

## Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services  
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: [s1.dynamichealth@nhs.net](mailto:s1.dynamichealth@nhs.net)

Training start date 23/01/2025

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### Height of the stick.

Stand tall with weight on both feet and arms relaxed by your sides. The hand grip of the stick is at the right height when it is approximately at wrist height.

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### Walking with a stick.

Put the walking stick in the opposite hand to your affected leg (in this instance, the left leg is the affected leg, and the person will hold the stick in their right hand).

Take the affected leg forward with the stick then step the healthy leg through. Develop an even walking gait, bringing the stick forward with the affected leg each time.

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### Three-point Crutch Walking

Bring your crutches and affected leg forwards. With your affected leg between the crutches, put only as much weight on the leg as you have been advised and bear the rest of your weight on the crutches. Bring the other leg past the affected leg to take a step.

Aim towards normal walking rhythm, in other words try to take equal size steps with both feet.

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### Walking with crutches/sticks.

Place one crutch/stick forward together with the opposite leg.  
Place the other crutch/stick forward together with the other leg.

Develop an even gait.

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### Walking up stairs.

Stand close to the stairs. Hold onto the handrail with one hand and the crutch/stick with the other hand.

First take a step up with your healthy leg.  
Then take a step up with your affected leg.  
Then bring your crutch/stick up on the step.

Always go one step at a time.

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### Walking down stairs.

Stand close to the stairs. Hold onto the handrail with one hand and the crutch/stick with the other hand.

First put your crutch/stick one step down.  
Then take a step with your affected leg.  
Then take a step down with your healthy leg, onto the same step as your affected leg.

Always go one step at a time.

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