

MEDICAL RECORD -- SUPPLEMENTAL MEDICAL DATA

For use of this form, see AR 40-400; the proponent agency is the Office of the Surgeon General.

REPORT TITLE <p style="text-align: center;">CRUTCH FITTING AND TRAINING NOTE</p>	OTSG APPROVED (Date)
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PART I - SUBJECTIVE

1. Age	2. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	3. Diagnosis
4. Name of attending health care provider, clinic or service		
5. Weight bearing status for crutches prescription (<i>Provider -- select one. Note: If weight bearing status is not specified, WBAT will be annotated.</i>) <input type="checkbox"/> NWB (0% BW) <input type="checkbox"/> TDWB (>5%) <input type="checkbox"/> WBAT (0-100%) <input type="checkbox"/> PWB (<50% BW)		

PART II - OBJECTIVE

6. The patient was given the following written and functional instruction of crutch use:	
a. GENERAL INFORMATION. When using crutches, beware of ice or snow under your crutch tips. Be careful of wet or waxed floors, smooth cement floors, small rugs (particularly on waxed floors), and telephone and extension cords. Avoid crowds. Watch for pets. NEVER lean on the auxiliary pads (arm rests)!	
b. WALKING. (1) Place both crutches in front of you at the same time. Put them about 1 inch in front and 6 to 8 inches to the side of your toes. (2) Lean on your hands, not your underarms. The tops of the crutches should hit about 2 inches below your underarms. (3) Keep your elbows bent as you use the crutches. (4) Keep the injured leg between the crutches. (5) You are to maintain the following weight bearing restrictions on your injured leg: <input type="checkbox"/> Non-weight bearing -- no weight through the injured leg. <input type="checkbox"/> Touch down weight bearing -- less than or equal to 5% of your body weight (no pain). <input type="checkbox"/> Weight bearing as tolerated -- zero to full body weight depending on comfort (no pain). <input type="checkbox"/> Partial weight bearing -- less than or equal to 50% of your body weight (no pain). <input type="checkbox"/> Other: _____ (6) Place a slight amount of weight on the injured leg, heel first. (7) Gradually increase the weight through your injured leg without increasing the pain. (Maintaining weight restrictions marked above until advanced by your health care provider or physical therapist.) (8) Swing the uninjured leg past the injured leg and in front of the crutches, taking a normal step. (9) It takes 25% more energy to walk with crutches. Pace yourself.	
c. GOING UP STAIRS. <i>"The good goes up first."</i> (1) Face the stairs. Put the crutches close to the first step. (2) Push on the crutches with your elbows straight and raise your uninjured leg onto the first step. (3) Straighten the uninjured leg while bringing the crutches and the injured leg forward at the same time. (4) When using a railing, put both crutches under the other arm.	
d. GOING DOWN STAIRS. <i>"The bad goes down first."</i> (1) Stand with your toes close to the edge of the first step. (2) Slowly lower both crutches and your injured leg onto the next step. (3) Place your weight through your crutches. Slowly lower your uninjured leg onto the same step. (4) When using a railing, put both crutches under the other arm.	

IMPORTANT!

When trying stairs for the first time, have someone on the lower level, in front of or behind you, for safety.

(Continue on reverse)

PREPARED BY (<i>Signature & Title</i>)	DEPARTMENT/SERVICE/CLINIC	DATE
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PATIENT'S IDENTIFICATION (*For typed or written entries give: Name--last, first, middle; grade; date; hospital or medical facility*)

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|--|---|
| <input type="checkbox"/> HISTORY/PHYSICAL | <input type="checkbox"/> FLOW CHART |
| <input type="checkbox"/> OTHER EXAMINATION OR EVALUATION | <input checked="" type="checkbox"/> OTHER (<i>Specify</i>)
Home education,
TENS unit training |
| <input type="checkbox"/> DIAGNOSTIC STUDIES | |
| <input type="checkbox"/> TREATMENT | |

<p>e. SITTING IN A CHAIR.</p> <ol style="list-style-type: none"> (1) Turn and back up to the chair until you can feel the seat touching the back of your legs. (2) Take the crutches out from your underarms and place them in one hand. Hold onto the handgrips. (3) With your free hand, reach back for the chair. Make sure the chair is stable. (4) You may slide the injured leg slightly out in front for comfort. (5) Using your uninjured leg and one arm holding the chair, slowly lower yourself onto the chair. 	
<p>f. GETTING UP FROM A CHAIR.</p> <ol style="list-style-type: none"> (1) Place both crutches in one hand, holding onto the handgrips from the inside. (2) Place your other hand on the seat and push up with it while you slide your hips to the edge of the chair and straighten your injured leg slightly. (3) Lean forward with your nose over your toes and push up using your uninjured leg and your arm from the chair. (4) Once standing and balanced, place both crutches under your arms. 	
<p>g. GOING THROUGH A DOORWAY.</p> <ol style="list-style-type: none"> (1) Get close to the doorknob or doorhandle so that you can open the door and stay in your crutches. (2) Pull or push the door open and then block it there with the crutch nearest the door. (3) Walk through the doorway, keeping the door blocked open with the crutch. 	
<p>h. CARE AND MAINTENANCE.</p> <ol style="list-style-type: none"> (1) Remove loose runs from your home for safety. (2) Clean the crutch tips daily. (Excess lint on the crutch tips may cause them to slip.) (3) Occasionally check the wing nuts on the crutch handgrips and legs to make sure they are tight. (4) Check the crutch tips for cracking, tears or wear. You can get replacement tips, handgrips and auxiliary pads at this clinic. (5) The crutches can be cleaned with mild soap and water. (6) Don't keep the crutches wet for prolonged periods of time. (7) When done with the crutches, please return them to this clinic or another Army medical treatment facility. 	

Patient: Consult your physical therapist or your health care provider if you have any questions concerning the above instructions or if you would like additional information.

<p>Patient's signature</p>	<p>Staff signature</p>
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