to the edge of the step (a)
- Step the injured leg down with the crutches (b)
- Hold tightly the crutches with both arms. The non-injured leg steps down one step. (c)

Points to note:

- Use the handrail of the staircase when available. It is much safer and easier
- Make sure that the crutches are firmly placed on each step of the staircase
- Do not jump step.

Maintenance and Safe Use

- Do not get the crutches moistened to avoid rusting
- Check if the walking aids are damaged
 - For example: loosened handle, cracks
- Regularly exchange the rubber tips when worn out
 - Choose the correct size of rubber tips
 - Avoid using the rubber tips for tables and chairs
- Beware of the floor surface. Slow down and take small steps on wet or uneven floors
- If the hands feel painful because of the rigid handles, wrap the handles with non-slip strap

Walking aids improve the stability of gait of patients during rehabilitation.